

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.

27th June, 3-4:30pm

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

BOOK NOW



The Wellbeing Line

SELFCARE IS NOT SELFISH
0300 421 7500 | hello@thewellbeingline.co.uk | www.thewellbeingline.co.uk

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!

LET'S TALK ABOUT MENTAL HEALTH



Gloucestershire Carers Hub

Carers Week 6-12 June

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

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:



relate
the relationship people

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

RELATE offer Free 30-minute confidential WebChat or phone call

This is an ICS wide support service



Gentle Nutrition Webinar

by Clare Moran Nutrition
in collaboration with
The Wellbeing Line

Book here:

FREE



Follow us for more information:



[@wellbeing_line](https://twitter.com/wellbeing_line)



[@thewellbeingline](https://www.instagram.com/thewellbeingline)



[The Wellbeing Line](https://www.facebook.com/TheWellbeingLine)

Thewellbeingline.co.uk

