

The Wellbeing Line SELFCARE IS NOT SELFISH



0300 421 7500 hello@thewellbeingline.co.uk www.thewellbeingline.co.uk

Theme of the Month: Glad to Care



Let's Talk About Long Covid

A FREE webinar for anyone working in health and social care in Gloucestershire who would like to learn more about Long Covid and about supporting others living with Long Covid.

This webinar will include:

- Stories of health and social care staff with lived experiences of Long Covid;
- · Information about the impact of Long Covid to help you feel more confident talking about it;
 - Ideas for compassionate communication;
 - Time for Q & A

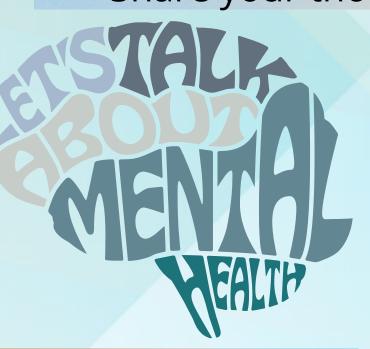
Men's Health Week: June 13-19

#menshealthweek #manMOT #menshealthforum.org.uk/mhw

How can we shift towards an organisational culture that does not stigmatise talking about and addressing men's health and actively encourages organisation-wide engagement in the topic?

Share your thoughts and ideas with us!







Carers Week 6-12 June

Did you know 1 in 10 employees will also be caring for someone

If you support someone, **Gloucestershire Carers Hub, are** here for you



Help make your team 'Carer aware' with Free Champion Carer Aware Training Click here to find

out more:





in collaboration with The Wellbeing Line **Book here:**

Gentle Nutrition Webinar







relate

the relationship people

https://hub.relate.org.uk/nhs

RELATE offer Free 30-minute

confidential WebChat or phone call

This is an ICS



Follow us for more information:



<u>@wellbeing_line</u>



<u>@thewellbeingline</u>



The Wellbeing Line

Thewellbeingline.co.uk