

### Wellbeing and Resilience Programme 15/16

<b><u>Month</u></b>	<b><u>National event and date</u></b>	<b><u>Workplace event</u></b>	<b><u>Comments</u></b>
April	6.4.15 World Health Day	Eight places reserved for CEC staff at a workshop on Resilience run by East Cheshire NHS Trust	Event run by Prof Derek Mowbray was well received with lots of useful material.
May	National Walking Month	Walking was promoted in Team Talk  Pilot Resilience Workshop run on 28 May by Rene Barrett	Workshop was well received and further four planned
	Mental Health Awareness Week 11-17 <sup>th</sup> May	Three lunchtime sessions on Resilience run by The Hope Street Centre 5-18 May	Events in each of Sandbach, Crewe and Macclesfield were over-subscribed. Three teams commissioned their own event to meet demand. Sixty-five staff attended these. Three staff trained as Resilience Champions.
June	Male Cancer Awareness Month	Men's health promotion week. Adult Learners Week with focus on developing resilience, including places for staff in Health and Social care at Manchester conference	Three clinics run for male staff by health trainers from ESAR. Stress and Resilience Group to report on their work to CLB.
July	24.7.15 Samaritans Awareness Day	Promote the EAP.	Stress and Resilience Group to report on their work to Staffing Committee. Publish the Guidance written by the group.
August			
September	10.9.15 World Suicide Prevention Day	Workplace wellbeing sessions  Top tips on resilience from a CLB member	

October	10.10.15 World Mental Health Day  Breast Cancer Awareness Month	Workplace wellbeing sessions.	
November	4.11.15 National Stress Awareness Day	Workplace wellbeing session. Promote the EAP.	
December	Drink awareness		
January 2016	Dry January	Top tips on beating the January blues	
February	Heart Month	Healthy heart promotion	
March	No Smoking Day	No Smoking promotion	