Health & Wellbeing Newsletter:

July 2026 Edition

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

As we move into the summer months, many of us are looking forward to longer days, brighter weather and opportunities to spend more time outdoors. While ordinarily, warmer temperatures can bring many benefits, recent periods of hot weather have also presented challenges for those working with our patients, colleagues and communities. It is important that we all take time to look after our own health and wellbeing by staying hydrated, taking regular breaks where possible, and recognising when we need to slow down and recharge. Looking after ourselves is not a luxury, it is essential to maintaining our physical and mental wellbeing and enabling us to continue providing the best possible care and support to others.

In this month's edition, we're highlighting Alcohol Awareness Week and sharing our recent Loneliness Awareness blog, both encouraging reflection on how we support our own wellbeing and those around us. You can take a look at the NHS Better Health website, where it details some supportive apps including the NHS Drink Free Days app

We're pleased to share updates on support available, including continued access to the Unmind app, the extension of the WorkWell service across Greater Manchester, and the latest developments from TOGS Mind strengthening local mental health provision and sharing upcoming Health and Wellbeing Events for your diary.



Thank you, as always, for your continued dedication, compassion, and commitment to the care you provide every day.

Amanda Bromley
Director of People and Organisational Development

Alcohol Awareness Week

6th – 12th July

Alcohol Awareness Week is a great opportunity **to reflect on our relationship with alcoho**l and consider the impact it can have on our health and wellbeing.

For many people, alcohol can play a role in socialising or relaxing, but it's important to be aware of how much we're drinking and how it might be affecting our physical and mental health. Cutting back, even slightly, can lead to benefits such as better sleep, improved mood, increased energy, and overall wellbeing

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Current UK guidance recommends:

- Not regularly drinking more than **14 units per week**
- Spreading drinking over **three or more days**
- Having several alcohol free days each week

Alcohol Awareness Week encourages us to make informed choices, whether that's reducing intake, taking a break, or exploring alcohol free alternatives. If you'd like support or advice, there are a range of confidential services available to help you make changes that feel right for you. Find out more here: Alcohol Awareness Week | Alcohol Change UK.

Move this May 2026: The Results!

A huge congratulations and thank you to everyone across both Trusts who took part in Move This May this year! Across both Trusts you have walked, moved, and motivated each other to reach an incredible combined step total, demonstrating just how powerful small, consistent actions can be for our health and wellbeing. Together, both Trusts achieved over **19.6 million steps** equating to **roughly 9,000 miles** which is the equivalent of travelling from **London to Perth in Australia.**

And now, the moment we've all been waiting for… the results are in! 🥇🥈🥉

Stockport:

🥇 1st Place: **BI-Manic Marchers!**

Team Captain: **Edward Stedman**

The Corporate Services BI Team are our winners with a total of 4,178,128 steps and a team average of 464,236. Pretty incredible!

🥈 2nd Place**: Walkie Talkies**

Team Captain: **Claire Megson**

Children's Therapy Services have come in second place with a total of 4,031,800 steps with a team average of 403,180!

🥉 3rd Place: **Maternity Triage & Co**

Team Captain: **Sarah O'Mahony**

Our Maternity Triage team came in third place with 3,521,482 with a team average of 391,275

Tameside & Glossop:

🥇 1st Place: **Super Steppers!**

Ren'ae Shaw and Jamie Robinson from our Booking and Scheduling Team are our winners with a total of 961,756 steps between the 2 of them.

🥈 2nd Place: **Steve O'Donoghue**

Steve from Ground Floor X Ray in Radiology clocked up some serious miles and finished second, with an impressive total of 476,500 steps as an individual entry!

🥉 3rd Place: **Droylsden Health Visiting Team**

Team Captain: **Claire Harvey**

The team came in third place with 2,350,988 steps, achieving an outstanding team average of 470,197 across just five members.

🏅 **Special Recognition: Team ED**

Team Captain: **Lee-Ann Sands**

We want to recognise the fantastic efforts of our Emergency Department a team of 10 who achieved 4,451,471 steps, with a brilliant team average of 445,147.

Unmind: Free Access for NHS Staff

We're pleased to share that **Unmind is once again available free of charge to NHS staff**.

Unmind is a digital wellbeing platform designed to support your mental health, offering a wide range of tools and resources to help you thrive both at work and at home. Whether you're looking to manage stress, improve sleep, boost focus, or build resilience, Unmind provides practical, easy-to-use support tailored to your needs.

The platform includes:

- Short, guided activities and programmes
- Tools to help manage stress, anxiety, and low mood
- Sleep support and mindfulness exercises
- Resources to build resilience and maintain wellbeing

You can access Unmind anytime, anywhere taking just a few minutes each day to check in on your mental wellbeing. Take advantage of this great resource and make your wellbeing a priority. Find out more here: NHS England » Unmind

Loneliness Awareness Blog



As part of Loneliness Awareness Week which took place last month, James Smithyes, Talent and Leadership Development Manager, has written a **blog around the potential impact of loneliness in our management community.** The blog contains some reflections on how loneliness can show up and provides some tips and resources on creating a compassionate environment of support.

C.A.R.E. Leadership Way - Leadership Excellence – **Stockport**
C.A.R.E. Leadership Way - Leadership Excellence – **Tameside & Glossop**

Remember you're not alone, and support is available

WorkWell: Supporting Health and Wellbeing Across Greater Manchester

We're delighted to share that WorkWell has been **extended for at least another three years** across Greater Manchester. WorkWell is a free service designed to support people with their health and wellbeing in relation to work. Whether you're currently in work, returning after absence, or looking for support to stay well in your role, WorkWell offers personalised guidance to help you manage your health and thrive at work. Through WorkWell, you can access:

- One-to-one support tailored to your individual needs
- Advice on managing physical and mental health at work
- Help with returning to work after illness or absence
- Signposting to local services and community support

The service takes a holistic approach, recognising the important connection between work, health, and overall wellbeing. If you feel you could benefit from some additional support, don't hesitate to explore what WorkWell has to offer. You can find out more here: Greater Manchester WorkWell Service

Update: TOGS Mind Service

We're pleased to share an exciting development across local mental health services. **Tameside, Oldham, Glossop & Stockport Mind (TOGS Mind)** has now officially unified its services, bringing together expertise and support across our wider footprint. By bringing services together, TOGS Mind is strengthening collaboration across areas, creating a more resilient network and improving access to high quality, locally rooted support.

This represents a really positive step forward, helping to create a more joined up, accessible, and consistent approach to mental health support for our communities and workforce.

What this means for you and your patients:

Simpler Access
A single, streamlined pathway makes it easier to connect with independent mental health support across Stockport, Tameside, Oldham, and Glossop. This reduces complexity and helps people access the right support more quickly.

Wider Range of Support
TOGS Mind offers a diverse mix of services to support different needs, including:

- Talking therapies and structured wellbeing programmes
- One-to-one peer support
- Group based wellbeing activities, including outdoor sessions
- Community based support such as dementia-friendly music cafés

mind Tameside, Oldham, Glossop and Stockport

To find out more visit the website below.
Website: Home - TOGS Mind
Email: office@togsmind.org
Call: 0161 330 9223

Upcoming Health and Wellbeing Events

We're pleased to share that our annual **Health and Wellbeing Events** will be taking place across both Trust sites this September:



- **Stockport: Friday 4 September**, 10:00am – 2:00pm, Pinewood House (Lecture Theatres A & B), Stepping Hill Hospital

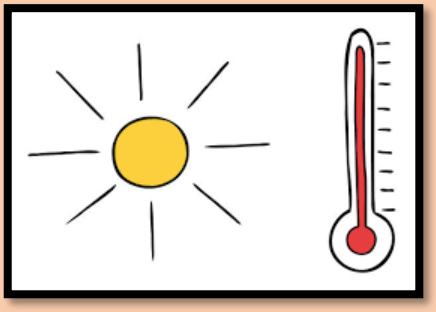
- **Tameside & Glossop: Tuesday 29 September**, 10:00am – 2:00pm, Werneth House, Tameside General Hospital

These events are a great opportunity for everyone to explore the wide range of health and wellbeing support available across the Trust. A variety of internal and external teams will be hosting stalls, showcasing services, initiatives, and practical resources to support everyone's wellbeing. It's also a chance to connect with colleagues, share good practice, and highlight the great work taking place across our services.

Please look out for further communications coming soon with more details on how to get involved.

The Spotlight is on…

Caring for Everyone During Hot Weather



With warmer weather we've had recently, the sunshine can be welcome but it can also make busy NHS shifts feel more demanding. Whether you're working on a ward, supporting patients in the community, or based in an office environment, higher temperatures can have a real impact on how you feel both physically and mentally throughout the day.

Please be aware that high temperatures increase the risk of heat stress for staff, especially those required to use personal protective equipment (PPE). Heat stress occurs when the body is unable to cool itself enough to maintain a healthy temperature and can cause heat exhaustion and lead to heat stroke if the person is unable to cool down.

Staff working in warm or hot conditions should:

- take regular breaks, find somewhere cool if you can
- make sure you are hydrated (checking your urine is an easy way of keeping an eye on your hydration levels, dark or strong-smelling urine is a sign that you should drink more fluids)
- be aware of the signs and symptoms of heat stress and dehydration (thirst, dry mouth, dark or strong-smelling urine, urinating infrequently or in small amounts, inability to concentrate, muscle cramps, fainting) – don't wait until you start to feel unwell before you take a break
- consider using a buddy system with your team to look out for the signs of heat stress (such as confusion, looking pale or clammy, fast breathing) in each other
- between shifts, try to stay cool as this will give your body a chance to recover.

Your safety is a priority. Please take regular breaks, stay hydrated, and speak to your manager if you feel unwell or need support. More information about heat exhaustion, heat stroke and actions to take to cool down is available on the NHS website. You can also find Heatwave Guidance here for Stockport: Heatwave Guidance and here for Tameside and Glossop: Heatwave Guidance

Coming soon: Cycle to Work Day

6TH August

Cycle to Work Day returns on **Thursday 6th August**, celebrating the many benefits of cycling and encouraging people to swap four wheels for two!



Whether you're a regular cyclist or considering giving it a go for the first time, cycling can help improve physical health, boost mental wellbeing, reduce stress, and support a greener environment.

Keep an eye out for more information nearer the time, including cycling resources, wellbeing tips, and ways you can get involved. Why not start planning your route and see if you can cycle all or part of your journey on 6th August? You can also find out more here:

Cycle To Work Day 2026

Look out for some more comms coming soon!

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

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