

Welcome to the March 2024 edition of the West Midlands Wellbeing Blog



March Health and Wellbeing Dates:

- **1st March: Self-Injury Awareness Day (SAID)** - SAID occurs March 1st annually and has for 17+ years. Raising awareness leads to understanding and empathy, banishing judgment and fear and reducing the number of people who feel alone and suffer in silence. Raising awareness is about educating people who do not self-injure and reaching out to those who do. To find out more visit:
 - www.lifesigns.org.uk
 - Samaritans Tel: 116 123 (available 24hrs)
 - Or SMS: Text SHOUT to 85258
- **8th March: International Women's Day** – on Tuesday 5th March DWP Menopause Network are delivering 'Menopause in the DWP Workplace - Inspiring inclusion for all' from 1:00pm – 2:00pm. Join in to hear how you can get support for menopause for yourself, your colleagues and your customers. Everyone welcome! [Register here](#)
- **13th March: No Smoking Day** – The first no smoking day was on Ash Wednesday in 1984! It takes place the 2nd Wednesday in March annually. It informs people about the dangers of using tobacco. Help available:
 - Stop smoking services (you can search these on the internet for your area)
 - Medications (to suppress the urge to smoke, available from your GP, pharmacies and supermarkets).
 - Vaping: People have found vaping products useful and have shown to be effective, however they are not risk free.

- For further information go to www.nhs.uk

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:

Lunch idea: Please send your recipes to: jo.jones1@dwp.gov.uk

Chicken and Tomato Jacket Potato recipe



With a flavoursome and creamy filling, this chicken and tomato jacket potato recipe is quick and easy for lunch or dinner. Potatoes can be cooked in the oven, or in the microwave in under 10 mins. Ingredients/Method here: [Chicken and tomato jacket potato - Recipes - Healthier Families - NHS \(www.nhs.uk\)](http://www.nhs.uk/healthier-families/recipes/chicken-and-tomato-jacket-potato)

Exercise:

Walking is a great form of free exercise most people can do, even if it means getting up from your desk for a walk down the office and back more often.

There are lots of walking groups in each area that meet regularly and are free to join/participate in. You can usually find these via your local authority website.

Please send details of any groups you attend and any stories you have / photos / how long you've been going, etc to 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

(HASSRA West Midlands Events & Wellbeing Lead)