

South West region Time for you (T4U) wellbeing schedule

March 2021

NHS England and NHS Improvement



During these challenging times, supporting your Health and Wellbeing is more important than ever before.

Now we are in our second National lockdown and within the Winter period, the South West Health & Wellbeing Team have been asked to develop sessions for our colleagues in the South West to support their wellbeing, which we have entitled **'Time for You' (T4U)**.

We have designed the programme to be light hearted, fun sessions that enable people to take some time away from the day job to rejuvenate themselves.

We are asking that you **forward these invites to everyone, especially your Communication team's** so that we can get as many of our fabulous workforce to join or listen when they can!

Please look through and select the events you are interested in attending, and join in!



TIME FOR YOU EVENT

Laughtercise with Aaron

Wednesday 17th March 2pm-3pm

It has everything. Movement, fun, chuckles and zen. What's not to like about that?

Perfect to help you laugh your way through the chaos of the world. So, come along, step out your comfort zone and grab yourself some wonderful wellbeing. Microsoft Teams meeting. **Join on your computer or mobile**

app [Click here to join the meeting](#)

[Check out the impact Laughtercise have had on NHS staff in the UK with their Wellbeing Programme for Employees](#)

Live sleep session and Q&A with Prof. Colin Espie and Dr Dimitri Gavrilloff from Sleepio for National Sleep Day.

Thursday 18th March 5pm-6pm

In times of great uncertainty difficulty sleeping is often the first symptom of poor mental health. Many of you may have struggled with poor sleep for years and if you haven't found the right solution or, if you want to learn more about improving your sleep, join us at our live Q&A session with Colin and Dimitri, both specialists at Oxford University. This is an opportunity to ask questions about your sleep and to learn how to improve it using evidence-based techniques. **You can register for the session here:**

<https://www.events.england.nhs.uk/events/world-sleep-day-with-sleepio>

TIME FOR YOU EVENT

Motivational talk with Nick

Wednesday 24th March 2pm-3pm

The session will cover an inspirational and interactive talk about keeping motivated during these challenging times.

Nick will provide you with top tips and insights, with time to ask questions too. Nick Elston is one of the highest profile and leading Inspirational Speakers on the subjects of Anxiety, Mental Health & Wellbeing – from an experience sharing perspective – and delivers his talks worldwide. Microsoft Teams meeting. **Join on your computer or mobile app**

[Click here to join the meeting](#)

TIME FOR YOU EVENT

Bake Along with Mrs Bun the Baker

Wednesday 31st March 2pm-3pm

The session will cover an interactive and fun bake along with Mrs Bun the Baker (aka 'Angie Parfitt'). Angie will provide you with top tips and insight on baking. With time to ask questions too.

Mrs Bun the Baker® is a mum, entrepreneur, blogger and author; who's Cookery School teaches classes and provides parties for Adults and Children. Angie believes you can learn to make nutritious healthy meals for your family as well as enjoying sweet treats, whatever your age. Everyone can build confidence and start their passion for food.

[Click here to join the meeting](#)

TIME FOR YOU EVENT

Physiotherapy session and Q&A with Donna

Wednesday 7th April 2pm-3pm

Are you suffering from aches and pains from home/ office working?, help improve your posture.

The session will be an interactive and insightful talk by a CSP qualified Physiotherapist Donna Sanderson-Hull to help support you. Donna is a member of the CSP, HCPC, Physiofirst and ACPSM and is fully approved by all Health Insurance providers. Donna and her team of Physio consultants regularly provide Ergonomic assessment, posture retraining and advice. Donna and her team also regularly work in conjunction with the Vita Health Group to deliver Workstation, place and vehicle assessments. <https://www.blueskysportsphysio.co.uk/services>

Microsoft Teams meeting. **Join on your computer or mobile app**

[Click here to join the meeting](#)

TIME FOR YOU EVENT

Sing-Along with John

Wednesday 14th April 2pm-3pm

We would like to invite you to join a Sing-Along with John. The session will cover an interactive, fun talk and sing-along with John Prescott. Get your vocal chords ready to join in with some classic Swing, Motown and Jazz tunes!

John Prescott lives in North Somerset and is passionate about singing and entertaining. John's smooth vocals encompass a wide repertoire from the great American songbook, with influences from artists such as Frank Sinatra, Dean Martin, Nat King Cole, Michael Bubl   and Robbie Williams. John creates a classic atmosphere with every performance and his experience shines through, having performed in established venues across the UK. www.johnprescottvocalist.co.uk..

Microsoft Teams meeting. **Join on your computer or mobile app**

[Click here to join the meeting](#)