

ONE **YOU** WALSALL

Monthly Newsletter from the One You Walsall Workplace Health Team

Page 1 - Stoptober

Page 2 - Women's Tour

Page 3 - World Mental Health Awareness Day

Page 4 - The Black Country Business Festival

Page 5 - Exercise with One You Walsall

Page 6 - Health chats Training

Page 7 - Wellbeing Messages



A Message from One **You** Walsall

**By Walsall Workplace Health
Team**

One You Walsall is a free healthy lifestyle service dedicated to improving the health and wellbeing of all residents across Walsall. We welcome enquiries from Walsall based businesses to support the health and wellbeing at your workforce.

Our services are here to help you make simple and sustainable lifestyle choices to enable you to live a healthy and happy life. During the past year we have been working tirelessly to continue offering our services throughout the current pandemic and diversify our services to the needs of the Walsall community.

Thrive at Work

Join Thrive at Work at the next Thrive at Work: Boost Staff Wellbeing Webinar on 30th September, where you can learn more about the programme.

If you know of any other organisations that may benefit from signing up for the Thrive at Work programme, please forward the link directly to them.

<https://www.eventbrite.co.uk/e/boost-staff-wellbeing-thrive-at-work-30-september-2021-tickets-164476970045>

Stop smoking Start breathing this Stoptober

NHS

STOP TOBER

Better
Health
Let's
do this

Get free support



Stoptober

Stop smoking this October and start doing so much more.

Giving up smoking is one of the best things you'll ever do for your health. There are lots of other benefits too, and they start almost immediately.

It's never too late to quit, so join the thousands of people stopping smoking this October. Let's do this!

How?

One You Walsall can help you quit smoking by referring you to your local **quit smoking team**.

Our Workplace Health Team offers **workshops to workplaces** to increase staff's awareness on the dangers of smoking and guidance on quitting smoking.

Contact One You Walsall on:

Tel: 01922444044

Email: oneyou.walsall@nhs.net

Stop smoking Start saving

NHS



Join the thousands of people who are stopping this October.



Download the free NHS Quit Smoking app to get started.

GET IT ON
Google Play

Download on the
App Store

STOP TOBER

Better
Health
Let's
do this

Check out the [NHS Quit Smoking App](#) to help you quit today.

Visit [Better Health](#) for more resources about Stoptober for you and your workplace.





2021 Women's Tour

Walsall is going to host the start and finish of stage two of the Women's Tour on Tuesday 5th of October.

About the Women's Tour

The 2021 Women's Tour, which forms a part of the prestigious UCI Women's World Tour, will start in Oxfordshire and finish with stages in the East of England: Colchester to Clacton on stage 5, followed by Haverhill to Felixstowe in Suffolk.

Reimagine Walsall

As part of the event, Walsall Council is keen to explore ways to work with its community and cultural organisations to develop a community engagement and fringe event programme that highlights Walsall as fantastic place to live, work, study, enjoy for leisure, raise a family, start a business and much more.

One You Walsall

We will be there to promote our health service and provide the women's tour spectators with fun and interactive activities.

You can find One You Walsall at the **Start and Fan zone** (arboretum) and many other organisations at the Women's' Cycle event. Are you coming too?

ONE YOU WALSALL

[Click here](#) for
the stage 2
time-table

[Click here](#) for
more
information on
the event

SUPER
Wiggles
WALSALL



World Mental Health Day

The World Health Organisation (WHO) recognises World Mental Health Day on 10 October every year. This year's theme set by the World Federation for Mental Health is: 'Mental Health in an Unequal World'.

Mental Health in an Unequal World

Read more information about how inequalities and stigma towards people with mental ill health on the [WMFH website](https://www.wmfh.org/).

Resources on mental health at the workplace

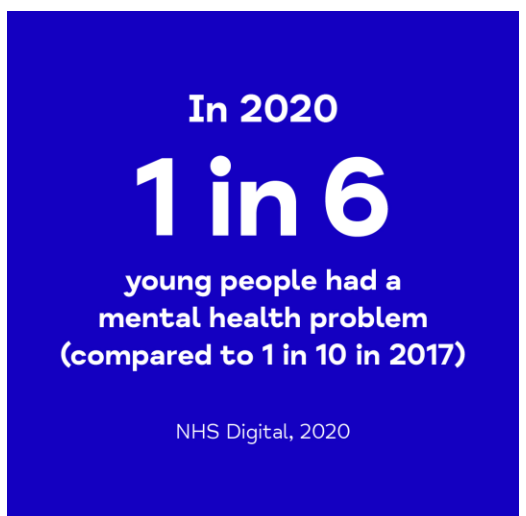
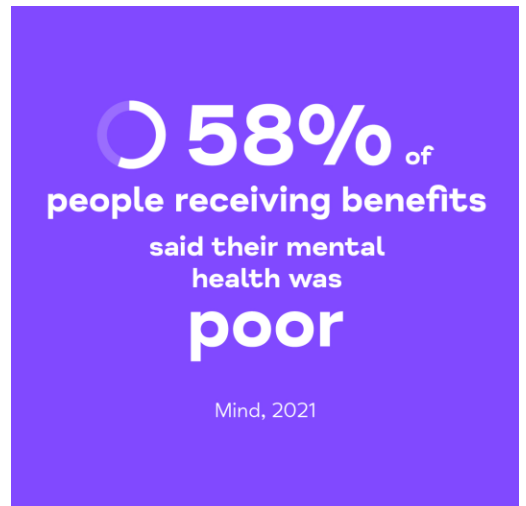
Find more resources on World Mental Health day to promote to your staff/colleagues on the [Mental Health Foundation website](https://www.mentalhealthfoundation.org.uk/).

Workplace Health Team

Our Workplace Health Team at One You Walsall is here to support you and your business with health and wellbeing. We can support you in developing a needs assessment to explore what areas in health your staff needs support with and set up an intervention at the workplace. These can be:

- Health checks and assessments
- Workshops on lifestyle topics, including emotional wellbeing, sleep, stress and self-care
- Run health related events at your workplace to increase awareness in health and wellbeing

Contact us for more information on:
walsallworkplacehealth@mytimeactive.co.uk





The Black Country Business Festival

4th – 15th October 2021

The Black Country Business Festival

The Black Country Business Festival is an annual, ten-day Festival incorporating over a hundred free business events which take place throughout the Black Country region.

Events of all descriptions are staged by local businesses to benefit the people and businesses in the Black Country; help business growth; challenge and stimulate, and to draw attention to the region.

The Festival is a fantastic way to demonstrate the Black Country's strengths, innovation, commerce, culture and huge investment potential to the rest of the world.

There is something for everyone at the Business Festival. The dates for 2021 have already been set: 4th - 15th October.

[Click here](#) to find more information about the festival and who is hosting an event. Some are hosted at venues and some will be online.

The importance of Wellbeing in your Workforce Event

Our Workplace Health Team at One You Walsall and CSR Walsall are hosting our BCBF event on the 13th of October at 13:00. Book your free ticket below!

[CSR – The Importance of Wellbeing in your workforce](#)

Why attend?

- The Black Country Business Festival will help our businesses prosper, our people develop and our local economy grow.
- Together, through the Business Festival, the Black Country business community will be united in shouting about our region, the 'can do' attitude of our workforce and the area's huge investment potential.
- Business Festival events will enable the local business community to engage, share best practice and collaborate with each other on a completely new level.

ONE YOU WALSALL

As part of our weight management programme

One You Walsall are delighted to be reintroducing face to face Workshops, Weigh-ins and Exercise*

We look forward to you joining us at either

Pelsall Community Centre

Station Road, Pelsall,
Walsall WS3 4BQ

TUESDAYS

Workshop 1-1.45pm

Weigh-in 1.45-2pm

Exercise 2-2.45pm

Willenhall Chart Centre

19 Gomer Street,
Willenhall, WV13 2NS

THURSDAYS

Workshop 10-10.45am

Weigh-in 10.45-11am

Gentle Exercise 11-11.45am

***Discount price for first 12 weeks of exercise sessions
£3 per week or £30 if booked in advance
Workshop and Weigh-ins are FREE**

Please book in advance at your initial assessment

For more information contact us on

01922 444 044

ONE YOU WALSALL

HEALTH CHATS TRAINING

- Are you interested in Health and Wellbeing?
- Do you want a **FREE** qualification?
- Do you want to gain a range of skills to hold conversations confidently with employees/customers on health improvement?

Then join us to obtain a **Royal Society for Public Health Level 2 Qualification in Health Improvement**

The training is just one half day session delivered virtually, followed by a short multiple choice exam which can be completed at home.

To book an individual slot or a group booking please call **01922 444 044** or email **oneyou.walsall@nhs.net**

Health and Wellbeing Message

Step 5 of the 8 ways to wellbeing: Take Notice!

At One You Walsall we believe that there are 8 steps you can take to improve your wellbeing and mental health: Be Connected, Stay Active, Keep Learning, Take Notice, Give, Rest, Hydrate and Aspire, Incorporating these activities can help you have a more positive outlook on life and maintain a healthy body and mind.

This Wellbeing Wednesday we would like to talk about **step 5 of the 8 ways to wellbeing**:

Step 4: Take Notice!

Taking notice (also known as mindfulness) includes your thoughts and feelings, your body and the world around. It is about paying attention to the present moment and this can improve your mental wellbeing. Mindfulness can help you reflect and understand yourself better and can positively change the way you feel about life and how you approach challenges.

Things you could try to practise mindfulness:

- Take notice of the everyday routines without being on autopilot
- Become aware of your surroundings when commuting
- Try something new
- Watch your thoughts
- Practise a yoga or tai chi lesson
- Try out practising meditation
- Keep a gratitude journal

Call us on 01922444044 or email us to oneyou.walsall@nhs.net for more information.



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

TIP: Mettaminds has restarted their face2face Tai Chi classes in Walsall. If you are interested in joining, please visit <https://www.mettaminds.co.uk/>

Contact us on oneyou.walsall@nhs.net

or call 01922444044.

Thank you for reading

FOR FURTHER INFORMATION PLEASE FEEL FREE
TO CONTACT THE **ONE YOU WALSALL**
WORKPLACE HEALTH TEAM.

WALSALLWORKPLACEHEALTH@MYTIMEACTIVE.CO.UK

OR FOLLOW US HERE FOR MORE UPDATES



FACEBOOK.COM/ONEYOUWALSALL



INSTAGRAM.COM/ONEYOU_WALSALL1



TWITTER.COM/ONEYOUWALSALL

PHONE: 01922 444 044

HAS THIS NEWSLETTER BEEN USEFUL? IF NOT PLEASE PROVIDE
US WITH SOME FEEDBACK ON WHAT YOU WOULD LIKE SUPPORT WITH.