Health & Wellbeing Newsletter:

September 2026 Edition

NHS South East Sector Health Care Partnership

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

As we move into September and the transition into autumn begins, it's a good opportunity to refocus on our health and wellbeing and make use of the support available to us. Taking time to look after ourselves is essential in helping us stay healthy, resilient and able to continue providing the best possible care for our patients and communities.

This month, we are pleased to be hosting our annual Health and Wellbeing Events across both Trust sites. These events provide a fantastic opportunity to explore the wide range of support, services and resources available to colleagues, and I would encourage everyone to take some time to pop by and support these events, more details below.

In this edition, you'll also find information on several important national awareness campaigns, including Know Your Numbers Week, World Suicide Prevention Day, National Suicide Memorial Day for Health and Care Workers, World Patient Safety Day, National Pensions Awareness Week and Macmillan's World's Biggest Coffee Morning.

We're also sharing opportunities to get more active, including Bike Safety Checks, Electric Bike Taster Sessions, the Sofa to Saddle programme and the Bee Network's You've Got the Moves campaign, alongside a call for Flu Link Vaccinators to support this year's flu campaign which will be launching on the 1st October.



Thank you for all that you do.

Amanda Bromley
Chief People Officer

Health and Wellbeing Events: This Month!

Our **Staff Health and Wellbeing Events** are taking place soon across both Trust sites!

This is your chance to explore the wide range of health and wellbeing support available, meet internal and external wellbeing providers, pick up useful resources, freebies and find out more about services that can support your overall wellbeing.

Whether you're looking for advice, support, or simply a few minutes to focus on your own wellbeing, there's something for everyone.



Don't miss out: pop by on the day and see what's on offer!

Know Your Numbers Week

7th – 13th September

This Know Your Numbers! Week, take a few minutes to check your blood pressure and encourage those around you to do the same. Blood Pressure UK estimates that millions of adults are living with undiagnosed high blood pressure, often without realising it.



Our Occupational Health Team at both Trusts are offering free drop-in blood pressure checks for all staff in the OH department.

Drop in sessions are available Monday to Friday from **8:30am to 11:30am** and **1:30pm to 3:30pm**. No appointment is required, simply pop along during these times to have your blood pressure checked.

Simple steps you can take during this week:

- Get your **blood pressure checked** at your GP practice, local pharmacy, with a home monitor or with OH.
- If you're over 40, aim to have your blood pressure checked **at least once a year.**
- **Understand what your reading means** and seek advice if it is higher than recommended.
- Make **healthy lifestyle choices** such as being physically active, maintaining a healthy weight, reducing salt intake and limiting alcohol.

Find out more about Know Your Numbers Week and blood pressure health at: Blood Pressure UK

In addition if you live in Tameside, The Be Well Tameside programme offers Free NHS Health Checks. If you are aged between 40 and 74, not had a health check in the last five years, and are not on any medication for blood pressure, heart problems or cholesterol, you will be eligible to book in for the free health check.



The check itself takes roughly 30 minutes. During the check you will be weighed and measured, asked to answer questions around your lifestyle, have a blood pressure test, a finger prick test for cholesterol, and a diabetes and cardiovascular disease risk score.

Having a Health Check ensures that you are aware of your risk of cardiovascular disease. If you are at high risk, there are further steps you can then take, with support, to reduce the chances that you could have a heart attack or stroke. You can book your check via their website - Be Well Tameside

World Suicide Prevention Day
10th September

World Suicide Prevention Day is an opportunity to raise awareness, reduce stigma and encourage open conversations about mental health and suicide prevention. The theme for 2024-2026 is **'Changing the Narrative on Suicide'**, with a call to action to 'Start the Conversation'



Talking openly and compassionately about mental health can help break down barriers and ensure that people feel able to seek support when they need it most. A simple check-in with a colleague, friend or family member could make a real difference.

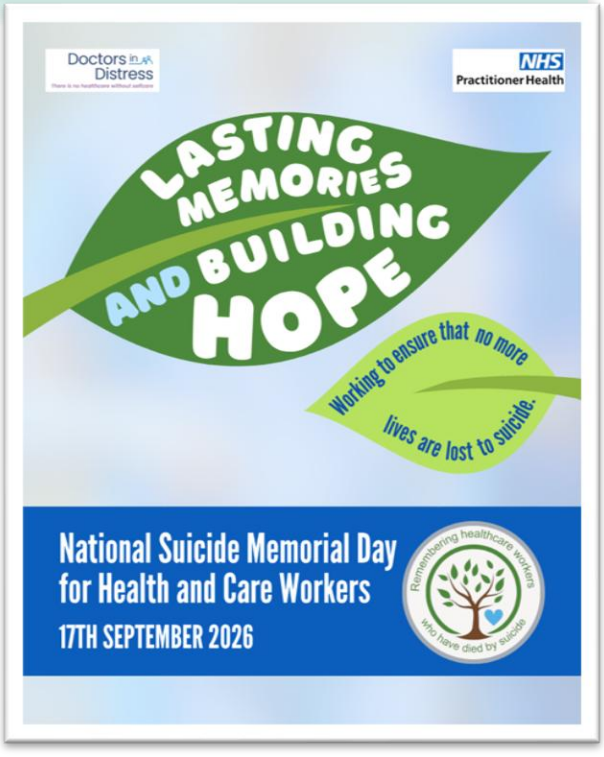
What can you do?

- Check in with someone you care about.
- Take time to look after your own mental wellbeing.
- Encourage open and supportive conversations about mental health.
- Reach out for support if you're struggling or concerned about someone else.

Remember: you don't have to struggle alone. Support is available, and talking can help. The Health and Wellbeing Leads can support in signposting to many different services such as Andys Man Club, EAP, SPAWS, The Zero Suicide Alliance (ZSA), The Stay Alive app and many more. Find out more here: Suicide prevention and postvention | NHS Employers

National Suicide Memorial Day for Health and Care Workers
17th September

This is a time to remember and honour colleagues who have died by suicide, while recognising the profound impact such losses have on individuals, teams and organisations.



Working in health and care can be incredibly rewarding, but it can also bring significant emotional and psychological pressures. **This day encourages us to reflect, support one another and promote a culture where seeking help is seen as a strength, not a weakness.**

Take a moment to check in with yourself and those around you. Together, we can help create compassionate workplaces where everyone feels valued, supported and able to access help when they need it.

Find out more here: National Memorial Day

World Patient Safety Day
17th September



World Patient Safety Day is an annual event led by the World Health Organization to raise awareness of patient safety and promote action to reduce avoidable harm in healthcare. This year's theme is**: 'Safe care for noncommunicable diseases'** with the slogan **'Safe care for life!'**

Noncommunicable diseases such as heart disease, cancer, diabetes and respiratory conditions often require long-term care across multiple services and settings. World Patient Safety Day highlights the importance of delivering safe, coordinated and person-centred care at every stage of a patient's journey.

How you can support patient safety:

- Take a moment to reflect on the role you play in keeping patients safe.
- Speak up about safety concerns and share learning.
- Promote clear communication and effective teamwork.
- Involve patients and families in decisions about their care.

Together, we can help ensure that patient safety remains at the heart of everything we do.

Find out more here: World Patient Safety Day

Pensions Awareness Week
14th – 18th September



Pensions Awareness Week is a great opportunity to take a moment to think about your financial future and make sure you're getting the most from your pension.

This Pensions Awareness Week, why not take a look over the below:

Total Reward Statements
Your Updated Total Reward Statement (TRS) has arrived.

Your TRS provides a personalised summary of what your NHS pension is worth today – helping you understand your position now, and plan for the future. This can be found on ESR. Please note, if you commenced after 31.03.2026 you will not be able to view your TRS until next year.

My NHS Pension
My NHS Pension lets you manage your NHS Pension online. You can register for the service if you:

- currently pay into the NHS Pension Scheme

- have paid into the NHS Pension Scheme in the past but you no longer do so – for example, if you no longer work for the NHS or you've chosen to opt out
- are getting NHS Pension benefits
- have an adult dependent's pension

More details can be found on My NHS Pension | NHSBSA. If you have any problems logging in, please contact NHS Pensions Contact NHS Pensions - Contact NHS Pensions - NHSBSA

Pre-Retirement Seminars

Together with Oak Tree Financial Training we have arranged pre-retirement seminars, Planning for Retirement, aimed at those who are within 10 years of retirement or 45+ years of age. The purpose of this seminar is to help you maximise your income in retirement and protect your wealth for your loved ones. These will be held

- 24 September 2026
- 09 November 2026
- 08 March 2027
- 20 October 2027

We have also arranged a Mid-Career Financial Awareness Seminar. 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 on:

- 06 July 2027

All the above courses will be held via MS Teams, 09.00 – 12.00. **Please book on these courses via MyESR,** on the My Learning page

NHS Pensions Podcast

NHS Pensions add new episodes regularly. Each episode covers a different part of the NHS Pension Scheme. Members of the NHS Pensions team explain key topics in simple, bitesize sections to help you understand and manage your pension.

More information can be found on the link NHS Pensions Podcast | NHSBSA

NHS Pension Member events

Join these online events to learn more about your NHS Pension and how the NHS Pension Scheme works.

Events are planned throughout the year to help you:

- understand what the NHS Pension Scheme is
- find out about your Total Reward Statement and Annual Benefit Statement
- learn about your retirement options

You can find links to register for the next events on this link Member events | NHSBSA

Local Pension Team

The local inhouse pension team covers Stockport NHSFT and Tameside & Glossop IC NHSFT. You can contact our local team on:

- email: pensions@tgh.nhs.uk
- telephone: 0161 922 6010 – option 3

Macmillan's World's Biggest Coffee Morning

25th September



Macmillan's World's Biggest Coffee Morning brings people together to raise vital funds for people living with cancer and their families. Every year, thousands of people across the UK host coffee mornings to support Macmillan's work, helping to provide practical, emotional and financial support when it is needed most.

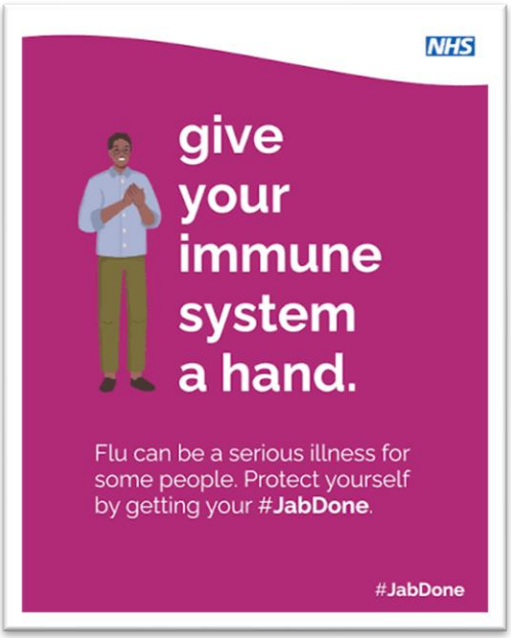
Why not get involved by:

- **Hosting a coffee morning with your team or department.**
- **Bringing in some homemade or shop bought treats to share.**
- **Making a donation to support Macmillan's vital services.**
- **Taking time to connect with colleagues over a cuppa and conversation.**
- **Encouraging your team to get involved and support the cause.**

Keep an eye out for activities being organised by your local Macmillan teams and find out how you can get involved on the day.

For more information, or to register your own coffee morning, visit: Macmillan Coffee Morning

Flu Link Vaccinators Needed!



Could you help keep our NHS workforce protected this winter? With our Flu Vaccination Campaign launching on **1st October,** the Occupational Health Team is looking for Flu Link Vaccinators to support the delivery of the staff flu programme.

Every day, our staff care for others. As a **Flu Link Vaccinator**, you can play a vital role in helping protect the people behind that care. We're looking for enthusiastic registered healthcare professionals from across both Trusts to become Flu Link Vaccinators, delivering flu vaccinations to fellow staff and helping make vaccination accessible, convenient and part of our everyday culture.

Your skills can make a difference

You don't need to be a vaccination expert to make a difference. With the appropriate training and support, your existing healthcare skills can help you become an important part of our Flu Link Vaccinator team.

We're looking for all groups of staff not just nursing staff.

Being a Flu Link Vaccinator is about more than giving a vaccination. It's about **protecting the people you work alongside**, helping reduce the risk of vaccine-preventable illness and supporting our Trust to maintain a healthy, resilient workforce. You'll also have the opportunity to develop your professional skills, build your confidence and become a positive advocate for vaccination within your team.

Could you be our next Link Vaccinator?
If you're passionate about protecting your colleagues and want to make a real difference to the health and wellbeing of our NHS workforce, **we'd love to hear from you.**

Register your interest by emailing ohflu@stockport.nhs.uk or ohflu@tgh.nhs.uk by 21st September 2026.

New UK CMO activity guidelines



On 10th July, the UK Chief Medical Officers (CMOs) published refreshed physical activity guidelines, **showing evidence continues to build that regular movement, no matter how small, can have significant benefits for people's physical and mental health.**

The updated guidance reflects the latest scientific evidence on physical activity and sedentary behaviour, finding that the existing recommended activity levels across all age groups remain accurate.

They reinforce the message that building activity into everyday routines can help improve health and wellbeing and recognise that physical activity does not need to take place in long or structured sessions to have a positive impact. Walking to the shops, wheeling, taking the stairs, dancing, gardening, active play and household tasks can all contribute towards improving health when carried out regularly. Find out more here:

- New UK CMO activity guidelines show every movement counts - GOV.UK
- Physical activity guidelines: UK Chief Medical Officers' report - GOV.UK

Sofa to Saddle

Looking to get more active? **Sofa to Saddle** is a free eight-week programme from British Cycling that helps you build confidence and fitness through cycling at your own pace. Using a dedicated app, you'll receive cycling goals, motivation, tips and support to help you make cycling part of your routine.

The free app offers a structured, 8-week plan designed to tackle the most common barriers that prevent people from getting on a bike - including safety, intimidation, access to bikes and not knowing how to get started. Find out more here:

- Sofa to Saddle - British Cycling | Sofa to Saddle

Bee Network – You've got the moves!

The **Bee Network** offers free support to help people cycle with confidence, including safe cycle routes, bike libraries, maintenance sessions and training for all abilities.



Whether you're new to cycling, returning after a break or looking to build your confidence, the Bee Network provides friendly courses ranging from learning to ride and refresher sessions to basic bike maintenance.

It's a great way to get active, improve your wellbeing and explore more of Greater Manchester by bike. Find out more here:

- You've got the moves | TfGM Bee Active

Free Bike Safety Checks - Monday 22nd September

To support active and sustainable travel the Decathlon Workshop Team will be onsite at our Trusts for a **Bike Safety Check Drop-In Session.**



Whether you cycle regularly or are thinking about getting back on your bike, bring it along for a free safety check and basic maintenance advice from experienced bike mechanics. The safety checks will help ensure your bike is roadworthy and may include checks of brakes, tyres, gears, chains and general bike condition.

Sessions available:

- **Tameside: 09:30 - 12:00 (location to be confirmed)**
- **Stockport: 13:30 - 16:30 (location to be confirmed)**

If you'd like to attend, please register your interest using the relevant form below:

- Bike Safety Checks Drop In Registration Tameside – Fill in form
- Bike Safety Checks Drop In Registration Stockport – Fill in form

Give an E-Bike a Go! Free Taster Sessions - Thursday 24th September

On Thursday 24th September we have Cycling UK visiting for Electric Bike Taster Sessions at both of our sites:

If you are interested in a session, please register your interest using the relevant form below:

- Stockport Electric Bike Taster Event: 24th September – Fill in form
- Tameside Electric Bike Taster Event, 24th September – Fill in form

Who are Cycling Uk?

Cycling UK is the UK's cycling charity, working to enable more people to cycle by providing skills, support, advice and opportunities to get involved. Their vision is for healthier, happier and greener communities through cycling, helping people of all ages and abilities to enjoy the many benefits of getting on a bike.

Learn more about the Cycling UK charity on their website:

- Who we are
- Community cycling projects
- Plan a cycling route

It is also Modeshift Travel Wise Week from 16th – 22nd September so keep an eye out for activities planned by our Sustainability Team. You can find out more here: Modeshift TravelWise Week

What's on in your local area?

There are many events in the boroughs throughout the year to support your health and wellbeing or if equally if you just want to have fun and maybe try something new!

Have a browse here: What's on in Tameside? and What's on in Stockport?



Some key highlights are:

- Mossley Farmers Market
  Come along to the Mossley Farmers Market on Mossley Market Ground taking place every final Sunday of the month between April and November 10-2:30pm.

- **What's on at the libraries?**
  Discover events, activities and groups taking place across Tameside and Stockport Libraries this September and beyond. From family activities and reading groups to digital support and community events, there's something for everyone. Take a look here: Libraries Tameside and Libraries - Stockport Council

- Parkruns
  Parkruns are free, weekly, community events all around the world. Saturday morning events are 5k and take place in parks and open spaces. There are also links to other runs across Greater Manchester in the 'Other parkruns nearby section': Upcoming Parkruns



- **Walking Groups and Organised Walks Across Tameside & Stockport**

  Looking for a way to get active, enjoy the outdoors and meet new people? There are plenty of organised walking opportunities taking place across Tameside and Stockport this September.

  Walk Stockport offers free, friendly walks through local parks and green spaces, with routes suitable for a variety of abilities. Many walks are designed for people who are new to walking or looking to build their confidence and fitness.

  Tameside Ramblers and Stockport Ramblers run regular guided walks throughout September, ranging from leisurely 5 to 7 mile routes to more challenging countryside walks. Highlights include a joint Tameside and Stockport Ramblers walk around Mossley on 12th September, taking in Swineshaw Reservoir, Alphin Pike and Buckton Castle.

  Tameside Ramblers September programme of events: Walks Programme and Stockpots: Walks Programme

- **Community Activities across the boroughs:**

  TOGS Mind Wellbeing Hub (Tameside) – Take a look at the peer support, Walk & Talk sessions, wellbeing activities and social groups.

  Life Leisure Active Communities (Stockport) – Take a look at the wellbeing walks, outdoor activities and community groups.

The Spotlight is on…

5 Ways to Feel Good



The **5 Ways to Feel Good** is a mental wellbeing campaign run by **Healthy Stockport/Stockport Council**, based on five evidence-based actions that have been shown to improve wellbeing and help people feel more positive, connected and resilient

By making small changes to our daily routines, we can take positive steps towards feeling happier, healthier, and more connected.

The five ways are:

- **Connect**: Spend time with family, friends, colleagues, and your community. Strong relationships help us feel supported and valued.
- **Be Active**: Find a way to move that you enjoy, whether that's walking, gardening, cycling, dancing, or taking the stairs. Physical activity can improve both physical and mental health.
- **Keep Learning**: Trying something new, developing a skill, or taking on a challenge can boost confidence and give a sense of achievement.
- **Give**: Acts of kindness, volunteering, or simply helping others can create a sense of purpose and strengthen connections with those around us.
- **Take Notice**: Being mindful of the present moment and appreciating the things around us can help reduce stress and improve wellbeing.

The good news is that these actions don't need to take a lot of time. A quick catch up with a friend, a short walk outdoors, learning a new recipe, thanking a colleague, or taking a few moments to appreciate nature can all make a positive difference. By incorporating the Five Ways into everyday life, we can build healthier habits that support our wellbeing throughout the year.

Why not challenge yourself to focus on one of the Five Ways each week and discover how small steps can have a big impact on your overall wellbeing?

You can find out more information here: 5 Ways to Feel Good - Healthy Stockport.

You can also access the 5 Ways to Feel Good digital booklet here: 5 Ways to Feel Good - Digital Booklet

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

Head of 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