Health & Wellbeing Newsletter:

August 2026 Edition

Welcome to the August edition of the Health & Wellbeing Newsletter.

As we move through August, many of us are continuing to enjoy the benefits of the summer months, whether that's spending time outdoors, taking a well-deserved break, or reconnecting with the people, places and activities that matter most. While summer can bring positive benefits for both our physical and mental wellbeing, it can also present additional challenges for our services and teams, particularly during periods of hot weather.

I would like to thank all colleagues for their ongoing commitment, professionalism and dedication during the recent heatwaves. Looking after our own wellbeing is just as important as caring for others, so we encourage everyone to take opportunities to rest, recharge and prioritise their health whenever possible. Small steps to support your wellbeing can make a big difference, helping us all to stay healthy, resilient and at our best.

In this month's edition, you can find more information about Cycle to Work Day, encouraging colleagues to explore the benefits of staying active and travelling sustainably. We're also featuring details of our forthcoming Health & Wellbeing events at each Trust along with a range of webinars from the Wellbeing Collective, the launch of NHS England's new **'Marathon a Month' walking challenge coming in early 2027**, encouraging people to walk for around **30 minutes a day** and complete the equivalent of a marathon (26.2 miles) over the course of a month.

Thank you for all that you do. Your hard work, teamwork and unwavering support continue to have a positive impact across our organisation.



Amanda Bromley
Director of People and Organisational Development

Cycle To Work Day

6th August

Cycle to Work Day is the UK's biggest cycling commuting event, encouraging people to swap the car, bus or train for a bike and enjoy the benefits of active travel. This year's event takes place on **Thursday 6th August 2026**.

Cycling to work is a great way to build physical activity into your daily routine, helping to improve cardiovascular health, boost energy levels and support mental wellbeing.

Many people also find that cycling helps reduce stress and improves their mood before the working day begins. Choosing to cycle can also have a positive impact on the environment by reducing traffic congestion and lowering carbon emissions. Even if you don't cycle regularly, Cycle to Work Day is a great opportunity to give it a try, whether that's commuting all the way to work or incorporating part of your journey by bike. Find out more about Cycling in the UK here: Cycling UK

Why not challenge yourself this Cycle to Work Day?

- Dust off your bike and plan a safe route.
- Encourage colleagues to join you.
- Enjoy the health, wellbeing and environmental benefits of active travel.
- **Explore your Cycle to Work Scheme** – Stockport: Cycle Solutions and Tameside & Glossop: Perkbox

Next month: Health and Wellbeing Events!



We're delighted to confirm that our annual Health and Wellbeing Events will be **taking place across both Trust sites next month,** bringing together a wide range of services, support and opportunities to help colleagues prioritise their health and wellbeing. See above for more details.

These events are open to all colleagues to pop by and provide an excellent opportunity to discover the wide range of health and wellbeing support available both within our Trusts and from external partner organisations. Throughout the day, you will be able to visit a variety of stalls, speak with experts, access information and resources, and learn more about services designed to support physical health, mental wellbeing, financial wellbeing and healthy lifestyles.

The events are also a fantastic opportunity to connect with colleagues from across different teams and departments, share ideas, and celebrate the great work taking place to support staff wellbeing. Whether you're looking for practical advice, wellbeing resources, information about staff support services, or simply want to take some time out of your day to focus on your own wellbeing, there will be something for everyone.

Want to Get Involved?
We're always keen to showcase the fantastic work taking place across our organisations. If you or your team would like to promote your service, share resources, or support the event on the day, we'd love to hear from you. Please email HealthandWellbeing@stockport.nhs.uk or HealthandWellbeing@tgh.nhs.uk

Further details, including exhibitor information will be shared soon. We hope to see you there!

The Wellbeing Collective – Free Events

The Wellbeing Collective offers **three free live events each month**, covering a variety of wellbeing, leadership and personal development topics

These welcoming sessions provide a great opportunity for **peer learning and networking**, bringing together colleagues from both NHS and non-NHS organisations to share experiences and insights. A recent attendee from our team joined a collective conversation on Imposter Syndrome and described it as a friendly, engaging session with lots of honest discussion and valuable shared learning. Why not take a look and see if there's a session that interests you? The Wellbeing Collective

Menopause Awareness Online Sessions

Our Menopause Awareness Sessions provide an opportunity to learn more about menopause, understand its impact on health and wellbeing, and explore practical ways to manage symptoms both at work and at home. These sessions are open to all staff and are designed to increase awareness, encourage supportive conversations, and help colleagues feel more confident in accessing the support available. You can book the below by emailing HealthandWellbeing@stockport.nhs.uk or **via ESR.**

Remaining session dates:

21st September – 1-2:30pm
19th October – 1-2:30pm
3rd December – 11am-12:30pm

Whether you're experiencing menopause yourself, supporting a colleague, friend or family member, or simply want to increase your understanding, these sessions are a great place to start.

For additional information, guidance and support, we encourage colleagues to visit the **Henpicked: Menopause in the Workplace** website, which offers a wealth of trusted resources, practical advice, webinars and tools for individuals, managers and teams. Find out more here: Henpicked

NHS England: 'Marathon a Month' Challenge

NHS England is planning to launch a new **'Marathon a Month' walking challenge in early 2027**, encouraging people to walk for around **30 minutes a day** and complete the equivalent of a marathon (26.2 miles) over the course of a month.

The challenge aims to boost physical activity through small, achievable daily habits, with participants able to track their progress digitally. NHS England has also announced that rewards and incentives may be available for those who complete the challenge. Watch this space for updates!

You can read more here: NHS to reward people who walk 30 minutes a day

Walks in Tameside & Stockport





As a reminder you can find details of walks in Tameside at https://www.intameside.co.uk/news/walking-in-tameside

Walks taking place in August and September are as follows:

2 Park Link Walk, Sunday 9th August 2026, 11am - 3:30pm
A 4.5 mile walk linking Stalybridge Countrypark and Cheethams Park and lots of great Countryside between with Paul Nethercott.
Where: Oakgates car park, Hartley Street, off Huddersfield Road, Millbrook, Stalybridge, SK15 3EP

Millbrook Heritage Trail, Sunday 12th September 2026, 12noon - 4pm
On National Heritage Week, explore the history of the growth of Millbrook and the decline of the cotton industry on a two mile walk with Paul Nethercott
Where: Oakgates car park, Hartley Street, off Huddersfield Road, Millbrook, Stalybridge, SK15 3EP

Please bring lunch and drinks and wear sturdy footwear such as walking boots. You may need waterproofs and/or sun cream depending on the weather.

For more information please email: greenspace@tameside.gov.uk or call 07923438594

Details about organised walks in Stockport can be found via https://www.stockportwalkers.org.uk/walks.html

A very warm welcome to our walking group: Stockport Walkers

New members are made very welcome so please have a look at our website.

We are a friendly and sociable walking group with members from all walks of life
We enjoy walking and exploring the beauty of our local countryside in a wide variety of areas:

- Cheshire
- Derbyshire
- Peak District
- Staffordshire
- Lancashire
- Yorkshire
- Stockport
- Wales
- Greater Manchester

10% off at Basecamp for Stockport Walkers with current membership card
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Our programme provides walks on three days a week throughout the year for a wide range of abilities. We hike all year round and members have the choice of walking on three days of the week, at three different levels of ability. Walks and hikes vary from 4 to 10 miles in length and walks take place every Wednesday, Saturday and Sunday. For full details about our walks **click here**

The Spotlight is on…

Take a Moment: What Do You Need Right Now?



Before your next meeting, clinic, ward round or task, pause for a moment and ask yourself:

"What do I need right now?"

In the middle of a busy working day, it's easy to focus on everyone else's needs and overlook our own. Taking just 30 seconds to check in with yourself can help you feel calmer, more focused and better prepared for the rest of your day.

There is no right or wrong answer. Perhaps you need:

- ✓ A drink of water
- ✓ A quick walk or stretch
- ✓ A few slow, deep breaths
- ✓ A moment away from your desk
- ✓ A chat with a colleague
- ✓ A snack
- ✓ Some fresh air
- ✓ A few minutes of quiet

Try taking three slow breaths before moving on to your next task. Notice how your body feels, release any tension in your shoulders, and allow yourself a brief pause before continuing.

We often think wellbeing requires a significant investment of time, but small moments of self-care can have a powerful impact. Taking a mindful pause can help improve concentration, reduce stress and create a sense of calm, even on the busiest of days.

This month, challenge yourself to pause once a day and ask yourself:

"What do I need right now?"

Sometimes the smallest actions can make the biggest difference.

Meet the Inclusion and Colleague Experience Team!



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This newsletter is brought to you by the **Inclusion and Colleague Experience 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 emailing HealthandWellbeing@stockport.nhs.uk.

Stockport: All newsletter editions are available via this link and you can access the Health and Wellbeing microsite here**:** Health and Wellbeing Microsite or you can email HealthandWellbeing@stockport.nhs.uk

Tameside & Glossop: All newsletter editions are available via this link and you can access the Health and Wellbeing page on TIS here**:** Health and Wellbeing TIS site or you can email HealthandWellbeing@tgh.nhs.uk