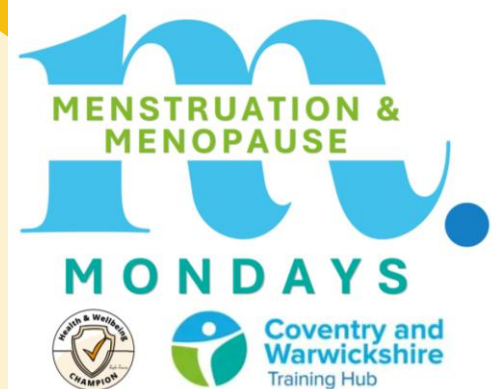


HEALTH & WELLBEING SUPPORT FOR YOU JUNE 2026

- What's new from the CWTW Wellbeing Team?
- What's on?
- Action for Happiness Calendar
- Spotlight on: **Giving**
- Awareness days

Champion led drop-in sessions: Informal, topic-focused sessions where you can connect with colleagues and explore wellbeing together.

CWTH WELLBEING



NEW!



Health & Wellbeing Primary Care Coventry & Warwickshire



- [Drop-in sessions](#)
- [Chat with a Champion](#)
- [Team Wellbeing sessions](#)
- [Manager & leadership wellbeing sessions](#)
- **[NEW WELLBEING WEBSITE](#)**

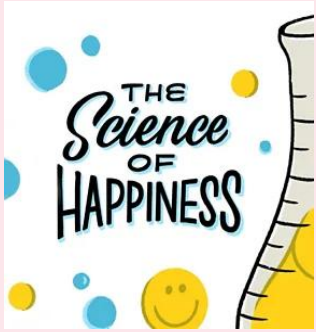
cwicb.pcftsu@nhs.net



Making Freedom to Speak Up business as usual.

WHAT'S ON FOR WELLBEING - JUNE

**The Contagious
Power of
Compassion**



**How to be OK in
a world that isn't**



From Surviving To Thriving

with Paris Bartholomew

Wednesday, 10 June 2026
19:00-20:00

TICKET PRICE
Optional Donation

SHARE THIS  



Date & Time

Session (click for registration links)

Monday 1st June
12.30-13.15

Menstruation & Menopause Monday: What's Changing (and What's Surprising me)

Thursday 18th June
12.30-13.15

Work Well: How To Know What's Actually Yours To Do - And What To Do with Everything Else

Wednesday 24th June
12.30-14.00

Work Well: Team Leads - How to move from Stuck to Strategic

Thursday 25th June
12.30-13.15

Thursday Thrive & Revive: Leading with Wellbeing – Caring for Yourself as a Leader



Joyful June 2026



People who are happy at work tend to enjoy life more and have better health, stronger relationships and a greater sense of purpose.

MONDAY

1 Decide to look for what's good every day this month

8 Find joy in music: sing, play, dance, listen or share

15 Look for something to be thankful for where you least expect it

22 Watch something funny and enjoy how it feels to laugh

29 Share a friendly smile with people you see today

TUESDAY

2 Say positive things in your conversations with others

9 Ask a friend what made them happy recently

16 Speak to others in a warm and friendly way

23 Create a playlist of uplifting songs to listen to

30 Make a list of the joys in your life (and keep adding to it)

WEDNESDAY

3 Re-frame a worry and try to find a helpful way to think about it

10 Bring joy to others by doing something kind for them

17 Take time to notice things that you find beautiful

24 Bring to mind a favourite memory you feel grateful for

THURSDAY

4 Take a photo of something that brings you joy and share it

11 Eat good food that makes you happy and really savour it

18 Look for something good in a difficult situation

25 Show your appreciation to people who are helping others

FRIDAY

5 Think of 3 things you're grateful for and write them down

12 Write a gratitude letter to thank someone

19 Get outside and find the joy in being active

26 Make time to do something playful, just for the fun of it

SATURDAY

6 Get out into green space and feel the joy that nature brings

13 Take a light-hearted approach. Choose to see the funny side

20 Rediscover and enjoy a fun childhood activity

27 Be kind to you. Do something that brings you joy

SUNDAY

7 Do something healthy which makes you feel good

14 Share a happy memory with someone who means a lot to you

21 Send a positive note to a friend who needs encouragement

28 Notice how positive emotions are contagious between people



ACTION FOR HAPPINESS

Happier · Kinder · Together

ACTION FOR HAPPINESS CALENDAR – JUNE 2026

SPOTLIGHT ON: GIVING (INDIVIDUALS)



- Acts of giving and kindness - small and large - are associated with **positive mental wellbeing** for people of all ages.
- Giving to others and co-operating with them can **stimulate the reward areas in the brain**, helping to create **positive feelings**.
- Giving our time to others in a constructive way helps us **strengthen our relationships** and build new ones. It brings a **sense of belonging** and **reduces isolation**.
- Mental wellbeing is enhanced when an individual is able to achieve a **sense of purpose** in society and, thus, contribute to their community.
- Helping, sharing, giving and team-oriented behaviours are likely to be associated with an increased sense of purpose, **increased self-worth** and positive feelings.
- Feelings of **happiness and life satisfaction** have been strongly associated with active participation in social and community life.
- Individuals who report a greater interest in helping others are more likely to rate themselves as **happy**.
- Giving helps to keep things in **perspective, reduce stress, improve confidence, control and optimism**.
- Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an **increase in wellbeing**.

The more you do for others, the more you do for yourself.

Click for
volunteer
opportunities



Doit

Is there anything you can do today, to be kind or helpful to someone else? You could try:

- Making a cup of tea for a colleague
- Offering to help a colleague with something they're stuck on
- Introducing yourself to a new-starter, to help them feel more at ease
- Seeing if there are any volunteering initiatives open at work

SPOTLIGHT ON: GIVING (LEADERS)

We are recognised and rewarded

We are recognised and appreciated – whether a simple thank you for our day-to-day work, or formal recognition for our dedication, such as every decade of service to the NHS.

We have a fair salary, competitive pension, and an attractive package of extended benefits, whatever our role.

We have more choices. We can buy and sell unused holiday and arrange unpaid leave, if this is what we'd prefer. We also enjoy enhanced maternity and shared parental leave.

We have access to employee assistance programmes for advice and support on issues like caring responsibilities and financial wellbeing.

Staff recognition framework

Recognition in the workplace has been shown to positively influence staff wellbeing, engagement and retention. Evidence suggests effective recognition can:

- **Make people feel valued and lead to improved performance** - When we receive recognition at work, it enables us to **develop trusting relationships, boost our self-esteem**, and develop a **stronger psychological attachment to our organisation**.
- **Improve people's health and wellbeing** - Recognition, when delivered well, can lead to **improvements in people's physical health and emotional wellbeing**.
- **Motivate moral action leading to improved patient care** - effective recognition can directly affect the ability of a nurse or clinician to **build therapeutic, caring relationships with patients**.

LINKS TO SUPPORT REWARD & RECOGNITION

- [Long-service awards](#)
- [Rewarding and recognising a multigenerational workforce](#)
- [Measuring the impact of your reward and recognition package](#)
- [Reward strategy toolkit](#)
- [The role of line managers and total reward](#)
- [Resources to support employers with understanding, promoting and communicating the value of the total employment package](#)

NHS People Promise – We Are Recognised & Rewarded:
A simple thank you for our day-to-day work, formal recognition for our dedication, and fair salary for our contribution.

Editable employee recognition cards

Moments that Matter
editable digital cards to celebrate key events such as staff birthdays and workiversaries, welcome new members of the team or simply to say thank you.





AWARENESS DAYS

CLICK IMAGES FOR FURTHER INFO

**LONELINESS
AWARENESS WEEK**

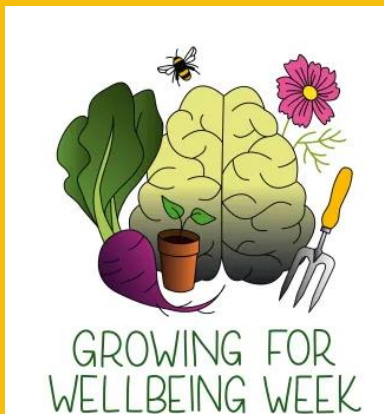
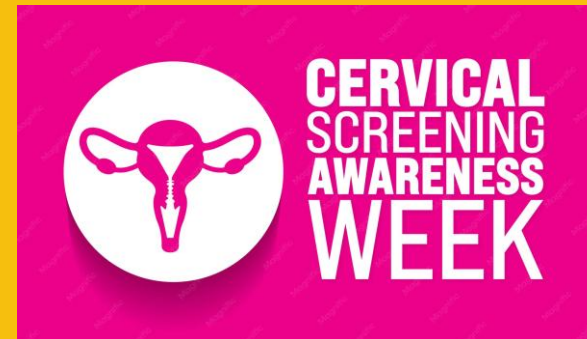
**VOLUNTEERS'
WEEK** 1-7 June

**THE GREAT
BIG GREEN
WEEK**

DIABETES WEEK

8-14 June 2026

Carers Week



THANK YOU

Please get in touch if you have anything you'd like to share in a future newsletter:

Special achievements
Thank yous, shout outs and celebrations
A special interest
A happy story
A favourite wellbeing tip

