

In response to our Mental Health Survey

Several of you asked if there could be a chance to sit and chat with others on a regular basis, and so we are trialling



TUESDAY TALK TIME!

There will be someone from the Health Champion team based in the YELLOW room in the IHC building every Tuesday. Bring your lunch over and have a drink and a chat.

Staff Counselling

Several of you asked if there could be counselling available to staff. The answer is that we already have a link to OUTLOOK SW and you can self refer for a series of 6 sessions with them. Mention that you are a member of WB staff when you contact them.

outlook:) SOUTH WEST



outlook:) south west
2D Restormel Estate
Lostwithiel
Cornwall
PL22 0HG
Patient Line:
01208 871905
Fax:
01208 871907

Staff Fitness

A reminder of the offers open to WB staff:

- Free use of the gym daily from 1pm to 3pm
- One2one offer for WB staff

Unlimited classes and gym time –they have a lady only gym too.

£27.50 a month for 12 months which is very good value! If interested simply show your staff ID badge when you sign up.

- Hustyns offer to WB staff

Usual Rate

£100 joining fee and £48 pound a month.

No joining fee and £480 annual.

Club membership rate for WB staff

No joining fee, no contract and £24 a month.

No joining fee, no contract and £240 annual.

We are happy to offer our Health Champion twilight sessions again in the summer term. Watch this space! But meanwhile.....

Healthy Eating Cookery Course WITH KYLE SAVIN

THE OLD STABLE CATERING COMPANY

Wadebridge School will be hosting a 4-week Healthy Eating Cookery Course in 2018.

This will be run on Tuesday evenings after the Easter Holiday:

April 17th & 24th and May 1st & 8th
5.30pm-7pm

The course is designed to encourage us to make healthier choices even with a busy work schedule by providing basic, easy recipes to share with our team.

The cost of the course is £50 per person

****We are offering 2 FREE SPACES!****

To express an interest in attending please email Angelina.



JOIN OUR TEAM???

We are looking for a couple of new people to join our team and become Health Champions. You don't

have to give up lots and lots of time, whatever you can give would

be appreciated. (Note the suggestion about volunteering on page 1 of the newsletter!).

Chat to one of the team to find out more. Training is provided.



Health Champions Team

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Di: dtalling@wadebridge.cornwall.sch.uk

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