

Your Autumn Wellbeing Guide



...for the season ahead

As the days get shorter and the air turns crisp, October is the perfect time to reset and refocus on your wellbeing. The change in seasons can challenge both body and mind, but with a few intentional choices, you can stay energised, resilient, and balanced. This month, we're sharing tips on nourishing your body, protecting your mental health, and making smarter choices as the holiday season (and sugary temptations!) begins.

Nourish with the Season

Root vegetables, squashes, apples, and pears are in abundance this month — perfect for warming soups, stews, and oven roasts. Choosing seasonal produce not only supports local growers but also provides your body with the nutrients it naturally craves in cooler weather.

Quick tip: Batch-cook a vegetable soup on Sunday to have healthy grab-and-go lunches all week.

Treats with Benefits

Halloween brings an influx of sweets, but too much sugar can sap your energy and affect mood. Instead, reach for roasted cinnamon apples instead of toffee apples, dark chocolate squares instead of milk chocolate bars, and nuts, seeds, or popcorn as crunchy alternatives. Balance is key — enjoy treats in moderation, but make the nourishing choice the default.

October Challenge



EAT SEASONAL

- Add pumpkin, squash, or root veg to meals
- Try a warming soup or roasted traybake



BOOST MENTAL HEALTH

- Step outside daily for natural light
- Practice 5 minutes of mindfulness or gratitude



STAY ACTIVE

- Aim for 20 minutes of movement a day
- Pair up with a friend to stay motivated



Support your Mental

World Mental Health Day falls on **October 10th**, reminding us of the importance of looking after our minds as much as our bodies. Shorter days can affect mood, so try:

- Getting outside during daylight hours
- Practicing daily mindfulness or gratitude
- Keeping a consistent sleep schedule

Even small acts of self-care can protect mental wellbeing during seasonal transitions.

Shorter Days

It's easy to let exercise slip when the evenings draw in, but staying active is one of the best ways to strengthen your immunity and lift your mood. A morning walk can help you catch natural light and set a positive tone for the day, while a quick home workout is a great fallback if the weather or darkness keeps you indoors. You might also find it easier to stay consistent with a "movement buddy" for accountability. Even just 20 minutes of daily movement can make a real difference.

Contact Us



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CALENDAR

OF EVENTS - *October* EDITION

ASPIRE
PRIMARY CARE NETWORK

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|---|--|---|
| 28 | 29 9:30AM: HEALTHY HEART CLINIC @HARVEY HADDEN 11AM: WELLNESS WALK @HARVEY HADDEN | 30 1PM - 3PM: HEALTHY HORIZON HUB @EVOLVE | 1 11AM: RIDEWISE FREE CYCLING @HARVEY HADDEN 9AM - 1PM: HEALTH CHECK POINT @ST LUKE'S SURGERY | 2 10AM - 12PM: HEALTHY HORIZON HUB @NG6 8AX 7:30PM - 8:30PM: ZUMBA @SHEILA RUSSELL | 3 9:30AM: CHAIR BASED EXERCISE @EVOLVE 11AM - 1PM: SFICE SUPPORT HUB @NG7 4DL | 4 11AM: CHESS CLUB @HYSON GREEN LIBRARY 9AM: PARK RUN - WOLLATON HALL @NG8 2AE |
| 5 | 6 9:30AM: HEALTH CHECK POINT @GRANGE FARM 11:00AM: WELLNESS WALK @HARVEY HADDEN | 7 9AM - 12PM: CRAFT AND COFFEE WITH SAM @EVOLVE 11AM-2PM: GAMES/BINGO @STANWICK CLOSE | 8 11AM: RIDEWISE FREE CYCLING @HARVEY HADDEN | 9 10AM: COMMUNITY CAFE @ST AIDAN'S 10AM - 12PM: HEALTHY HORIZON HUB @NG6 8AX | 10 9:30AM: CHAIR BASED EXERCISE @EVOLVE 9AM - 1PM: HEALTH CHECK POINT @BILBOROUGH MEDICAL CENTRE | 11 11AM: CHESS CLUB @HYSON GREEN LIBRARY 9AM: PARK RUN - WOLLATON HALL @NG8 2AE |
| 12 | 13 9:30AM: HEALTH CHECK POINT @GRANGE FARM 9:30AM - 10:30AM: LADIES ONLY SWIM @THE LENTON CENTRE £4 | 14 5:30 - 6:30PM: FAMILY SWIM @THE LENTON CENTRE £4 - £6 11AM-2PM: GAMES/BINGO @STANWICK CLOSE | 15 11AM: RIDEWISE FREE CYCLING @HARVEY HADDEN 1PM - 5PM: HEALTH CHECK POINT @ASPLEY MEDICAL CENTRE | 16 10AM - 12PM: HEALTHY HORIZON HUB @NG6 8AX | 17 9:30AM: CHAIR BASED EXERCISE @EVOLVE 11AM - 1PM: SFICE SUPPORT HUB @NG7 4DL | 18 9AM: PARK RUN - WOLLATON HALL @NG8 2AE |
| 19 | 20 9:30AM: HEALTHY HEART CLINIC @HARVEY HADDEN 11:00AM: WELLNESS WALK @HARVEY HADDEN | 21 1PM - 3PM: HEALTHY HORIZON HUB @EVOLVE 9AM - 12PM: CRAFT AND COFFEE WITH SAM @EVOLVE | 22 11AM: RIDEWISE FREE CYCLING @HARVEY HADDEN | 23 10AM - 12PM: HEALTHY HORIZON HUB @NG6 8AX 1PM - 5PM: HEALTH CHECK POINT @BROAD OAK MEDICAL PRACTICE | 24 9:30AM: CHAIR BASED EXERCISE @EVOLVE 10AM - 12PM: CRAFT & CHAT @BILBOROUGH LIBRARY | 25 11AM: CHESS CLUB @HYSON GREEN LIBRARY |
| 26  | 27 9:30AM: HEALTH CHECK POINT @GRANGE FARM 11:00AM: WELLNESS WALK @HARVEY HADDEN | 28 10:15AM: PARK WALK @FOREST REC TRAM STOP 5:30 - 6:30PM: FAMILY SWIM @THE LENTON CENTRE £4 - £6 | 29 11AM: RIDEWISE FREE CYCLING @HARVEY HADDEN | 30 10AM - 12PM: HEALTHY HORIZON HUB @NG6 8AX 1PM - 5PM: HEALTH CHECK POINT @MELBOURNE PARK MEDICAL CENTRE | 31 9:30AM: CHAIR BASED EXERCISE @EVOLVE 11AM - 1PM: SFICE SUPPORT HUB @NG7 4DL | 1 11AM: CHESS CLUB @HYSON GREEN LIBRARY 9AM: PARK RUN - WOLLATON HALL @NG8 2AE |

*ACTIVITIES PUT ON BY SPLW'S / HWBC'S

*ACTIVITIES PUT ON BY COMMUNITY