#TeamStockport #TeamTameside
Staff Wellbeing & Occupational Health Service

NHS Stockport NHS Foundation Trust

January 2026

Hello & welcome…



Hello and welcome to the January edition of the Health & Wellbeing newsletter**.** I would like to take this opportunity to wish you a very **Happy New Year** and **welcome to 2026!**

I hope you were able to see out the last year peacefully, with time to reflect, as we begin the new year it's a great opportunity to look ahead with a fresh perspective. We will be facing new challenges, but also the prospect of new possibilities so whether you've set resolutions or are simply seeking more balance, this is a powerful time to match your intentions with your actions.

Staying mentally well and physically active is essential, especially during the winter months when shorter days and colder weather can make it more challenging. So, looking ahead within the NHS, each day presents a meaningful opportunity to make a difference for our patients, our colleagues, and ourselves. Within this newsletter we highlight some of the national campaigns such as Dry January, Brew Monday and many more. This month, we're focusing on practical ways to support your wellbeing by exploring financial support options, discovering initiatives to help you stay active, and finding inspiration for places to visit. We're also shining a spotlight on services which give psychological support in the workplace.

Even the smallest shift in mindset can spark lasting impact, both personally and professionally, so let's make 2026 a year defined by purpose, progress, and pride in the incredible work we do together.

Amanda Bromley
Director of People and Organisational Development

Dry January

Dry January 2026 runs from January 1 to January 31, 2026, encouraging participants to abstain from alcohol for a **full 31-day "reset"** to improve wellbeing, mental clarity, and lifestyle monitoring. Alcohol plays a prominent role in many of our lives, for many as part of celebrations or social gatherings, a way unwinding, or a comfort in difficult times. Unlike other substances it is legal, widely accepted, and frequently encouraged. Yet behind this cultural normalisation lies a stark reality as in the UK one person dies every hour due to alcohol-related causes. The consequences range from mental health struggles and liver disease to several forms of cancer and financial hardship regardless of background or circumstances.

How to Participate

- **Make a clear pledge**: No alcohol for 31 days (or try "Damp January" by simply cutting back)
- **Use tools for support**: **The *Try Dry* app** from Alcohol Change UK helps track streaks, units, calories, money saved, mood, sleep, and cravings, and offers daily motivation.
- **Plan alternatives**: Stock-up on non-alcoholic drinks such as alcohol-free spirits, kombucha, mocktails, and hop-infused waters.
- **Social support matters**: Share goals with loved ones and join online communities to stay motivated.
- **Track progress**: Maintain a journal of health, mood, finances, and personal reflections throughout the month
  You can visit **Alcohol Change UK** for more information

Maternity and Neonatal Culture Week *12-18th January*



This promising week has been developed for staff to engage and interact with lots of different listening events, creative corners and sharing initiatives with various themes covered including speaking up, psychological safety, kindness in our teams, learning from each other, celebrating diversity and inclusion, MDT working, and celebrating as a team so keep an eye out for more information.

Our Health and Wellbeing team are looking forward to supporting this event highlighting health and wellbeing offers, links and resources to support your emotional, mental physical and financial wellbeing.

This will be a great occasion so look out for more information in the New Year.

Brew Monday *19th January*



On Brew Monday, the third Monday in January, The Samaritans remind us to reach out for a cuppa and a catch-up with people you care about. They believe this can help to combat loneliness, boosting mental wellbeing through simple, meaningful social contact.

How can you get involved:

- **Invite someone for a cuppa**: Meet in person, arrange a virtual coffee, or simply call a friend or colleague.
- **Create a welcoming space**: Organise a tea break at work or set up a cosy corner for informal chats.
- **Focus on listening**: It's about connection, not fixing problems, just being present matters.
- **Share resources**: Use Samaritans' free posters, social media graphics, and conversation tips to spread the word. **Brew Monday 2026**
- **Encourage team participation**: Make it fun - bring biscuits, share stories, and remind everyone that small talk can lead to big support.

The Chaplaincy team will once again be offering thoughtful support this year. The Samaritans' literature will be available in the Chapel for you to take away, and just as last year, they will be providing tea bags and chocolate to bring a little comfort to your day.

One Stockport – 'Living Well'

ONE STOCKPORT

Stockport is set to roll out the 'Living Well' programme as part of Greater Manchester's Community Mental Health Transformation to **address the rising number of serious mental health diagnoses.** The initiative aims to provide better support for adults with complex mental health conditions through a joined-up, holistic approach. The programme will create a central 'Living Well Hub', bringing together NHS and community services, along with mental health professionals, to offer tailored support to those in need.

The goal is to empower people to maintain good mental health and to stay well and connected within their community. The programme is encouraging **Stockport residents** with complex mental health needs to get involved and share their experiences by completing the **Living Well Survey.**

Salary Finance



As we know this can be a difficult time of year, post holidays and money can be tight. To make things easier, you have access to **Salary Finance**, an employee benefit that can help you manage your money day-to-day, deal with the unexpected, and plan for the future. You can give your money a quick check-up including how to **Master your spending, take control of your debt** and **build a safety net** aswell as so much more**.** To learn more go to the Finance microsite or you can even or download the Salary Finance app **here.**

You can also visit **NHS England » Financial wellbeing** which includes a variety of tools and resources from the MoneyHelper Service to help you through challenging times, and you can find more information on the Finance and Procurement microsite.

Staying Active

If you're looking to boost your wellbeing outdoors, Stockport's parks and nature reserves offer the perfect escape:



- **Alexandra Park in Edgeley** which has reservoirs, bowling greens, a multi-use games area, and a skatepark, ideal for both relaxation and recreation.
- **Bramhall Park** is a stunning destination for a peaceful afternoon walk, with its woodland trails and beautifully landscaped grounds.
- **Reddish Vale Country Park** spans nearly 400 acres of open fields and gentle walking routes, offering a tranquil way to reconnect with nature.
- For a touch of heritage, visit **Viaduct Park,** Stockport's award-winning green space, blending history with scenic beauty.
- And for those who enjoy active travel, Stockport's **network of cycle and walkways** provides safe, scenic routes linking village centres and open spaces. There's so much to explore and enjoy.

We were also given this useful resource to share with you to support in staying active:
We are Undefeatable (5 in 5). Five in Five is a completely customisable mini-workout to help you move in whatever way works for you. Doing Five in Five is simple: choose 5 exercises from the activity library and do each one for 1 minute, adding up to a 5-minute mini-workout.

There are lots of great events happening to help you stay active! Healthy Stockport has put together a handy calendar so you can easily find something that fits your schedule: **Health and wellbeing - Healthy Stockport**

Life Leisure



Lisa Arrandale from Life Leisure with support of Jan Sinclair attended the hospital on December 11th and hosted a stand in the main restaurant to showcase **the Active Hospitals** initiative to staff and supported patients with any queries. This was the first visit, and she also visited wards within the hospital and gave out 5 kit bags which contained a pedal bike, resistance band and a pedometer throughout the day.

The bags included simple exercise ideas, and information on Life Leisure community sessions and flyers to promote Active Pathways. Over time they are hoping to make all staff aware of Active Pathways so that it is a clear pathway for all patients and staff to start a wellbeing journey.

They currently deliver 3 sessions per week at the hospital, Tai Chi to staff and 2 SMILE classes on Norbury and Arden wards. The Active Pathways steering group includes BOOST and Stockport County who also deliver sessions on wards, they are hoping through Active Pathways they can support patients who attend these sessions in hospital to take the next step and join in with classes delivered by the same providers out in the community.

The December visit was just the launch date, moving forward into 2026 Life Leisure will be having a regular presence at the hospital where they hope to gain knowledge and insight on how best to support both patients and staff so keep an eye out for future comms.

You can also access a discounted gym membership through Life Leisure. To find out more detail by emailing HealthandWellbeing@stockport.nhs.uk in the first instance.

Health and Wellbeing Champions

Following our very successful first meeting in November, we are delighted to share that 51 colleagues across Stockport and Tameside have now signed up to be Health and Wellbeing Champions. These champions will play a vital role in supporting and encouraging positive wellbeing by promoting health and wellbeing initiatives across teams and departments, sharing key messages and resources to support our workforce's overall wellbeing. Our next meeting will take place in early 2026 with dates currently being finalised and will include a welcome presentation and a discussion around how we embed everyone into this role.



We are still looking for more people to join us. You don't need to be an expert, just someone who cares and wants to make a difference. All roles are voluntary and may be adapted to fit your schedule. If you are interested, please email HealthandWellbeing@stockport.nhs.uk to receive an Expression of Interest form.

Pre-Retirement Courses



Together with Oak Tree Financial Training, Planning for Retirement **pre-retirement courses** have been developed to guide you through the financial complexities of retirement and how to protect your assets in a clear jargon free presentation on **3 March 2026, 21 May 2026, 24 September 2026 and 9 November 2026** via MS Teams. The course starts **at 9.00am to 12.30pm.**

There is also a **Mid-Career Financial Awareness course on 3 March 2026** from **1pm to 4pm via MS Teams.** The purpose of this seminar is to give a good understanding of the financial matters that are relevant to individuals who are just starting out or mid-career, it aims to help people understand how to manage their finances now and make preparations for later in life. To enrol please book via ESR.

Spotlight…



Each month, we'll be shining a spotlight on a couple of specific topics whether it's an initiative, project, campaign, resource or service that we believe will be of particular interest or inspire action. Do you have services, resources, or information that could benefit our community emotionally, mentally, physically, or financially? If so, we'd love to hear from you! Please email us at HealthandWellbeing@stockport.nhs.uk to share your ideas.

For this week's spotlight we focus on services which give psychological support in the workplace:

Staff Psychology, Staff Counselling and Support after Workplace Incidents and Trauma

Staff Psychology & Wellbeing Service

All staff in Stockport NHS Trust have access to confidential support services funded to help them with concerns around psychological wellbeing and mental health. Any member of Trust staff can self-refer to:-

- The Staff Psychology and Wellbeing Service (SPAWS) for assessment, brief intervention and planning around any mental health concern, such as anxiety, low mood, stress and trauma. The service also offers facilitation and training for teams and short courses around staying well at work, emotional coping skills and the emotional impact of work, as well as consultation to managers around mental health and wellbeing concerns in their teams. Email spaws@stockport.nhs.uk for more information.

- The Critical Incident and Trauma Service are a specialist team in Greater Manchester to support staff after incidents and trauma at work. Any staff member, as well as managers seeking advice, can contact them for support after incidents at work, either in the immediate aftermath, to monitor and support recovery or in the longer term to consider trauma focussed input. Email gm.help@nhs.net or ring **03330 095071.**

Professional Nurse Advocates (PNA Service)

A **Professional Nurse Advocate (PNA)** leads & offers support to nurses in practice utilising the restorative supervision model, advocating & encouraging nurses to be solution focused & leading on quality improvement, which in turn improves high quality of care and patient safety. This involves:

- Developing a colleague's ideas and actions for quality improvement and service development
- Holding reflective discussions about revalidation and career development, preparation for appraisal
- Coaching staff through reflection on incidents they may have experienced, with a focus on the system and processes.

To find out who your PNA is or information about training to be a PNA please email **PNA@stockport.nhs.uk**

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Your Health and Wellbeing Team

This newsletter is brought to you by **the Health and Wellbeing Team** within the People & OD Directorate. We are **Liz Poole and Olivia Cobb** Workforce Health and Wellbeing Leads. Our role is to inform, encourage and support staff to develop and maintain a healthy lifestyle.

Knowing what you think about the monthly newsletters is extremely important so that we can understand what is useful and valuable to help improve your experience and awareness of what is available to help support your emotional, mental and physical wellbeing.

Please let us know what you think by either emailing HealthandWellbeing@stockport.nhs.uk**.** All newsletter editions are available via this link and you can access the microsite here**:** Health and Wellbeing Microsite