

Welcome to  
**West Midlands Wellbeing Blog**

**JUNE 2024**



**June Health and Wellbeing Dates:**

**DWP are holding the following online sessions:**

11<sup>th</sup> June [Carers Week: DWP support for carers and line managers session](#)

12<sup>th</sup> June [Carers Week: Carers wellbeing session](#)

13<sup>th</sup> June [Carers Week: Dementia Friends session](#)

10<sup>th</sup> – 16<sup>th</sup> June [Men's Health week](#)

17<sup>th</sup> – 23<sup>rd</sup> June [Cervical Screening Awareness Week](#)

There are resources available to DWP staff via the intranet: [Wellbeing | DWP Intranet](#) and the Employee Assistance Helpline: [Employee Assistance Programme | DWP Intranet](#)

CALM helpline on 0800 58 58 58 - Helpline and webchat open 5pm to midnight, 365 days a year.

Mental Health Foundation: [Get help | Mental Health Foundation](#)

**5 STEPS TO MENTAL WELLBEING:**

- 1: CONNECT WITH OTHER PEOPLE
- 2: BE PHYSICALLY ACTIVE
- 3: LEARN NEW SKILLS
- 4: GIVE TO OTHERS
- 5: PAY ATTENTION TO THE PRESENT MOMENT (Mindfulness)

- ✓ For more info on how to tackle each step: <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>
- ✓ More info on health and wellbeing <https://www.nhs.uk/live-well/>

## HEALTHY EATING!

**Meal idea** – Sent in by Emma Newbould. Thanks Emma!

[Healthy sausage casserole recipe - BBC Food](#) Click this link for full details!



Emma said: “I made it yesterday and it was easy (everything went into a roasting tin and the oven did the heavy lifting) and, most importantly, it was very delicious”.

Please send your recipes to: [jo.jones1@dwp.gov.uk](mailto:jo.jones1@dwp.gov.uk)

## EXERCISE:

Walking for Health – Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. Most areas also have walking groups you can join, which adds a social aspect to it as well.

Please send details of any groups you attend/stories you have/photos/how long you've been going/pros and cons, etc. [jo.jones1@dwp.gov.uk](mailto:jo.jones1@dwp.gov.uk) - your story could feature in a future blog!

*I hope you have enjoyed this blog and taken some positivity from it.*

*Jo Jones*