

Welcome to
West Midlands Wellbeing Blog

September 2024



September Health and Wellbeing Dates:

- 10th – World Suicide Prevention Day (September is Suicide Prevention Awareness month)
- 12th - Mindfulness Day
- 20th - National Fitness Day
- 23rd – International Day of Sign Languages
- 23rd-29th – Organ Donation Week
- 23rd-27th – International Happiness at Work 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)

HEALTHY EATING!

[Easy no-yeast pizza recipe - BBC Food](#) (Vegetarian)



Preparation time: **less than 30 mins**; Cooking time: **10 to 30 mins**; **Serves 4**

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

Exercise: Fitness routines in 2024 are more holistic, integrating physical, mental and spiritual elements. Hybrid workouts that combine yoga, strength training and mindfulness practices are popular.

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 - your story could feature in a future blog!

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

Jo Jones