

## Welcome to the May 2024 edition of the West Midlands Wellbeing Blog



### May Health and Wellbeing Dates:

- 13<sup>th</sup> – 19<sup>th</sup> May: MENTAL HEALTH AWARENESS WEEK
- 19<sup>th</sup> May: WORLD IBD DAY
- 28<sup>TH</sup> May: WORLD BLOOD CANCER DAY

There are resources available to colleagues via:

- The intranet: [Wellbeing | DWP Intranet](#)
- Employee Assistance Helpline: [Employee Assistance Programme | DWP Intranet](#)
- The CALM helpline on 0800 25 58 58 or use their webchat here. The helpline and webchat are both open 5pm to midnight, 365 days a year.
- The 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).

For more information on how to tackle each step visit: <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

For more information on health and wellbeing visit: <https://www.nhs.uk/live-well/>

**Healthy Eating:** Meal idea - Sent in by Emma Newbould. Thanks Emma!  
[Healthy sausage casserole recipe - BBC Food](#) Click link for full details!



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

## **Exercise:**



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](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*

(HASSRA West Midlands Events & Wellbeing Lead)