



Health & Wellbeing Support for you July 2026



- What's on for Wellbeing –July
- Action for Happiness Calendar
- Spotlight on – **Nature & Wellbeing**
 - The link between nature and wellbeing
 - Ways to spend time in nature
 - Moseley Avenue Surgery's Wellbeing Garden
- Awareness Days



What's on for Wellbeing? - July



Introduction to Coaching at Coventry & Warwickshire Training Hub

The session will be an introductory session covering an overview of: coaching theory and models, employee life cycle, benefits of coaching & mentoring, coaching skills application, ethical codes and boundaries.

You should attend if:

- You are interested in coaching
- You are curious to develop communication skills
- You are interested in developing approaches for working with others and teams
- You work in roles where there is a need to support and motivate others

Session Aims

- To develop an understanding of coaching within the workplace and within leadership and management
- To increase awareness of different modalities of support
- To reflect on communication styles
- To develop coaching skills

Location:
Saltisford Office Park,
Building 3 Ansell Way,
Warwick,
CV34 4UL

Date & Time:
Tuesday 7th July 2026
9:30 - 12:30

Price:
Free

Click here or scan the QR code to book

cwtraininghub.co.uk



[@cwtraininghub](#)



Date & Time

Session (click for registration links)

Monday 6th July
12.30-13.15

[Menstruation & Menopause Monday: What we don't talk enough about](#)

Tuesday 7th July
09:30-12:30

[Introduction to Coaching](#)

Tuesday 21st July
12.30-13.15

[Work Well: What happens when there's no off switch?](#)

Thursday 23rd July
12.30-13.15

[Thursday Thrive & Revive: Stress – What am I carrying?](#)

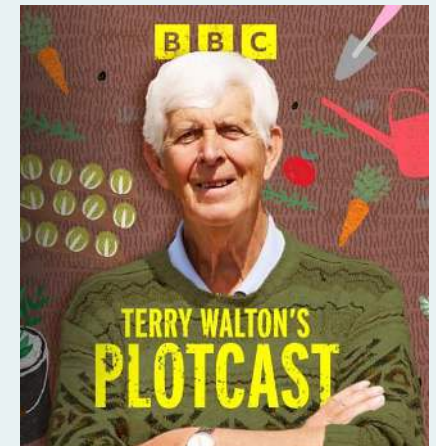
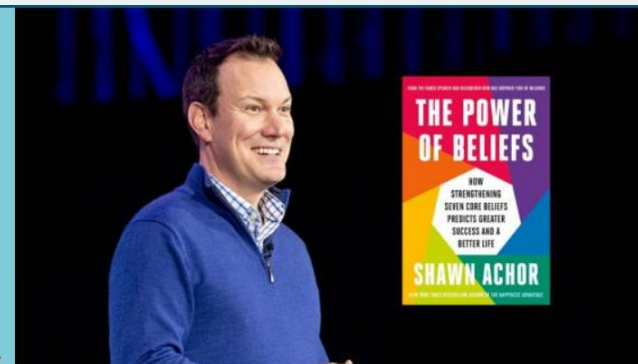
The Power of Beliefs with Shawn Achor

Wednesday, 8 July 2026
19:00-20:00

TICKET PRICE
Optional Donation

[Register here](#)

SHARE THIS



Stitching stories: THREADS THROUGH MENOPAUSE

FREE creative sessions with textile artist Anne-Marie Cadman exploring menopause stories & experiences with textile-based art

- Tuesday 16 June 2-4pm
Atherstone Library
- Tuesday 23 June 6-7.30pm
Escape Arts **Stratford**
- Tuesday 30 June 6-7.30pm
Escape Arts **Stratford**
- Wednesday 29 July 2-4pm
Atherstone Library
- Monday 14 Sept 10am-12:30pm
Nuneaton Train Station



For more information and to book, use QR code

Threads Through Menopause is part of Warwickshire Libraries' Hidden Stories programme, thanks to funding from Arts Council England. For more information and to get involved, please contact info@escapearts.org.uk



Advocacy, Awareness, Education, Support

INVITATION

Navigate menopause with confidence. You don't have to go through this alone. Join us for an evening of shared experiences, expert advice, and genuine connection with our friendly support group on:

THURSDAY 30 JULY 2026

From 7.00 pm to 9.00 pm
at

The Nelson club, 21 Charles Street, Warwick, CV34 5LE

THE EVENT IS FREE TO ATTEND

OUR GUEST PRESENTER FOR THIS EVENING IS:

Harriet Saxton, Certified Health & Wellbeing and Heart Math Coach

"Time to pause and take a breath"

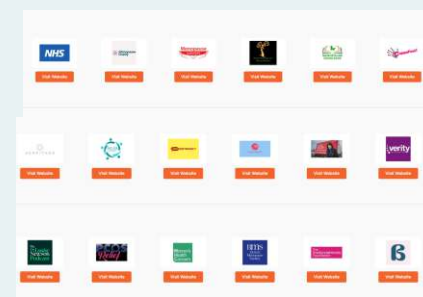
How the HeartMath breathing technique can help to lower stress and revitalise your nervous system

Hormonal fluctuations during menopause-particularly the drop in oestrogen-can affect your heart rate variability (HRV), making your body less resilient to stress and more prone to symptoms like anxiety, mood swings, & rapid heart rates. Having a good HRV is an indicator of health & our ability to manage stress! Heart math techniques are very simple breath work techniques but are so powerful & can help to reduce anxiety, increase energy & improve sleep & mood ❤️ which are all very empowering in the menopause when so much of our health can feel out of our control.

Connect with other women, share your experiences, and get your clinical questions on the perimenopause and menopause answered by our expert team in a relaxed, friendly environment.

We'd love you to join us. Please email us at
info@actionmenopausewarwickshire.org.uk

Check out the
Menopause &
Women's Health
page on the new
CWTH Wellbeing
website



Monday
6th July
12.30-
13.15

Menstruation & Menopause
Monday: What we don't talk
enough about

Menopause is a natural stage of life, but its effects can be wide-ranging and sometimes difficult to manage alongside work and everyday demands. Whether you're experiencing symptoms yourself, want to better understand what menopause involves, or are a colleague or manager looking to offer the right support, the organisations shared here offer information, advice, and guidance.

Action for Happiness Calendar – July 2026

Jump Back Up July 2026



ACTION FOR HAPPINESS

Happier · Kinder · Together



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Take a small step to help overcome a problem or worry

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

3 Be willing to ask for help when you need it

4 Find something to look forward to today

5 Get the basics right: eat well, exercise and go to bed on time

6 Pause, breathe and feel your feet firmly on the ground

7 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human

10 Days of Happiness

Free online program to boost your wellbeing

Join the Program

Happiness Habits

A life-changing **6-week course** to grow your wellbeing and spread happiness around you.



JOIN ACTION FOR HAPPINESS

Get monthly calendar updates

Spotlight on – Nature & Wellbeing



Nature is an important need for many and vital in keeping us emotionally, psychologically and physically healthy. Nature has a very wide definition. It can mean green spaces like parks, woodland or forests and blue spaces like rivers, wetlands, beaches or canals. It also includes trees on an urban street, private gardens, verges and even indoor plants or window boxes. Surprisingly, even watching nature documentaries is good for our mental health. This is great news as it means the mental health benefits of nature can be made available to nearly every one of us, no matter where we live.



Spending time in green space or bringing nature into your everyday life can benefit your mental health. It can benefit your physical wellbeing too.



How can nature benefit my mental health?

Doing things like growing food or flowers, exercising outdoors or being around animals can have lots of positive effects. It can:

- Improve your mood
- Reduce feelings of [stress](#) or [anger](#)
- Help with mental health problems such as [anxiety](#), [depression](#) and [seasonal affective disorder \(SAD\)](#)
- Help you take time out and [feel more relaxed](#)
- Improve your physical health
- Improve your confidence and [self-esteem](#)
- Help you [be more active](#)
- Help you meet new people and reduce [loneliness](#)
- Connect you to your local community
- Help you feel more connected to nature
- Help you cope with difficult feelings about [climate change](#)
- Provide [peer support](#)

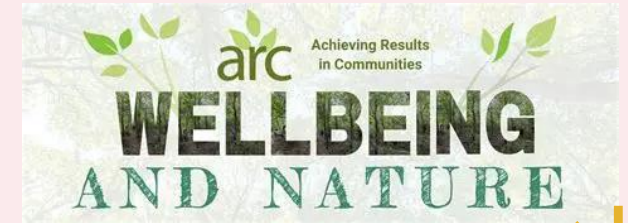


Spotlight on – Nature & Wellbeing (click images for links) *

- [Ways to use nature to support your mental health | Mind](#)
- [Getting started in nature | Mind](#)
- [Explaining ecotherapy and joining a programme | Mind](#)
- [Useful contacts | nature and mental health | Mind](#)



According to The People and Nature Survey, led by Natural England, almost nine in 10 adults in England said that being in nature made them very happy. And four in 10 adults said they were spending more time in nature than before the coronavirus pandemic, with health and wellbeing cited as one of the main reasons for getting outside.



A study of Wildlife Trust volunteers showed that 95% of participants with low mental wellbeing at the start of volunteering reported an improvement in six weeks

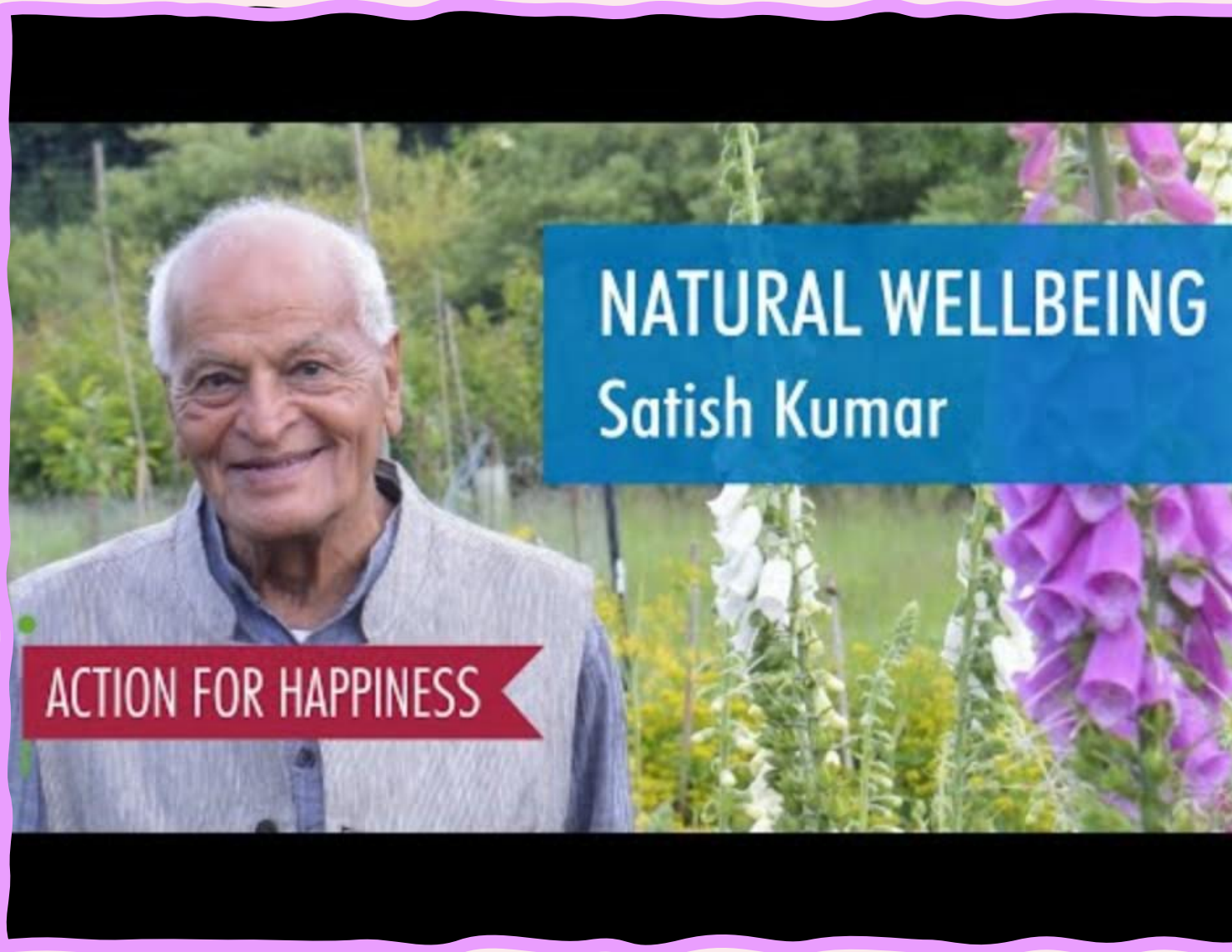


A nature-positive health service is vital for building stronger, healthier and more sustainable communities. We help sites to plan, plant and manage trees, woodlands and green spaces to create habitats for wildlife and sustainable social spaces for people.



National Academy
for Social Prescribing

Green Social Prescribing involves helping people to take part in nature-based activities to improve their mental and physical health. These activities could include community gardening, local walking schemes, conservation volunteering, outdoor arts and culture, wild swimming and green gyms, among others.



Workplace Nature Wellbeing

Incorporating nature into the workplace can significantly enhance employee wellbeing and productivity. Here are some key points to consider:

- Nature Exposure: Even a 20-minute dose of nature can improve mental wellbeing and performance.
- Access to Nature: Small interventions, like daily glimpses of nature, can boost mood and performance.
- Biophilic Design: Elements like greenery, natural lighting, and indoor plants can positively impact mental and physical wellbeing.
- Community Spaces: Increased access to nature can lead to healthier, happier, and more productive individuals.
- By implementing these strategies, organizations can create a more supportive and productive work environment that values nature and its benefits for employee wellbeing.

Moseley Avenue Surgery's Wellbeing Garden



Since her involvement with the Greener Practice Group in 2023, and keen to use her creativity and green fingers, **Dr Helen Folan** had been thinking about how to turn a small area outside the surgery into a wellbeing space for employees. With support from one of the Health & Wellbeing Champion team and a thumbs up from the partners, Helen got to work on her **Nature Sensory Garden**.

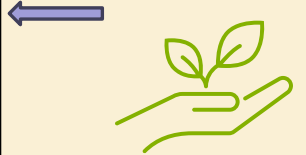
Helen roped in **friends and family** to help with the project, building and painting planters and trellis. She considered **sustainability** and used reclaimed wood, pallets, a variety of second-hand and unwanted items like paint, guttering, pots, plants, soil, furniture, and a rainwater butt.

The space now has a shelter and guttering so it can be used in all weather. There's an outdoor, rubber backed rug that allows puddles to flow away. Plus, the space features **scented plants** (lavender, lemon cypress and bluebells), some faux planting for year-round interest, and **sensory decorations** (nature suncatchers, wind spinners, butterfly decorations and a disco ball to catch the light).

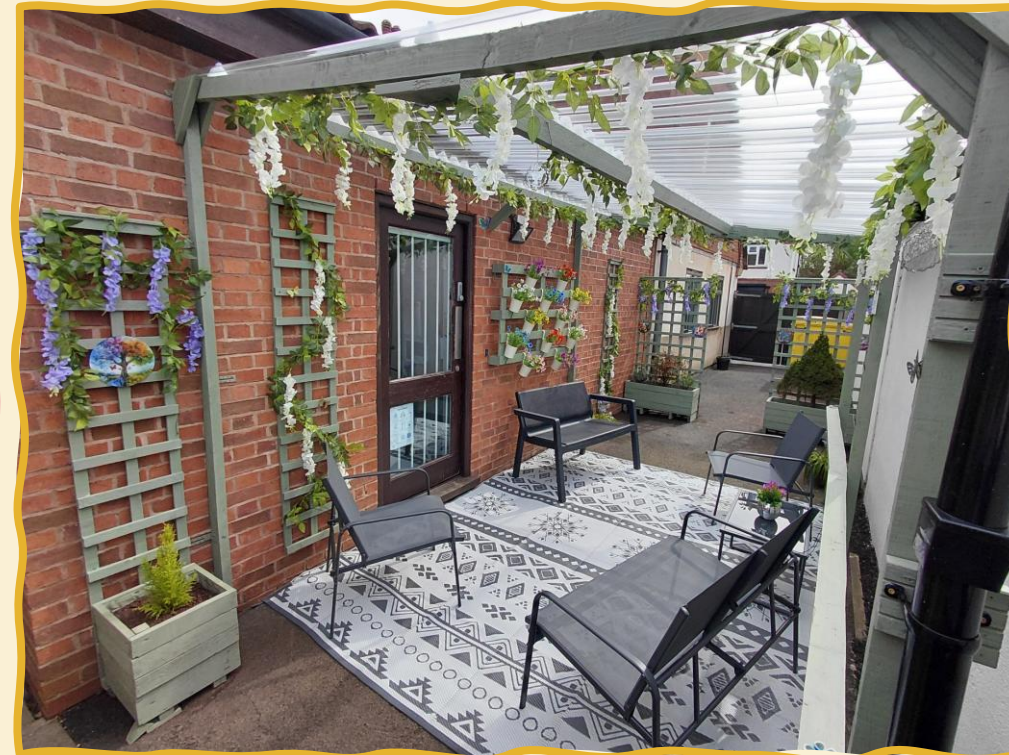
The renovated space has even attracted **wildlife** into what was once a tarmacked courtyard – worms, millipedes, woodlice, spiders, butterflies and bees.



Before



After



Moseley Avenue Surgery's Wellbeing Garden



In June, Helen officially opened the new wellbeing garden. Staff were invited for a lunch and to formally be welcomed to enjoy the space. Helen spoke of the experience:

“

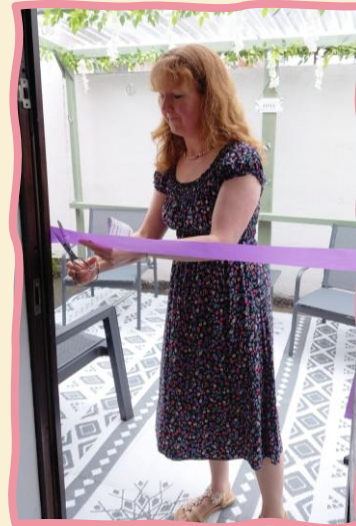
The project has been a labour of love for me and I've really enjoyed it. There have been some stressful moments and some challenges to overcome along the way, but it's been really satisfying solving problems and thinking through ways of making something work. I have tapped into my creative streak, my love of the green outdoors & nature, and hopefully brought some of that to our 'city back yard'. I hope everyone will continue to enjoy stepping away from their desks, getting some fresh air and clearing their mind for a few minutes.

”

“

The garden is fantastic. What a great space for the staff to enjoy in their breaks and take care of their own wellbeing.

”



If you'd like support, from our **Green Health & Wellbeing Champion**, to create something similar for your practice, please make a request via [this form](#)

Awareness Days

(click images for links)



SCOPE

We celebrate Disability Pride Month every July. It's an important moment for disabled people to come together as a community. An opportunity to share experiences and start conversations.



**Alcohol
Awareness
Week**

6-12 July

- Tools to help you learn more about how alcohol might be affecting your health and wellbeing and what – if anything – you'd like to do next
- Top tips for cutting down
- Stories of change

This year, Create Week is all about **connection**. Connection to others, by sharing creative experiences.

And connection to something bigger – taking part in a global celebration of creativity. Through simple, accessible activities, Create Week invites everyone to slow down, express themselves, and connect in meaningful ways.



CREATE WEEK
1 - 7 JULY

The International Day of Friendship was proclaimed in 2011 by the UN General Assembly with the idea that friendship between peoples, countries, cultures and individuals can inspire peace efforts and build bridges between communities.



United Nations

International Day of Friendship
30 July



24/7



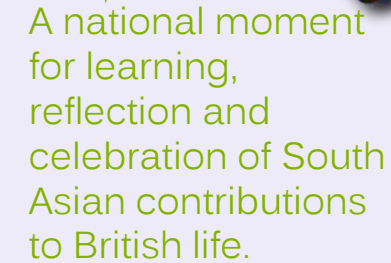
SAMARITANS

Awareness Day

Samaritans is the charity that prevents suicide through the power of human connection.

Connecting people in crisis with trained volunteers who will always listen. People calling for change with those who need to listen. People who've been there before with those struggling now.

Samaritans Awareness Day is on 24 July because we're here to listen 24/7.



A national moment for learning, reflection and celebration of South Asian contributions to British life.



**South Asian
Heritage
Month**

[FREE PDF TOOLKIT FOR DOCTORS AND
HEALTHCARE PROFESSIONALS]

Am I Stressed,
Overwhelmed... or
Burned Out?



Get honest with yourself — discover what's really going on, and
what to do next.



Making Freedom to Speak Up
business as usual.

Unmind

NHS employees can
continue accessing
Unmind
until **December 31,
2026.**



Embrace Joy Every Day with Your EAP

Discover how your *Employee Assistance Programme (EAP)*
can help you feel good on and off the clock.

With access to a wide range of mental, physical and financial health
resources, this is the perfect time to connect to expert support and invest
in a more joyful you!

-  Access on-call support for
all situations
24/7 telephone helpline
-  Address any money problems
playing on your mind
Debt and financial advice
-  Help boost your personal
resilience
Downloadable self-help resources
-  Unlock inspiring content for
healing & growth
Podcasts, blogs and more

Terms & Conditions Apply



Register at cwipc.vivup.co.uk or Scan QR code
When asked for your organisation, enter: Coventry



thank you *

Please get in touch if you have
anything you'd like to share in a
future newsletter:

Special achievements
Thank yous, shout outs and
celebrations
A special interest
A happy story
A favourite wellbeing tip