

WELCOME TO

Wellbeing Wednesday's

HEY, HOW ARE YOU?

Let me introduce myself

Who am I?

My name is Serena, I have worked for GP Connect as a mental health & wellbeing coach for almost 3 years. I have recently taken on the additional role of Health & Wellbeing Champion for staff

Outside of work I am also a qualified teacher of Mindfulness, trained and qualified massage therapist and Mum to Ayla, 7 and Matthew, 22

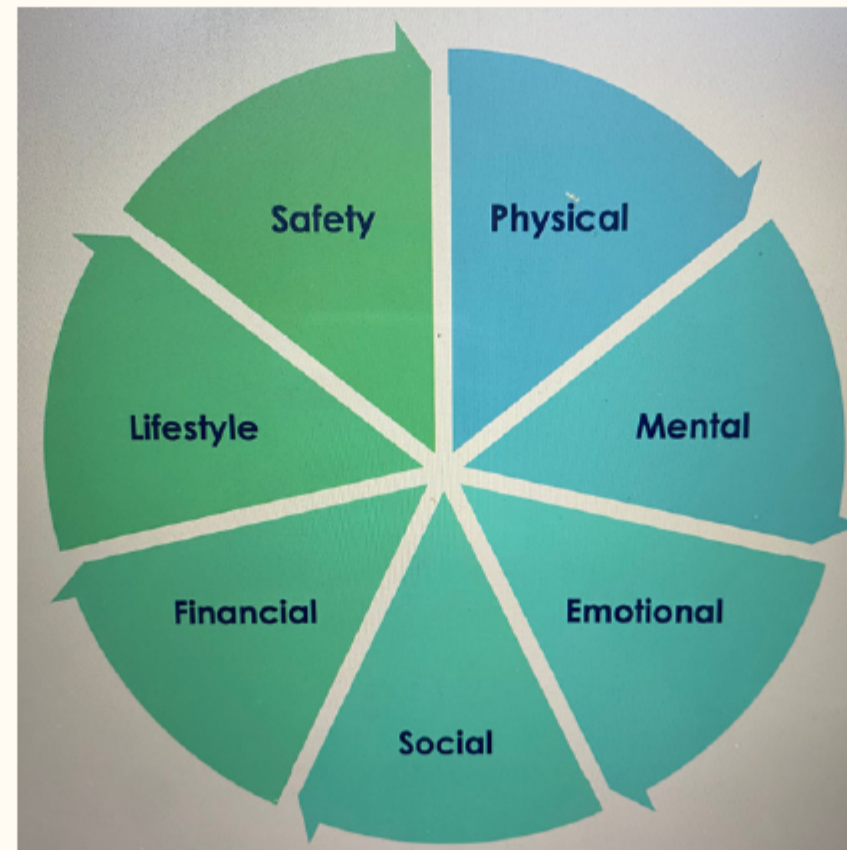
I'm a massive home bird and love nothing more than spending my free time with my partner Mark and our pretty big extended family including Charlie the dog, Phoebe the cat and Blossom & Ginger my 2 rescue hens!

What does this mean for you?

My role is to support the health & wellbeing of all staff working within our PCN. This means I am here to promote, signpost and offer guidance on all the help, support, events & initiatives that are available for staff health & wellbeing both in and out of the workplace



This weeks focus



A 360 APPROACH TO ACHIEVING A GOOD LEVEL OF HEALTH & WELLBEING

Most of us know the basics on how to look after our bodies & mind but have you ever given consideration to the other factors that make up your overall wellbeing?

Realistically it's almost impossible to have each of the dimensions 'full' all at once but it's important to give consideration to each of these factors when thinking about your overall health & wellbeing.

Start with thinking about your core values, what your aims are in life and then make sure you're giving the right amount of focus to the right area to create a personal plan for your wellbeing journey



What we've done so far

It's been a busy few weeks since taking on the role and my main focus has been on communication.

Ensuring everyone is up to date and informed on the role and what it can do for them.

- I have met with Jas & the non clinical staff at Phoenix Family Care to talk about their health & wellbeing at work
- Zoe & Imteyez from Bell Green & Longford surgeries to discuss how I can assist PM's with looking after their staff wellbeing
- Sending out the information & flyers to all PM's to distribute to their teams [FIND OUT MORE](#)
- Promoting the scheme at the monthly PCN meeting

Coming Up....

- More practice meetings to promote the service
- Relaxing Online meditation class during next months PLT led by me
- A staff wellbeing event (suggestions are welcome)

Ongoing Employee Benefits

- FREE access to Headspace Premium mindfulness app
- FREE employee assistance app VIVUP
- BIG discounts on holidays via TUI for NHS employee's (nhs.tui.co.uk)
- FREE access to 1-2-1 coaching support via 'LAYT' - looking after you too