

# Health Champions

## Summer 1 News

**Connect...** *Contact someone 'out of the blue'*



**Be active...** *Restart/Join a club; many are able to start up again now*

**Take notice...** *Look for changes in people and pay a compliment*

**Keep learning...** *Challenge your department to replicate a skill*

**Give...** *Offer your time; suggest a coffee break with someone*

### Worried About Someone?

If you have a concern about a member of staff, then remember you can fill out a slip and place it in the box on the shelf next to the main health champion display in the staff room.

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Don't forget Stars@ to send a little gift

### Di's recommendation

Di Talling would like to signpost everyone to MTG365... "which is Mind The Gap which my husband has started. It's 1 photo a day of somewhere we have been, with a little bit of discussion about keeping your mental health in good place. It's on Fb, Instagram and twitter. I think its quite good!"



### 15th May—International Day of families

Enhancing awareness among decision makers and the public of the problems and needs of the family.

Consider planning a family activity for the day

### 20th May—World Bee Day

Raising awareness of the importance of pollinators, the threats they face and their contribution to sustainable development.

Consider Bee-friendly garden features



### 31st May—World No-Tobacco Day

Informs the public on the dangers of using tobacco, the business practices of tobacco companies, what WHO is doing to fight the tobacco epidemic, and what people around the world can do to claim their right to health and healthy living and to protect future generations.



<https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/>



“Live in the sunshine, swim in the seas, drink the wild air.”

Ralph Waldo Emerson