

Welcome to  
**West Midlands Wellbeing Blog**

**JULY 2024**



**July Health and Wellbeing Dates:**

**Sarcoma Awareness Month**

**Talk To Us Month**

**1<sup>st</sup> – 31<sup>st</sup> – Plastic Free July**

**5<sup>th</sup> – Thank you Day**

**1<sup>st</sup> – 7<sup>th</sup> – Alcohol Awareness Week**

**24<sup>th</sup> – International Self Care Day**

**24<sup>th</sup> – Samaritans Awareness Day**

**28<sup>th</sup> - World Hepatitis Day**

**30<sup>th</sup> – World Friendship Day**

**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)**

## HEALTHY EATING!

### Meal idea – HEALTHY CHICKPEA BURGER (VEGAN)

Pre time: 30 Minutes; Cooking time less than 10 minutes! BBQ anyone?

Zingy vegan chickpea burgers that cook in minutes! Serve with your favourite toppings and sauces.

Each serving provides 298 kcal, 12g protein, 37g carbohydrates (of which 6g sugars), 10g fat (of which 1g saturates), 8g fibre and 0.4g salt.



[Healthy chickpea burgers recipe - BBC Food](#)

You can lots of recipes to suit every palate, including those with dietary restrictions/preferences at: [BBC Food - Recipes and inspiration from your favourite BBC programmes and chefs](#)

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

## EXERCISE:

Swimming has many benefits including:

- being a relaxing and peaceful form of exercise.
- alleviating stress.
- improving coordination, balance and posture.
- improving flexibility.
- providing good low-impact therapy for some injuries and conditions.
- providing a pleasant way to cool down on a hot day.

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*