

Health & Wellbeing Support for You

August 2026

Inside this month's wellbeing newsletter:

- What's On for Wellbeing
- Action for Happiness calendar
- Spotlight On: Summer Holiday Wellbeing! ☀️
- Year-round wellbeing support
- Awareness Days

As you browse, please click on links and images to give you further information on each of the topics.



What's on for Wellbeing



parkrun is a free, community event where you can walk, jog, run, volunteer or spectate.

TRAINING OFFER FOR HEALTH & CARE PROFESSIONALS

Red Whale
Lifelong Learning for Primary Care



Red Whale is one of the UK's leading medical education providers, delivering high quality training and resources to around 30,000 primary care colleagues each year. Read more about Red Whale [here](#)

Think Active has secured a licence to offer health and care practitioners across Coventry, Solihull & Warwickshire **FREE** access to a selection of Red Whale Lifestyle Medicine resources, including:

- Digital Handbook containing a range of articles
- Videobytes
- Red Whale Podcast episodes
- Training Offers
- CPD Log

HOW TO SIGN UP

Step 1: Visit www.redwhale.co.uk; go to 'Sign Up' and complete the registration process

Step 2: Once you're logged in, click on the shopping trolley icon and enter your the code:

ThinkActiveDelegates0624 in the voucher code box and click "Apply".

Step 3: Click on "Get Started" which will take you to take you the Home page to start exploring the resources



sign up to create an account

Date & Time

Session (You need to pre-register for these sessions - click for registration links)

Monday 3rd August
12.30-13.15

Menstruation & Menopause Monday: Energy, Fatigue & Getting Through the Day

Wednesday 19th August
12.30-13.15

Work Well: How To Stop Feeling Helpless When The System Is Genuinely Broken

Thursday 20th August
12.30-13.15

Thursday Thrive & Revive: Healthy Lifestyles While Caring for Others



Recovery & Wellbeing
ACADEMY



Wellington Gardens,
Windsor Street,
Coventry CV1 3BT

Coventry Wellbeing Hub timetable

Monday	1pm - 3pm 3pm - 4:45pm	Ladies only group Drop-in
Tuesday	12:45pm - 3pm 3pm - 4:45pm	Like-minded group Drop-in
Wednesday	1pm - 3pm	Drop-in
Thursday	1pm - 4:45pm 3pm - 4:40pm	Voiceability Clinic, last Wednesday of the month (book in advance) Drop-in
Friday	1pm - 4:45pm 1:30pm - 3:00pm	Art group Gardening group
Saturday	1pm - 4:45pm	Drop-in



Try this Wellbeing Wheel Activity



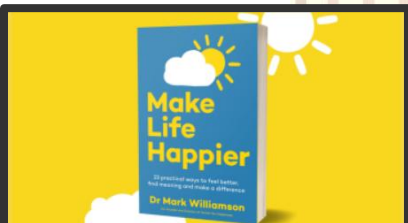
Action for Happiness Calendar – August 2026



ONLINE COACHING

Try Our Free Online Program

A 10-Day program, a few minutes a day, to teach you the fundamentals of happier living.



NEW BOOK

Make Life Happier: new book from Dr Mark Williamson

The culmination of 15 years of work with Action for Happiness and all the lessons we've learned along the way.

Altruistic August 2026

SATURDAY

1 Set an intention to be kind to others (and yourself) this month

8 Make some tasty food for someone who will appreciate it

15 If someone annoys you, be kind. Imagine how they may be feeling

22 Give people the gift of your full attention

29 Do something kind to help in your local community

SUNDAY

2 Send an uplifting message to someone you can't be with

9 Thank someone you're grateful to and tell them why

16 Make a thoughtful gift as a surprise for someone

23 Share an article, book or podcast you found helpful

30 Give away something to help those who don't have as much as you

MONDAY

3 Be kind and supportive to everyone you interact with

10 Check in with someone who may be lonely or feeling anxious

17 Be kind online. Share positive and supportive comments

24 Forgive someone who hurt you in the past

31 Share Action for Happiness with other people today

TUESDAY

4 Ask someone how they feel and really listen to their reply

11 Share an encouraging news story to inspire others

18 Today do something to make life easier for someone else

25 Give your time, energy or attention to help someone in need

26 Find a way to 'pay it forward' or support a good cause

WEDNESDAY

5 Spend time wishing for other people to be happy and well

12 Contact a friend to let them know you're thinking of them

19 Be thankful for your food and the people who made it possible

27 Notice when someone is down and try to brighten their day

28 Have a friendly chat with someone you don't know very well

THURSDAY

6 Smile and be friendly to the people you see today

13 No plans day! Be kind to yourself so you can be kind to others too

20 Look for the good in everyone you meet today

27 Notice when someone is down and try to brighten their day

28 Have a friendly chat with someone you don't know very well

FRIDAY

7 Give time to help a project or cause you care about

14 Take an action to be kind to nature and care for our planet

21 Donate unused items, clothes or food to help a local charity

28 Have a friendly chat with someone you don't know very well



ACTION FOR HAPPINESS

Happier · Kinder · Together

Spotlight On: Summer Holiday Wellbeing

Beat the Heat

- Stay cool on hot days
- Use sunscreen
- Stay hydrated – try these refreshing non-alcoholic summer drink recipes
- Eat well – try seasonal recipes
- Keep active
- Manage allergies & hay fever
- Stop smoking

Stay Connected

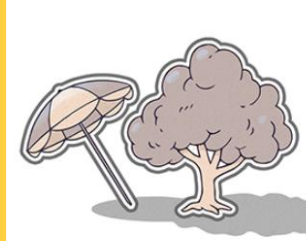
- Support services
- Local groups and events

Get Outdoors

Going outdoors for at least 20 minutes of exercise each day. Walking in a green space can help you feel refreshed and energised.

Warwickshire & Coventry

On hotter days, trying to avoid the middle of the day can help you stay safe.



Make use of the shade
(especially between
11am and 3pm)



Wear clothes that
protect you from the
sun



Use sunscreen
(SPF30+) and re-apply
it every 2 hours



1. Have a game plan

Use the NHS Drink Free Days app to set yourself a weekly unit target and stick to it. But if one week you do go over your limit, don't stop trying – next week is a fresh start.



2. Switch from stronger stuff

Choose drinks that are lower in alcohol. Try lighter beers – under 4% ABV. As a rule of thumb, white and rosé wines are lower in strength than reds. Or try swapping some or all of your drinks for no or low-alcohol alternatives.



3. Stick with it!

It might take a bit of time to get used to the change from your usual choices, so if you notice a difference in taste with lower-strength drinks, do not give up! There are so many options, it's likely there's one out there for you – and switching means you can enjoy the health benefits of drinking less without losing your social life.



4. Shake up your social plans

Going for drinks is not the only way to see friends. You could watch a film, meet up for breakfast, grab a coffee and go for a walk, go bowling, head to the gym or sign up for a class to do together, for instance.



5. Set a booze budget

Sticking to a budgeted amount for alcohol can be a good way to drink less. If you are going out, try taking only the exact cash, or set up a spending alert on your card.



6. Write off the rounds

Being involved in rounds makes it easy to end up drinking more than you meant. Try to avoid them if you can, and do not feel like you have to say yes to a drink just because someone else is buying. There's always next time.



7. Only wine and dine

Waiting for your evening meal before you have a drink – and having your first only once you've started eating – is another simple way to help you cut down.



8. Beat boredom

If a drink is a way you handle boredom or stress, try finding something else to do instead. Exercise is a great stress reliever, and simple things like cleaning, a new hobby or DIY can be a good way to occupy mind and body.

Set Some Goals

If you're stuck for inspiration, check out the five ways to wellbeing. Can you come up with a summer holiday wellbeing goal related to each?

FIVE WAYS TO WELLBEING



Spotlight On: Summer Holiday Wellbeing

Summer Wellbeing Guide

for young people



Keep a Routine

Longer hours of sunlight can disturb your sleep and waking patterns. You might feel better if you stick to a routine, trying to get up and go to bed at your usual times. Keeping your room dark or using an eye mask could help – explore more ideas for [sleeping well](#).

You might decide to adapt your routine and make the most of the longer days (especially if it's very hot), you could take inspiration from Mediterranean countries and take a siesta – a break in the middle part of your day.

Both sleeping and activities can feel more difficult if we're worrying about money, debt or benefits. Find details of services offering support or advice around finances [here](#). It can be helpful to make a plan for [low-cost activities](#).

Relax & Unwind

- [Tips for Relaxation](#)
- [Breathing exercises](#)

Spotlight On: Summer Holiday Wellbeing

Water safety

• Stop and Think

- Is the area safe? Consider potential hazards - too deep or too shallow, currents, tides, underwater objects.
- Enter slowly and carefully and never jump from heights.
- Think carefully about your ability to splash or swim in cold outdoor water. Are you really a good swimmer?
- Research local information and conditions - read local signs and speak to locals, including the lifeguards.
- Never use inflatables in open water - although they look fun, inflatable water toys can quickly get caught in the wind and be blown out to sea.

• Stay Together

- Seek lifeguarded areas and always ensure someone is available to raise the alarm.
- Don't go too far - enter the water slowly, stay within reach, stay within a standing depth and always be supervised.

• In an Emergency Call 999

- Ask for the Coastguard if you are at the coast. Don't enter the water to rescue.
- Be sure everyone in your group knows who to call in an emergency. If you are abroad, ensure you know the correct number to call.

• Float

- If you fall in or become tired, stay calm, float on your back, and call for help. If you see somebody who has fallen in, throw something that floats to them.
- Ensure the whole family knows basic water safety and what to do if they find themselves unexpectedly in the water. You can access [FREE RLSS UK](#) resources to help.



**Swim
England**

Learn to Swim

A guide to the Learn to Swim Programme



Swim England
Open Water

Spotlight On: Summer Holiday Wellbeing

Summer Activity Ideas

- Relax and enjoy your garden
- Make a cut flower arrangement
- Go cloud spotting
- Deadhead flowers
- Take an outdoor walk
- Make edible flower ice cubes
- Count butterflies
- Make herbal tea
- Have a picnic
- Save seeds
- Listen for 5-minutes
- Go stargazing

Your ultimate guide to things to
do in **Coventry** this summer

Visit **COVENTRY**

- Walk barefoot on the grass
- Make a cress-head
- Design your garden
- Talk to your plants
- Try nature photography
- Compile a list of autumn bulbs to buy
- Read a book in the garden
- Play a colour hunt game
- Have your morning drink outside
- Try focaccia bread art
- Harvest fruit & vegetables
- Practice a breathing exercise in nature
- Create floral inspired art



The Rugby
Town
What's On



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

vivup

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



Welcome

The Work Well Programme is a comprehensive set of tools and resources designed to support the wellbeing of people in high-pressure roles. Practical, helpful support developed and designed by healthcare professionals, for healthcare professionals.



Bitesize videos

Wellbeing Boosters

An online library of 5-minute "Wellbeing booster" videos.

- Short, practical hacks you can apply straight away to shift your mindset, tackle your to-do list differently, set boundaries and deal with difficult conversations.
- Each video includes done-for-you activities you can use with your team, so everyone benefits.

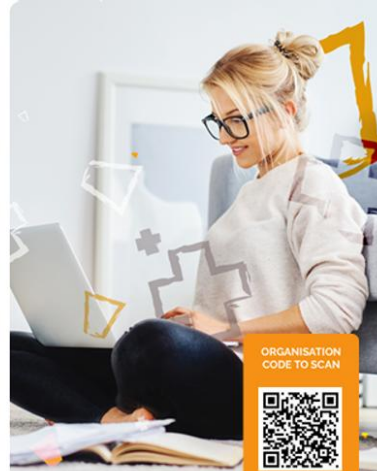


Upcoming training for

Wellbeing Leads

Quarterly - 12:30 - 14:00pm

Online masterclasses to support anyone taking an active lead on wellbeing within their organisation, practice or team.



ORGANISATION
CODE TO SCAN



Your live training

Lunch + Learn

Monthly - 12:30 - 1:30pm

- Interactive webinars with experts on relevant topics to healthcare professionals in high-pressure roles.
- Join live to connect and ask questions or catch up with the on-demand replay.



Wellbeing

QiToolKit

Online set of tools to help teams and practices audit and improve their wellbeing support.

The Work Well Programme is brought to you by Dr Rachel Morris and the team behind the You Are Not A Frog podcast.

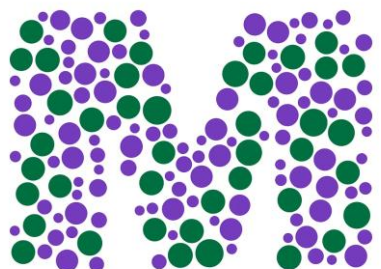


Making **Freedom to Speak Up** business as usual.



South Warwickshire and Worcestershire

There are so many options for finding the right wellbeing support. Contact our Health & Wellbeing Champions for personalised guidance on the best support for you.



Welcome to the Coventry and Warwickshire Wellbeing Hub

Access personalised health and wellbeing support across Coventry and Warwickshire

Access Wellbeing Support



Awareness Days



**CYCLE TO
~~WORK~~
WHO? WHAT? WHERE?
DAY**

Cycle to Work Day is back with a twist!

Ride on **Thursday 6th August** and you could win an epic cycling prize. You can ride anywhere, with anyone and for any reason - it's up to you.

Find out more at
www.lovetoride.net/cyclescheme

**THURSDAY
6TH AUGUST**

 Brought to you by
 cyclescheme.co.uk
LOVE TO RIDE



International Relaxation Day

15th August 2026

Relaxation for All: Skills for Health and Wellbeing in Daily Life



Thank You for Reading



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