Health & Wellbeing Newsletter:

June 2026 Edition

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

As we step into June, we enter a season that naturally invites us to pause, reflect, and refocus on our wellbeing. With longer days and brighter mornings, it's an ideal time to check in with ourselves and each other whether that's taking a moment to recharge, prioritising self-care, or reconnecting with what helps us thrive both at work and at home. This month's newsletter highlights several important awareness campaigns including **Diabetes Week, Bike Week, Loneliness Awareness Week** and **Men's Health Week**, each offering a chance to reflect on how we care for both ourselves and those around us.

Thank you to everyone who took part in Move This May, it's been great to see the enthusiasm and engagement from colleagues across our services.

Our Health and Wellbeing Champions continue to make a real difference in promoting wellbeing across teams. We're also pleased to introduce our new Nature Recovery Ranger Matt in this month's spotlight section, who will help colleagues connect with the benefits of green spaces and the outdoors.



Thank you as always for your ongoing dedication, compassion and commitment.

Amanda Bromley
Director of People and Organisational Development

Diabetes Awareness Week

8th – 14th June

Diabetes Awareness Week is a national campaign led by Diabetes UK to increase understanding of diabetes, challenge misconceptions, and encourage early diagnosis and healthy behaviours.

Diabetes is a long-term condition that affects how the body regulates blood sugar. It impacts millions of people across the UK, and many more are at risk of developing Type 2 diabetes without realising. Raising awareness helps reduce stigma, supports people living with diabetes, and encourages action to protect long-term health.

Why this week matters

- Many people are living with undiagnosed Type 2 diabetes
- Early diagnosis and good management can reduce the risk of complications
- Misunderstanding and stigma around diabetes can affect wellbeing and mental health

How you can get involved

- **Learn the signs and symptoms** of diabetes
- **Be informed** by using the NHS or Diabetes UK sites for information
- **Take small steps to support your wellbeing**, such as staying active, eating a balanced diet, and prioritising sleep
- **Be supportive** of colleagues and patients living with diabetes
- **Share trusted information with others** to help raise awareness and challenge stigma.



Bike Week
8th – 14th June

This month also marks **Bike Week**, an annual celebration encouraging people of all abilities to start cycling. Whether it's commuting, getting outdoors, or trying something new, cycling is a simple way to build more movement into your day. Cycling supports both physical and mental wellbeing by helping to improve fitness, reduce stress and boost overall health. Even short rides can make a positive difference, and Bike Week is a great opportunity to start small or build on existing habits.

You can see more informaiton here: Bike Week 2026.

Stockport staff: Don't forget the **Cycle to Work Scheme** is a government-backed initiative that enables you to obtain a bike and/or cycling accessories to use for riding to work whilst making Tax and National Insurance savings from your gross pay through salary sacrifice. For more information about this and the scheme visit Cycle Solutions

Tameside and Glossop staff: Perkbox's **Cycle to Work scheme** allows you to enjoy tax free bikes and accessories for your commute to work. You can save up to 30% on the latest cycling gear through our scheme. Plus, if you contribute to the NHS Pension Scheme, you can save up to 40%. Find out more here: Perbox (formerly Vivup)

Loneliness Awareness Week
15th – 21st June

Loneliness Awareness Week is a national campaign led by Marmalade Trust to raise awareness of loneliness, reduce stigma, and encourage open conversations and meaningful connections.

Loneliness is a natural human emotion that many of us will experience at different points in our lives. However when it persists, it can have a significant impact on both mental and physical wellbeing.

Raising awareness helps to normalise these feelings, encourage people to seek support, and create more connected, compassionate communities.

Why this week matters

- Many people experience loneliness, but may feel unable to talk about it
- Loneliness can have a negative impact on mental and physical health
- Stigma and misunderstanding can prevent people from reaching out or seeking support

How you can get involved



- **Start a conversation:** check in with a colleague, friend or neighbour
- **Take time to connect with others**, whether in person or virtually
- Make use of **support and wellbeing resources** available to you
- Be kind, inclusive and **aware of how others may be feeling**
- **Share trusted information** to help raise awareness and reduce stigma

Support and Ideas:

- Action Together: Connects residents in Tameside to local groups and community initiatives.
- Be Well Tameside: Offers support to make small changes for improved health and wellbeing.
- Stockport Support Hub: Provides tailored support to connect individuals to community activities, peer support, and groups.
- Banter and Brews: A men's support group for those experiencing loneliness or social isolation.
- Meetup Groups: Active groups in Manchester arrange walking, hiking (e.g., Edale), rock climbing, and social events, often designed for newcomers.
- Volunteering: Opportunities exist across Greater Manchester to help at community allotments, libraries, or with environmental projects, fostering a sense of purpose and connection.
- Local Libraries & Community Centres: Often host free activities and provide a welcoming, regular space for in-person
- Manchester Community Central: A list of community and voluntary groups, activities, and events for all ages
- Reminder that we have Mental Health First Aiders onsite at Stockport too. Head to the HWB Microsite and see a list on your right.

For immediate connection, you could consider focusing on 'micro-connections' such as becoming a regular at a local café, library, or park to allow relationships to form naturally over time. **You can always reach out to us within Health and Wellbeing, and we'd be happy to help find something to suit you.**

Men's Health Week

15th – 21st June

Men's Health Week is an annual campaign led by the Men's Health Forum, focused on improving men's health, tackling inequalities, and encouraging men to seek help earlier for both physical and mental health concerns.

MEN'S HEALTH WEEK

MEN'S HEALTH FORUM

Men continue to experience poorer outcomes across a range of conditions and are more likely to delay seeking support. This week highlights these issues and promotes practical, preventative action**.**

Focus of the campaign:

- **Raise awareness** of preventable and manageable health conditions affecting men
- **Challenge stigma** and traditional attitudes that discourage men from seeking help
- Encourage **earlier access** to services and support
- **Influence national policy**, including the Men's Health Strategy for the NHS

How everyone can get involved:
During Men's Health Week, we are encouraged to:

- Learn more about men's health risks and key warning signs
- Access and share trusted information
- Start conversations with colleagues, friends, or family
- Promote preventative behaviours, such as regular health checks
- Support a culture where men feel able to talk openly about their health

Small actions, such as sharing information or checking in on a colleague, can make a meaningful difference.

Resources and support:
The Men's Health Forum is hosted a webinar last year **titled** "**Masculinity Online."** The webinar aims were to:

- Increase understanding of how masculinity affects men's health behaviours
- Explore the challenges and opportunities presented by online spaces
- Support more positive, open conversations about men's mental and physical health
- Provide practical insight for staff working with or supporting men

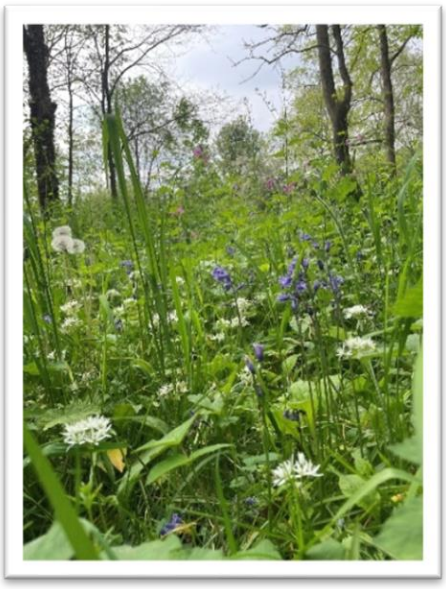
You can watch this here: Men's Health and Masculinity with Jim Pollard, Men's Health Forum

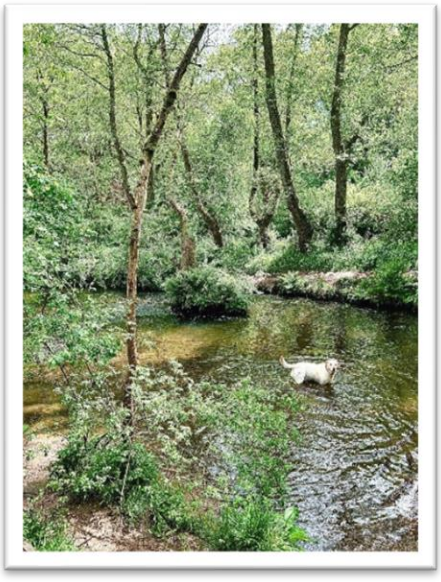
Move this May 2026!

We've seen a fantastic response to this year's Move This May Challenge, with **575 staff taking part across both Trusts** so a big thank you to everyone who got involved!

We're currently tallying up all the steps and miles from the month and will be announcing the winners very soon. In the meantime, many of you have been sharing your photos along the way, take a look at some of these highlights below.







Public Transport discounts

The national Net Zero Travel & Transport team have recently shared some discounts open to NHS Staff.
Public transport ticketing discounts:

- Stagecoach NHS discount- 10% discount
- Arriva buses NHS - pay monthly, but get the discount of an annual ticket
- Northern Rail | Health Service Discounts - 25% off advanced purchase tickets
- TransPennine Express | Health Service Discounts - 20% off advance purchase tickets

Salary Finance

Life doesn't always go to plan - and neither does money.

Whether it's summer costs, unexpected bills, changes to childcare, or everyday surprises, having the right support in place can make a real difference. That's why your benefits from Salary Finance **(Stockport)** and Salary Finance **(Tameside and Glossop)** are here to support you through both the expected, and unexpected.

You can access support such as:

- **Affordable loans:** Need to borrow? You have access to affordable loans with easy salary-deducted repayments. **Representative Rate 13.9% APR (fixed).**
- **Save:** Let your pay do the saving by setting up automatic deductions. It's the easiest way to build your savings without the hassle
- **Learn:** Smart tools and resources to help you understand your money, plan ahead and reach your goals

SPAWS Managing Stress Webinar

The Staff Psychology and Wellbeing Service (SPAWS) has developed a webinar on **Managing Stress,** available to all staff across both trusts. It offers practical tools and techniques to help you manage stress in your everyday life. Watch the video below to learn more.

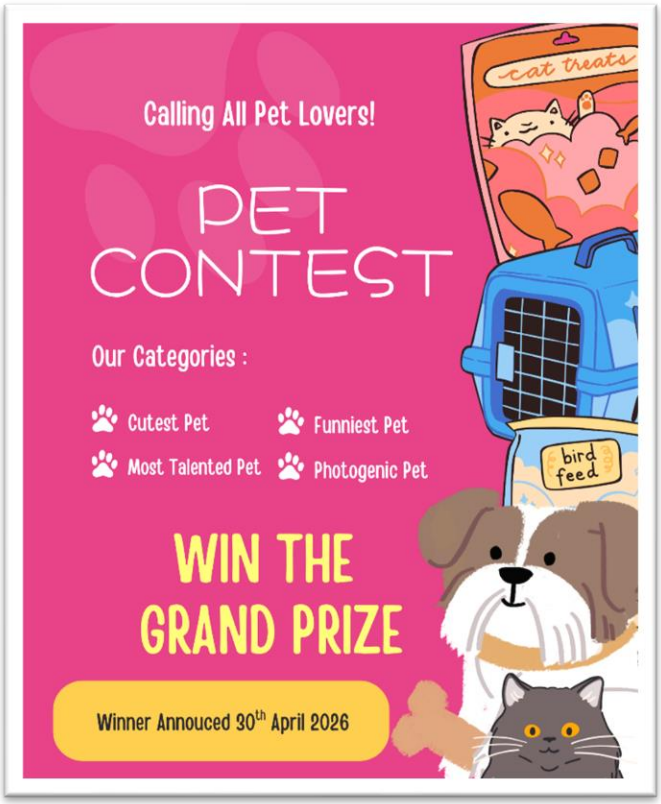
Stockport: Managing Stress Webinar
Tameside and Glossop: Managing Stress Webinar

We'd love your feedback

We're always looking to improve future editions of this newsletter, so your thoughts really matter to us. **If you have any suggestions, topics you'd like to see covered, or ideas for how we can make this more useful, please do get in touch.**

We'd also love to hear from you if you or your team are doing anything related to health and wellbeing whether it's an event, initiative, or a great idea worth sharing. Help us celebrate and spread the word by contacting us at HealthandWellbeing@stockport.nhs.uk.

Health and Wellbeing Champions – Making a Difference



Our third Health and Wellbeing Champions meeting held in April was a fantastic opportunity to celebrate the progress and impact of this growing network.

It has been inspiring to see how Champions across the Trust are developing initiatives and actively promoting messages to support emotional, mental, physical, financial and social wellbeing.

Across all divisional areas, champions have been driving a wide range of creative and inclusive activities to support colleagues including:

- **Organising lunchtime walks**
- **Hosting coffee mornings (including sessions with the Samaritans)**
- **Proposing an annual sunflower-growing competition to encourage gardening as a wellbeing activity.**

Physical wellbeing has also been championed, with **colleagues joining together to take part in the Trust 10K and half marathon**, alongside suggestions for more inclusive alternatives such as **group dog walks**. To support workplace culture and morale, Champions have introduced positive initiatives such as peer recognition “feedback boxes”, bring-and-share lunches during team meetings, and a mindfulness baking club helping to bring teams together, reduce stress and build a sense of community.



Small but meaningful improvements to staff spaces have also been made, including enhancing environments with pictures and window displays, while wider campaigns such as **Move This May** have seen strong engagement. There is clearly a huge amount of positive activity happening across the Trust, and we are incredibly proud of the enthusiasm and creativity shown by our Champions.

You can access the list of Champions on both of our Health and Wellbeing microsite and TIS pages.

if you are interested in becoming a HWB champion for your areas please email HealthandWellbeing@stockport.nhs.uk for an expression of interest form.

The more the merrier and all are welcome!

The Spotlight is on…

Meet our new Nature Recovery Ranger!



Hello, I'm Matt, the new Nature Recovery Ranger based at Stockport and Tameside NHS Trusts. I'm one of 8 rangers based in NHS trusts around the country; together we're part of the NHS Forest/Healthy by Nature project, spearheaded by The Centre for Sustainable Healthcare and co-funded by the National Lottery.

Time in green space has the power to reduce stress, anxiety and has been proven to benefit many physical and mental health conditions. A recent study even showed that a view of green space can reduce a hospital stay by an average of 8.4%! This project aims to focus these benefits and integrate them into the hospital sites at Tameside and Stepping Hill.

Nature Recovery Ranger? What's that, then?

The Nature Recovery Rangers aim to inspire and support healthcare sites to transform their green space for health, wellbeing and biodiversity. What that means, practically, is trying to do three things:

- **Improve hospital sites to create more nature-friendly green spaces, in line with Trust green plans.**
- **Encourage staff, patients and visitors to access these spaces, to benefit their physical and mental wellbeing**
- **Running therapeutic nature sessions for patients, and drop-in sessions for staff to access time in nature.**

Who are you and what brought you here?

I've loved nature my whole life and have been fortunate to spend most of my career connecting people with it. I've just come from nine years running an education and community centre for the Peak District National Park Rangers and also run my own Health walks business. I was particularly proud to run a social prescription 'woodland wellbeing' group, and to contribute to a programme of Nature Prescriptions for Derbyshire. Time and time again, I saw how health and wellbeing benefits could be unlocked by spending time in nature; from young carers switching off from their responsibilities while playing in a stream, to those with reduced mobility taking their first walk in months, or to people with mental health issues finding solace in birdsong, nature was there as a balm when they needed it.

I was so excited when I saw the Nature Recovery Ranger role advertised**.** To work towards improving the health of the planet and of individuals, in tandem, is a thrilling opportunity**. The green space on healthcare sites has potential to be a terrific therapeutic resource for patients and NHS staff, as well as a home for lots of wildlife**.

What are your plans?

Since starting last month, I've been getting to know the sites and working with the estates and facilities teams to identify areas where we can increase biodiversity. **I'll soon be running some drop-in events and seed give-aways, so look out for me on site!** I'm also working to improve some courtyard garden areas and organise wildflower planting on site. I'm sure there will be many other possibilities, and it would be great to hear from anyone interested in working with me – from improving a green space to working with your team or patients. **Get in touch if you have any ideas or questions!**

How can we contact you?

I have two email addresses: matthew.ross@sustainablehealthcare.org.uk and matthew.ross@tgh.nhs.uk (And if you see someone pottering about taking photos of flowers or looking at insects, it'll probably be me, so say hello! 😊)

Meet the Inclusion and Colleague Experience Team!







Olivia Cobb & Liz Poole

Workforce Health and Wellbeing Leads

Olivia.cobb@stockport.nhs.uk
Elizabeth.poole@stockport.nhs.uk

Stuart McKenna

Assistant Director of HR (Inclusion and Colleague Experience)

Stuart.Mckenna@tgh.nhs.uk

Nadia Baynham

EDI Manager

Nadia.baynham@stockport.nhs.uk







Kelly Reeves, Colleague Experience Manager

Kelly.reeves@tgh.nhs.uk

Lucy Rowe, EDI Officer

Lucy.rowe@stockport.nhs.uk

James Pearson, Disability Advisor

James.pearson1@tgh.nhs.uk

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