

# Health & Wellbeing Support for You October 2026

- What's On for Wellbeing
- Action for Happiness Calendar
- World Menopause Day
- Spotlight On: Transitions
- Awareness Days



# What's On for Wellbeing

**WORLD MENOPAUSE DAY**  
**BUY YOUR TICKETS TODAY**



**FREEDOM TO FLOURISH**  
**-STRATFORD-**  
**18 October**  
*9am - 6pm*  
Crown Plaza Hotel - Stratford-upon-Avon



Tickets only  
**£7**





Winter  
preparation  
& planning



| Date & Time                                 | Event & Sign-Up Link (sign-up in advance please)                                                                                                 |
|---------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday 5 <sup>th</sup> Oct, 12:30-13:15     | <a href="#">Peer Support Menstruation &amp; Menopause Monday: Sleep (or lack of it)</a>                                                          |
| Tuesday 13 <sup>th</sup> Oct, 12:30-13:15   | <a href="#">Work Well Webinar: What To Do When You Genuinely Don't Know Whose Job It Is</a>                                                      |
| Wednesday 14 <sup>th</sup> Oct, 19:00-20:00 | <a href="#">How To Be Kind To Yourself   Action for Happiness  with Shahroo Izadi</a>                                                            |
| Thursday 22 <sup>nd</sup> Oct, 12:30-13:15  | <a href="#">Peer Support Thursday Thrive &amp; Revive: Coping -Supporting the Wellbeing of Others - 121</a>                                      |
| Friday 23 <sup>rd</sup> Oct, 10:30-12:00    | <a href="#">Parental Leave Support Network - Parenting Support Circle</a> (This is an open invitation to all GPs - Locum, salaried and partners) |
| Friday 23 <sup>rd</sup> Oct, 12:00-13:30    | <a href="#">Carer Support Network</a> (For GPs with caring responsibilities)                                                                     |

# Action for Happiness

Optimistic October 2026



ACTION FOR HAPPINESS

Happier · Kinder · Together



## How To Be Kind To Yourself

with Shahroo Izadi

Wednesday, 14 October  
2026  
19:00 - 20:00

TICKET PRICE  
Optional Donation



### Online Coaching

Try our free 10-day program

Abi your happiness coach guides you through daily actions for happier living.



### Talks

Discover more from leading experts

Inspiring Talks from leading thinkers on all aspects of living happier lives.



### Course

Try our life-changing 6 week course.

Happiness Habits is proven to help you craft the skills for a happy and meaningful life.



### Groups

Be part of something bigger

Groups offer the chance to connect with others and find practical ways to take action.



MONDAY



5 Be a realistic optimist. See life as it is, but focus on what's good

TUESDAY



6 Remind yourself that things can change for the better

WEDNESDAY



7 Look for the good in people around you today

THURSDAY

1 Write down three things you can look forward to this month

FRIDAY

2 Find something to be optimistic about (even if it's a difficult time)

SATURDAY

3 Take a small step towards a goal that really matters to you

SUNDAY

4 Start your day with the most important thing on your to-do list

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



# World Menopause Day

Info from Henpicked



HENPICKED

Menopause in the Workplace

## Join free Lunch & Learns

### What is Menopause?

Menopause myths and misconceptions  
Menopause is often misunderstood - framed as just hot flushes or something to simply "get through." In reality, it's a hormonal transition that happens over many years, affecting physical, emotional and cognitive health in different ways.

The way we talk about menopause is changing - moving away from stigma and silence towards openness and understanding. By challenging myths and sharing clear, trusted information, we can help normalise the conversation and ensure women feel supported, not dismissed.

### Symptoms of Menopause

Menopause symptoms can affect you in many different ways - and no two experiences are the same.

Changes in hormone levels can lead to physical symptoms such as hot flushes and joint pain, psychological changes including anxiety or low mood, and cognitive effects like brain fog or changes in memory. Some symptoms begin during perimenopause, years before periods stop, and others can continue beyond menopause. Long-term health considerations, such as bone and heart health, may also become more relevant during this stage.

Understanding how you can be affected helps you feel more prepared, reassured and supported.

### Managing Your Menopause

We're all different - our symptoms, medical history and personal preferences all play a part in what feels right for us. There's more than one way to manage menopause symptoms.

Menopause treatment options may include hormone replacement therapy (HRT), non-hormonal treatments and lifestyle changes such as improving sleep, nutrition, movement and stress management. Some women also explore additional therapies, such as CBT.

You may find that a combination of approaches works best - your own "menopause menu" of solutions tailored to your needs.

**Menopause &  
women's health -  
CWTH Health and  
Wellbeing**

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BUY YOUR TICKETS TODAY**



FREEDOM TO  
FLOURISH  
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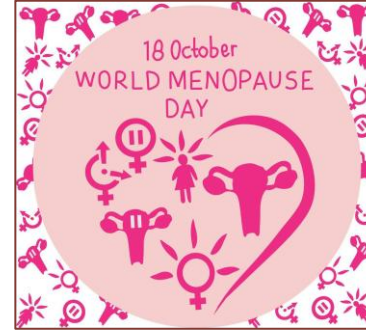
18 October  
9am - 6pm

Crown Plaza Hotel - Stratford upon Avon



Tickets only  
**£7**

**Your free menopause and work toolkit**  
**MENO-kit** offers a free, online, evidence-based toolkit designed specifically for UK organisations to raise awareness and better support menopause in their workplace.



### Menopause at Work

Menopause doesn't pause when you're working. Symptoms can show up in meetings, on shifts, during travel or while managing responsibilities at home and at work.

Changes in sleep, concentration, confidence and energy can all shape how work feels. For some, symptoms are manageable. For others, they can make everyday tasks more challenging.

Understanding your rights at work, knowing what reasonable adjustments might look like and feeling able to start supportive conversations can make a real difference. You shouldn't be expected to simply "push through."

Workplaces are increasingly recognising the impact of menopause and the importance of creating supportive environments. If you're looking for guidance on workplace best practice and how organisations can become Menopause Friendly, you can explore our dedicated workplace support site.

# Menopause Champions

I'm very proud to be a Menopause Champion. In a space where menopausal health is rarely talked about or understood, champions bring a friendly, informed point of support. We don't have all the answers, nor do we give advice. We provide a space for women to feel seen, heard, supported and less alone.

Helping facilitate the MMM drop in groups has been such a privilege - it's clear to see that this is a space that is very much needed. A community of likeminded people all there to listen and support. I'm proud to be a part of it.



Serena Horton - Menopause Champion,  
Health & Wellbeing Coach.

From an NHS colleague after attending our free monthly 'Menstruation and Menopause Monday' Session:

*'Taking part in the menopause wellbeing session was such a positive experience. It was genuinely helpful to connect with other women going through the same challenges- knowing I wasn't alone made a real difference. The support I received left me feeling understood, supported, and more empowered to manage this stage of life with greater confidence.'*

Anonymous



I am incredibly proud to work alongside a multidisciplinary team committed to improving menopause awareness, education and support across our general practice workforce.

By working collaboratively across clinical, managerial, personalised care, HR, EDI and wellbeing roles, we are turning commitment into meaningful action through education, manager training, menopause champions, improved signposting and a new menstruation and menopause policy.

Together, we are creating more informed and supportive workplaces, while helping colleagues feel more confident discussing menopause and providing compassionate, evidence-informed patient care.

This World Menopause Month, I would like to thank everyone contributing to this important work.



Sue Thomas - ANP Ambassador, Menopause Action Plan  
Project Lead and Menopause Champion at Coventry and  
Warwickshire NHS Training Hub.

## Menopause Action Plan

CWTH is delivering on the Menopause Action Plan by:

- Creating workplace environments where menopause can be discussed openly and respectfully.
- Reviewing workplace policies and guidance on menopause.
- Providing workforce education and training.
- Collaborating with wellbeing, women's health and EDI teams to ensure staff feel supported, understood and able to thrive at work.



# Spotlight On: Transitions

## October is a month of transition.

The mornings are getting darker, the evenings are drawing in and the landscape is beginning to change. Summer hasn't disappeared overnight, but we can feel that we're moving into something different.

Transitions are a normal part of life. Some are small and barely noticed; others can change our routines, our sense of identity or the way we see what comes next.

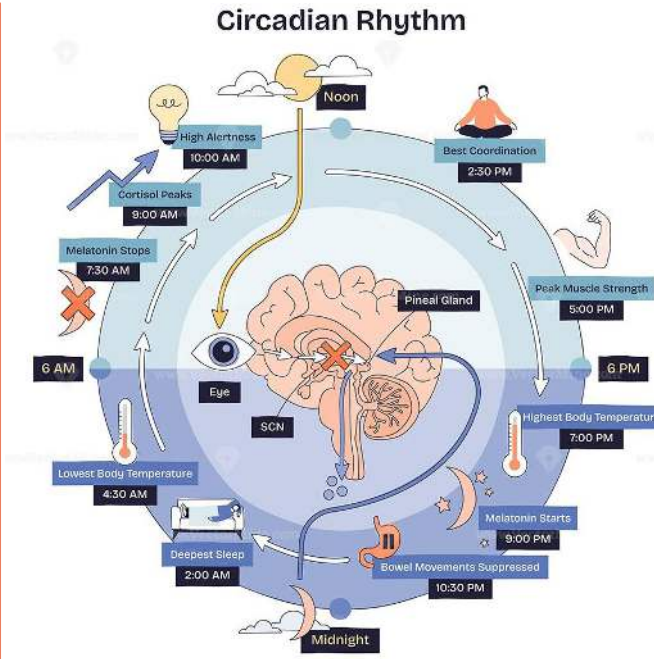
And even positive transitions can take some adjustment.

We may notice changes in our energy, sleep, mood, motivation or concentration as our environment and routines change. Shorter days and reduced daylight can affect our **body clocks**, while changes in our usual activities and opportunities to connect with others can influence how we feel too.

October also marks **World Menopause Day**, providing an opportunity to recognise another significant transition that many people experience. Menopause can affect sleep, energy, mood and how we feel physically and emotionally. Having information, understanding and the right support can make navigating this transition easier.

Transitions happen in our working lives too.

Across the NHS, teams evolve, roles develop, priorities shift and new ways of working emerge. Sometimes these changes are welcome. Sometimes they bring uncertainty. Often, we experience a mixture of both.



Every transition has a before and an after. We don't always know exactly what the next season will look like, but we can give ourselves what we need to navigate it well.



Understanding seasonal affective disorder (SAD)

### Building Your Seasonal Resilience Toolkit

- Exposure to daylight
- A consistent sleep routine
- Move for mood regulation
- Social connections and support systems
- Mindful eating and vitamin D
- Get winter vaccinations
- Stay hydrated
- Take time to rest (as nature does)

Looking after our wellbeing during a period of transition doesn't necessarily mean adding more to our to-do list. It might mean protecting the things that help us feel grounded: getting outside in daylight, maintaining sleep routines, moving regularly, making time for people, taking proper breaks or giving ourselves permission to adjust.

It can also mean staying connected at work. A conversation with a colleague, making time to check in with your team or seeking support early can make a real difference when things feel uncertain.

We can't stop the seasons changing, and we can't always control the transitions happening around us.

But we can pay attention to how we're experiencing them, take care of ourselves along the way and stay curious about what comes next.

If you're experiencing a transition at work or in your personal life and would like some space to think things through, support is available through the **Training Hub**.

# Spotlight On: Transitions

Click images for video explainers

If you are interested in sessions to support yourself or teams focused on any of the tools here, please reach out to the CWTH.

When we're moving through a transition, it can be useful to pause and ask ourselves:

**What is changing for me?**

**How am I responding to it?**

**What do I need more or less of right now?**

**What is within my control?**

**Who could support me through this?**

**What might this transition make possible?**

## Circle of Control

When change feels overwhelming, it can help to separate what you **can influence** from what you **can't control**.

Try drawing three circles:

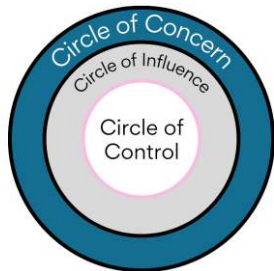
**Control** → What can I directly influence?

**Influence** → What might I be able to affect, but can't determine?

**Concern** → What is outside my control?

Then ask: **Where would my energy be most useful?**

This can be particularly helpful when you're dealing with uncertainty at work.



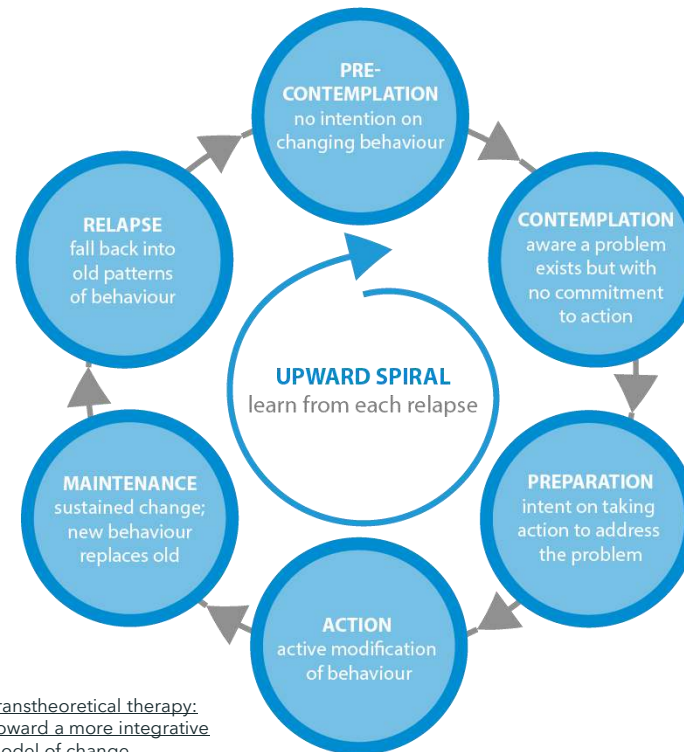
Change doesn't always happen in a straight line. The **Stages of Change** model describes movement through stages such as not yet considering change, considering it, preparing, taking action and maintaining change.

It can be useful simply to ask:

**Where am I with this change right now?**

You don't necessarily need to be ready to act. Sometimes recognising that you're still processing something is useful in itself.

## STAGES OF CHANGE



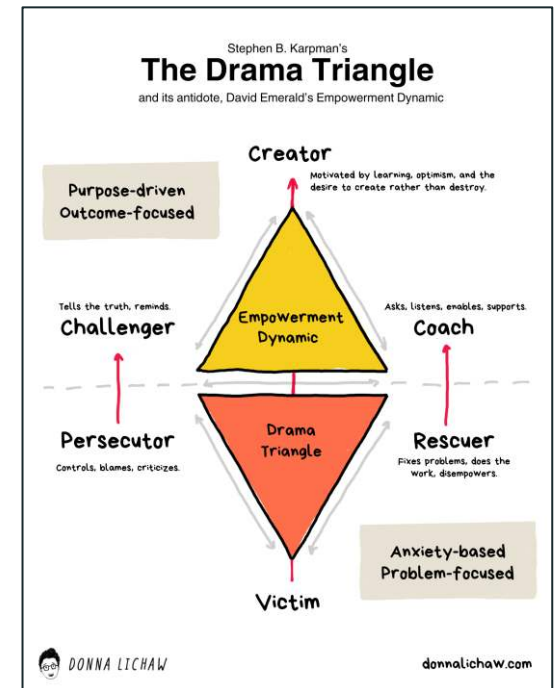
Transtheoretical therapy:  
Toward a more integrative  
model of change.

## The Drama Triangle

When change creates uncertainty or pressure, we can sometimes find ourselves slipping into familiar roles: **Victim, Rescuer or Persecutor**.

The useful question isn't "Which one am I?" but: "What is happening here, and is there a more constructive role I could take?"

For example, moving from "There's nothing I can do about this" towards "What is within my influence?" can help restore a sense of agency.



# Awareness Days



**Thank you for taking the time to read this newsletter and take care of your health & wellbeing.**

**Coaching & Mentoring**



Coaching and mentoring can help you reflect, grow and navigate your next steps - whether you're developing in your role or looking ahead to what's next

| Coaching                                                                                                                                                                                                                                                            | Mentoring                                                                                                                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• Reflection</li><li>• Goal setting and accountability</li><li>• Neutral and more task focused</li><li>• Questioning, feedback and problem solving</li><li>• Cultivates autonomy, empowerment and critical thinking</li></ul> | <ul style="list-style-type: none"><li>• Experience sharing and storytelling</li><li>• Guidance and advice</li><li>• Less formal</li><li>• Provision of support</li><li>• Knowledge transfer</li></ul>                 |
| <ul style="list-style-type: none"><li>• 6 sessions with a trained coach</li><li>• Charges may apply</li><li>• Confidential</li><li>• Face-to-Face and Online sessions available</li></ul>                                                                           | <ul style="list-style-type: none"><li>• Access to a mentor for 6 months</li><li>• Wide range of mentors to choose from</li><li>• Free and confidential</li><li>• Face-to-Face and online sessions available</li></ul> |

To receive our coaching profiles:

Scan here or click the QR code



cw.traininghub@nhs.net

To receive our mentor profiles:

Scan here or click the QR code



@cwtraininghub

**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**



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**[www.cwthwellbeing.com](http://www.cwthwellbeing.com)**

