Health & Wellbeing Newsletter:

May 2026 Edition

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

As we move into May, the longer days and brighter weather offer opportunities to pause, reflect and recharge. Following a busy April and our focus on Stress Awareness Month, May provides space to carry those conversations forward by continuing to notice how stress shows up for us and taking small, meaningful steps to support our own wellbeing and that of our colleagues.

This new month also brings opportunities to celebrate and recognise our people, with key awareness dates that highlight the importance of compassion, inclusion and shared responsibility for wellbeing across our organisation. This edition of the newsletter focuses on campaigns such as **National Walking Month**, including **Move This May**, **Women's Health Month**, and **Mental Health Awareness Week**, alongside other practical guidance, support and opportunities to get involved. We hope you find something that speaks to you, whether that's information, inspiration, or simply a reminder to take a moment for yourself.

As always, thank you for the care, commitment and kindness you show every day. Let's continue to look after one another and build a supportive, healthy culture for everyone across our Trust.



Amanda Bromley
Director of People and Organisational Development

National Walking Month



This month presents a great opportunity to celebrate one of the simplest and most accessible ways to support our health and wellbeing. **Walking can help reduce stress, boost mood, improve physical health, and create valuable space to pause and reset during busy days.**

Whether it's walking part of your commute, taking a short break outdoors, joining a colleague for a lunchtime walk, or spending time walking with family or friends, every movement counts. You don't need special equipment or a perfect routine just moving a little more, when you can, can make a real difference.

Throughout the month, we encourage everyone to find ways to build more walking into their day, in whatever way works for you. Walking is not about distance or pace, but about supporting your wellbeing in a way that feels realistic, enjoyable, and sustainable.

Resources to Support

As part of National Walking Month, a celebration takes place across Greater Manchester throughout the whole month of May. This year the theme is '**Celebrating Connected Communities'** and how walking can be used to bring communities together. For more information visit GM Walking Festival website.

As mentioned within Stress Awareness Month there are walks and green spaces you can access from our main hospitals sites: Mirrlees Fields and Chadwick Dam.

Women's Health Month

May is widely recognised as Women's Health Month, a time to raise awareness of the health issues and inequalities that affect women across their lives. It provides an opportunity to encourage open conversations, improve understanding, and highlight the support available to staff. Women's health concerns are common, normal, and nothing to be embarrassed about yet many of us put our own health last, delay seeking help, or struggle in silence. This month is a reminder that **your health matters too**.

Find trusted information and support on a wide range of women's health topics on the NHS Women's Health webpages: Women's health - NHS

A few things to reflect on this month:

Listen to your body
If something doesn't feel right whether it's pain, fatigue, changes to your cycle, mood, or sleep trust your instincts and don't dismiss it as "just something to put up with".

Seek support early
Speak to your GP, Occupational Health, or another trusted health professional. Early conversations can lead to earlier support and better outcomes.

Use workplace support
Explore what support is available to you, such as Occupational Health, menopause support, counselling, employee assistance programmes, flexible working options, or reasonable adjustments.

Start (or join) a conversation
Talking openly helps reduce stigma. You might feel able to share your experience, ask questions, or simply listen and support a colleague.

Look after your mental wellbeing
Hormonal changes, caring responsibilities, life pressures and work demands can all affect mental health. Taking time to check in with yourself and asking for help when needed is a strength, not a weakness.

Learn something new
Understanding women's health can help you advocate for yourself and support others. Even a small increase in awareness can make a big difference.

Mental Health Awareness Week

11th – 17th May

This year the campaigns focuses on the theme **"Action"**. This highlights an important message **that awareness is vital, but real change happens when we take action** - whether for ourselves, for someone else, or for the wider community

A reminder that within our Trust there are copious amounts of support for your mental, emotional and psychological wellbeing. Keep an eye out for comms during this week and you can find further information within our newsletters, on our intranet sites or by emailing us:

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

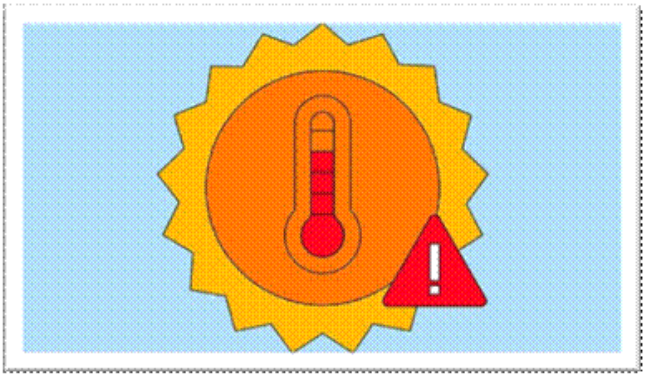
Tameside & Glossop: All newsletter editions are available via this link and you can access the Health and Wellbeing page on TIS here**:** TIS site or you can email HealthandWellbeing@tgh.nhs.uk

Visit the Mental Health Foundation website for more information and how to get involved.

Sun Awareness Week

11th – 17th May

Sun Awareness Week, which takes place alongside Mental Health Awareness Week**,** is an annual campaign dedicated to highlighting **the risks of excessive sun exposure and the importance of protecting our skin from harmful ultraviolet (UV) rays**. The week marks the beginning of a summer-long focus on sun safety, encouraging everyone to enjoy the warmer weather in a safe and informed way.



By raising awareness early in the season, the campaign aims to help reduce the risk of skin cancer and other sun-related health conditions, such as sunburn, premature skin ageing and heat-related illness. It also supports people to build healthy habits that can be maintained throughout the summer months and beyond.

Find out more here: Sun Awareness Week 2026

The campaign focuses on:

- **Preventing skin cancer** through education and risk reduction
- **Promoting sun safety**, including protection, shade and sensible sun exposure
- **Raising awareness** of the dangers of UV radiation
- **Encouraging early detection** by knowing the signs and checking skin regularly

Together, these messages help empower us to take simple steps to protect their health while still enjoying time outdoors.

International Nurses Day

12th May

International Nurses Day is an opportunity to **recognise and celebrate** the incredible contribution nurses make every day to patient care, teams, and our wider health system. Interestingly **the date marks the birthday of Florence Nightingale**, the founder of modern nursing, and celebrates the vital contribution nurses make to health and care worldwide.

This year, we're taking **time to reflect on the health and wellbeing of our nursing workforce**. Nursing is a rewarding but demanding profession, and supporting our nurses to rest, recover, and feel valued is essential to delivering safe, compassionate care. Looking after our nurses means looking after our patients too. Today is a chance to pause, appreciate, and continue building a culture where wellbeing is prioritised for everyone. Find out more here: [ICN's call for International Nurses Day 2026]

Across our Trusts, we encourage everyone to take a moment to:



Women's Network – Shaping Change Together

Be part of the conversation. Be part of the change.

We are excited to launch our Women's Network, a space created with women, for women, to amplify voices, support wellbeing and career progression, challenge barriers, and champion inclusive leadership across our organisation. This Network will be shaped by your experiences, ideas, and priorities. That's why we are inviting colleagues to take part in a series of open, honest conversations grounded in what women across our workforce have told us really matters.

Your voice counts. Your experience matters. This is your invitation to shape what comes next.

The Gender Well-being Gap: What's Driving it and How We Respond – **21st May | 1:00–2:00 pm** | Microsoft Teams | **BOOK HERE**

Join us for a powerful and thought-provoking session that creates space for honest conversation about women's wellbeing at work. Our Staff Survey shows that women across our organisation are experiencing higher levels of stress and burnout. This session is an opportunity to go beyond the data and explore - What's really driving these experiences? What genuine, meaningful change could improve well- being for women in practice? Together, we'll share lived experiences, identify common themes, and co-create ideas that can lead to positive, lasting change.

Move this May!

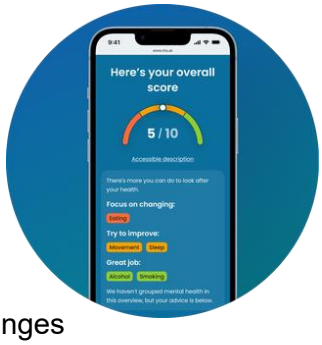
Good luck everyone!

In support of National Walking Month, Move this May is now underway and we want to wish **good luck to everyone who has signed up to take part**. May is a brilliant time to focus on movement, with lighter days and (hopefully!) warmer weather making it easier to get active in ways that work for you.



Keep an eye on our social media channels throughout the month, where we'll be sharing photos and highlights from teams and individuals across the Trusts. If you capture any moments during the challenge, we'd love to see them!

Healthy Choices Quiz



The NHS Healthy Choices Quiz **is a free, five-minute online tool that asks about key lifestyle areas such as eating, physical** activity, alcohol, smoking or vaping, mental health, and sleep to give you a score out of 10 and personalised advice on how your habits may be affecting your health.

It then directs you to tailored NHS resources and free apps to help you make positive changes where they matter most. Have a go and take the quiz here.

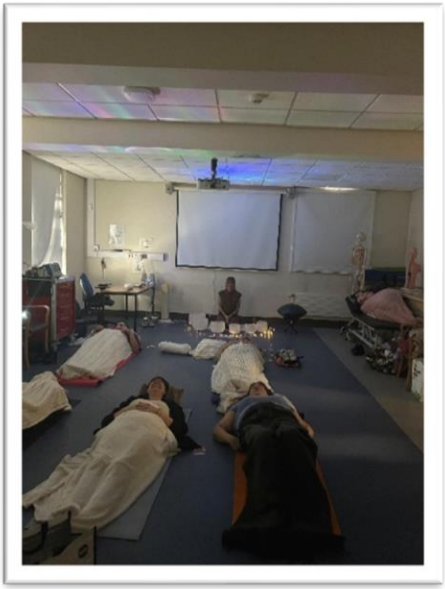
Physical Wellbeing Apps



The NHS Active 10 app is a free app that tracks brisk walking in 10-minute bursts, letting us fit activity into gaps in our day.

The We Are Undefeatable app is a free, tailored physical activity offer to support people with health conditions to build activity into their lives, which benefits NHS staff as well as supporting them to empower patients to be more active.

Staff Wellbeing Spotlight: Sound Baths



A huge thank you to **Aimee Butler from the Tissue Viability Team at Tameside & Glossop**, who successfully secured Trust funding to organise three sound bath sessions for staff which took place on 30th March.

The sessions were **open to all colleagues** and were very well received. Sound baths use gentle sound vibrations, such as singing bowls and chimes, to encourage relaxation, reduce stress, and support overall wellbeing.

Aimee's work is a great example of how staff-led initiatives can make a real difference to colleague wellbeing.

Thank you Aimee for your fantastic contribution.

Stress Awareness Month Recap



Throughout April, the Health and Wellbeing Team delivered a joint Trust programme to mark Stress Awareness Month, **focusing on raising awareness of stress, promoting open conversations, and encouraging everyone to access available support.**

The campaign included Trust-wide communications, opportunities for everyone to share their experiences through **wellbeing listening events**, and regular signposting to a wide range of mental health and wellbeing resources. These were supported by social media highlights and wellbeing prompts, offering practical guidance around managing stress from **our SPAWS Team** , improving sleep, maintaining healthy routines, and finding further support when needed.

In-person support was also available through **Chaplaincy Team drop-ins** (picture on right!) across both Trusts, providing space for reflection, connection, and pastoral conversation. Alongside this, the programme strongly promoted **physical activity and outdoor wellbeing**, encouraging us to move more during the working day, explore local walking routes, and engage with initiatives that support healthier working habits.

Overall, the campaign aimed to provide a balanced mix of information, practical tools, and opportunities for reflection, reinforcing the Trust's ongoing commitment to supporting staff mental health and wellbeing. You can still access the calendar here for a recap on resources. **Thank you to everyone who engaged with the campaign, attended sessions, shared feedback, and took time to focus on their wellbeing.**

Health and Wellbeing Champions

Great news! Our Health and Wellbeing (HWB) Champions team is expanding brilliantly and the **second HWB Champions meeting took place** on 24th February which included an awareness training module, which was very well received by attendees.

We are always excited to welcome new Champions, so if you are passionate about supporting the mental, emotional, physical and financial wellbeing of your colleagues, this is a fantastic opportunity to get involved. Simply get in touch and we'll send you the role information and registration of interest form. Your enthusiasm and commitment make a real difference. We currently have **60 Champions** signed up; however we are keen to recruit more particularly from **Tameside & Glossop** to ensure the widest possible coverage across both Trusts.

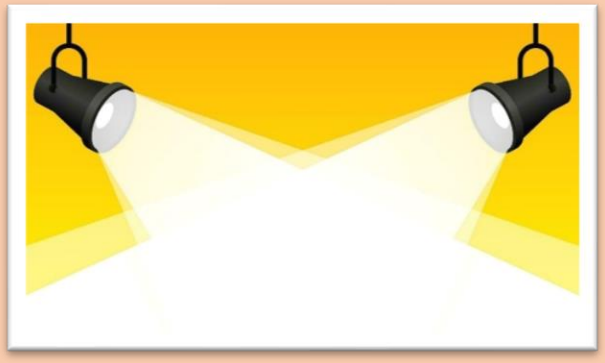


Bianca Kay, one of our HWB Champions, kindly shared some HWB activity from ISCAN, along with photos of the team's Wellbeing Board (photo on right), Pet Contest, and Stress Awareness Bingo. A big thank you to Bianca and the team for being so creative and for sharing their fantastic work.

To learn more or express your interest, email HealthandWellbeing@stockport.nhs.uk. **Let's continue building a workplace where wellbeing thrives.**

The Spotlight is on…

5 Minutes of Mindfulness



This month's spotlight was inspired by a helpful suggestion from a member of staff to include a simple **five-minute wellbeing and mindfulness exercise**. Taking a short pause, even briefly, can help reset focus, reduce stress, and create a calm moment in what can be a very busy day.

If you have five minutes to spare, why not give the wordsearch below a try? You can print this page or take a pause by completing it via the online link, whatever works best for you.

You can play here:
Health and Wellbeing Word Search

Health and Wellbeing Word Search

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WALK
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TAMESIDE
BREATHE
KINDNESS
REST
MOVE
CARE
MINDFUL
CALM
GLOSSOP
BALANCE
HEALTH
WELLBEING
RESET
SLEEP
NATURE
STOCKPORT
PAUSE

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.

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