

**West Yorkshire
Health and Care Partnership**



West Yorkshire Health and Wellbeing Programme 2022

Addressing your own wellbeing in busy and stretched roles can often feel overwhelming, but small simple steps can help to move the dial on your wellbeing. We're taking steps to help with our new West Yorkshire Health and Wellbeing Programme for 2022. In Q1 alone we have 23 different sessions running with over 45 different time and date slots to select from, to make it as easy as we can for you to find a session to suit you.

These sessions will be:

- Delivered by specialist external trainers from Hälsa Wellbeing
- Live webinar sessions (log in from anywhere!)
- Sessions are focused on fast and practical tips



8 sessions will run twice a week, giving you multiple opportunities to join. You will also be provided with follow up information, videos and homework so you can keep up even if you miss a session.

- Healthy Habits Transformation Group - continuous course but you can join at any point!

February is National LGBT and History Month - increase your knowledge with one of these informative 1-hour webinars. Why not involve the whole team?

- LGBT history and pride
- LGBT inclusion
- Supporting LGBT people in your workplace.

How do I book?

You can book your sessions on-line [here](#)

What's on in February?

Feeling frazzled? Invest in a 1-hour webinar and learn some simple self-care techniques that you can add to your busy day. Need something for all your team? Then why not book a team meeting for one of the sessions.

- Self-care for carers
- Self-care and relaxation
- Self-Care and reflexology

Want to make changes to your own wellbeing but you always seem to fail? Book onto our **Healthy Habits Transformation Course**.

I want more information?

During February we will be sending you a link to a **Resources Page** which includes short videos, relaxation audios and useful handouts. This will help if you miss a session or just want some follow up information after a session.

What will come next?

In March we recognise **Employee Appreciation Day, International Women's Day, World Sleep Day** with sessions in:

- How to improve your sleep
- Men's sleep Issues
- Using Yoga techniques to improve sleep
- Women's health webinar
- Healthy Habits Transformation Group (continued)
- Reflexology for menopause and balancing hormones
- Reflexology for period pain
- Reflexology for sleep
- Self-care and relaxation
- Self-care for carers

April is National Stress Awareness Month and you can access the following sessions:

- Managing your thoughts
- Managing stress and building resilience
- Invest in yourself, improve your WFH balance
- Healthy Habits Transformation Group (continued)
- Energizing morning facial massage (only 30 mins!)
- Melt away stress (only 30 mins!)
- Headache Release (only 30 mins!)
- Self-care for carers
- Self-care and relaxation
- Self-care and reflexology
- Breathwork and meditation
- Breathwork for managing stress

These sessions are open now if you would like to book ahead [here](#)



What did other people say?

Last year Hälsa Wellbeing ran sessions for staff across:

Kirklees and Calderdale Health and Care Partners

West Yorkshire & Harrogate Health and Care Partnership

Bradford District & Craven Health and Care Workforce



"I've really enjoyed the sessions I've attended and found them really helpful. I will certainly be putting some of the tips I've learnt into practice."

"I have found these wellbeing sessions tremendously informative and beneficial for not only my sanity but that of colleagues and friends."

"Thank you again for the webinars that I was able to attend last week and for your helpful attachments and information in the follow up emails. I am very glad to have been part of the two sessions I did attend and only wish I could have been in all of them!"

"That was amazing...I just did this out of curiosity but completely going to be using this...particularly for sleep!"

"I just wanted to say that the session yesterday was excellent, it was all clearly explained, helpful and delivered in a friendly and supportive way. The follow up resources are helpful too so that we can do the exercises afterwards."

"I almost didn't book onto the session because of diary commitments and workload but I am so glad I did."

Find out more about HÄLSA WELLBEING @ www.halsawellbeing.co.uk



Hälsa Wellbeing



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