

# The Year So Far...

A newsletter for everyone following  
Coventry and Warwickshire Year of Wellbeing 2019

June 2019



## How 'Our Stories' bloggers are spreading the word

Coventry and Warwickshire Year of Wellbeing is here to engage people across our area to improve wellbeing, for themselves and the people around them.

'Our Stories' is one of the most important things we are doing to celebrate the Year of Wellbeing. There are lots more stories to come this year, stories of ordinary people achieving extraordinary things, happening every day in our area. And that's just what our Year is about. ❤️

Find Our Stories at  
[www.yearofwellbeing.org.uk](http://www.yearofwellbeing.org.uk)

## Bloggers brush up on radio interview skills

**Bloggers have stayed in touch in order to make new connections, and to develop other new skills to help them tell their stories.**

Jackie and Gaynor took part in a radio interview skills workshop supported by Coventry city centre-based Radio Plus.

Storytellers' support officer Jess Phillips is offering further sessions including using software and other IT resources.



Jackie and Gaynor at Radio Plus

## Inspiring and empowering people to change lives

### How Danielle has used the Year of Wellbeing to improve her wellbeing

Coventry-based Danielle was off work through sickness when she heard of the opportunity to train as a Year of Wellbeing storyteller. She enrolled, and took part in the training just as she was due to return to work.

She explained: "It was such a good idea, and I know it helped me to hear other people's stories of how they had been able to make changes, overcome some challenges and get well. I wanted to do the same."

Through mountain-biking, she has found ways to lift and manage her mood, and she was glad to share her experience through the Year of Wellbeing blog page, to help and inspire others.

"If I can help just one other person this way, it will have been worthwhile," she said.

Paul volunteers for Springfield Mind, and was keen to describe how connecting with people had helped him overcome mental health issues.

Mel has been able to be active through sport despite her blindness, and Jade's pet dog Gizmo has helped her fight back against eating disorder anorexia.

All their stories, and many others, are a big feature of the Year, inspiring and empowering others to change lives. ❤️



Danielle is one of our bloggers



Mel is a Paralympic sport star



Jade's dog Gizmo provides pet therapy



Paul volunteers for Springfield Mind

# What you can do to support the year...

## Share our posters...

We are working with partners to help create a suite of materials for public display that help link disparate services with their common theme.

We need you to take on these posters and other materials and distribute and display them wherever you can so we can act together to improve the accessibility of the care and support we provide.

See the Resources page in our website.



**COVENTRY & WARWICKSHIRE YEAR OF WELLBEING 2019**

**NHS Coventry and Warwickshire Partnership NHS Trust**

**Make 2019 your year to feel good and function well**

Make a wellbeing pledge:  
[onething.warwickshire.gov.uk](http://onething.warwickshire.gov.uk)

Find out more:  
[www.yearofwellbeing.org.uk](http://www.yearofwellbeing.org.uk)

**THINK PHARMACY FIRST**

There is more to your local community pharmacy than a place to pick up medicines. Community Pharmacies across Coventry and Warwickshire offer health advice and support without an appointment.

- Medicines:** Dispensing and advising on your medication.
- Common illness:** Provide advice and treatments for common illnesses such as coughs, colds, sore throats, ear and nose infections.
- 85% of local pharmacies:** are Healthy Living Pharmacies and have a Health Champion and provide help and advice.
- Medicines use checks:** Check on medicines and help when prescribed new medicines for the first time or with a long term health need.
- Access to information:** about being healthy plus signposting to other services in a pharmacy such as blood pressure and blood glucose.
- Over 200 Community Pharmacies:** across Coventry and Warwickshire supporting Year of Wellbeing.
- Some additional services are provided such as:**
  - All pharmacies have a room to use to talk to you in private.
  - Helping you to manage any long term health conditions including medication, healthy lifestyles and reducing risk of complications. No appointment necessary.

**Boost your wellbeing**  
Free services in Coventry to support you

- County Libraries:** For Reading Well Books on Prescription (BOP) recommended self-help books, audio CDs and e-books visit [www.coventry.gov.uk/readingforhealthandwellbeing](http://www.coventry.gov.uk/readingforhealthandwellbeing)
- Go Online:** Expert advice, practical tips and a personalised action plan at Every Mind Matters. Anonymous and free. [www.nhs.uk/onyouvery-mind-matters/](http://www.nhs.uk/onyouvery-mind-matters/)
- Telephone:** Ring a team of trained and experienced support workers 24/7 on the Mental Health Matters Helpline on 0800 61 71 (0300 330 5487 for mobiles) or by Text Online, the online Chat Service via the website [www.nhs.uk/onyouvery-mind-matters/](http://www.nhs.uk/onyouvery-mind-matters/)
- Speak to Someone:** Talk in person at Coventry Wellbeing Hubs - free one to one support, walk-in sessions and drop-in sessions between 1pm and 5pm, 7 days a week. Ring 024 7622 4437 or email [drop-wellbeing@coventry.gov.uk](mailto:drop-wellbeing@coventry.gov.uk)
- Access Therapies (APT):** A service for people who are feeling stressed, anxious, low in mood or depressed, providing advice, information and therapy - call 024 7622 1000 to self-refer.
- For Children and Young People:** Contact the Primary Mental Health Service (PMHS) preventative support and early intervention service or Rise (CAMHS) emotional wellbeing and mental health services and support for children, young people and their parents. For both services call 0300 200 2021 or visit [www.coventry.gov.uk](http://www.coventry.gov.uk)
- Free Local Learning:** Visit the Recovery and Wellbeing Academy to do a course or workshop specifically designed to empower your mental health and wellbeing. [www.recoveryandwellbeing.coventry.gov.uk](http://www.recoveryandwellbeing.coventry.gov.uk) or call 0300 303 2626
- Lifelong Wellbeing:** Build wellbeing into your daily life by adopting the 5 Ways to Wellbeing [www.nhs.uk/5ways/wellbeing](http://www.nhs.uk/5ways/wellbeing) stress anxiety depression improve mental wellbeing! For more support with goal setting, tips, information and advice for a healthier you visit [www.howtogetwell.org.uk](http://www.howtogetwell.org.uk) our services being your best!

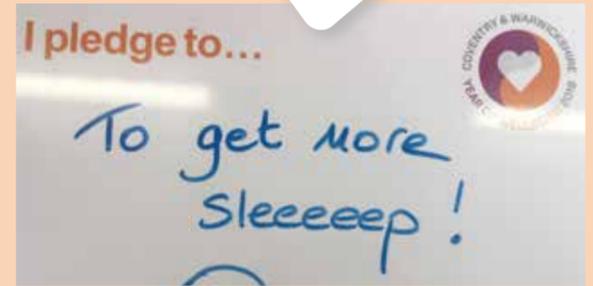
**Boost your wellbeing**  
Free services in Warwickshire to support you

- VISIT WARWICKSHIRE LIBRARIES:** For Reading Well Books on Prescription (BOP) recommended self-help books, audio CDs and e-books visit [www.coventry.gov.uk/readingforhealthandwellbeing](http://www.coventry.gov.uk/readingforhealthandwellbeing)
- GO ONLINE:** [bigwhitewall.com](http://bigwhitewall.com) completely anonymous online community, free to people living in Warwickshire, available 24/7
- TELEPHONE:** Ring a team of trained and experienced support workers 24/7 via the Mental Health Matters Helpline on 0800 61 71 (0300 330 5487 for mobiles) or by Text Online, the online Chat Service via the website [www.nhs.uk/onyouvery-mind-matters/](http://www.nhs.uk/onyouvery-mind-matters/)
- SPEAK TO SOMEONE:** In person at Warwickshire Wellbeing Hubs - free one to one support, walk-in sessions and drop-in sessions visit [www.coventry.gov.uk/yearofwellbeing](http://www.coventry.gov.uk/yearofwellbeing) or call 02477 712288
- ACCESS THERAPIES (APT):** A service for people who are feeling stressed, anxious, low in mood or depressed, providing advice, information and therapy - call 02476 817000 to self-refer.
- FOR CHILDREN AND YOUNG PEOPLE:** Rise - Warwickshire's emotional wellbeing and mental health services and support for children, young people and their parents. Call 0300 200 2021 or visit [www.rise.co.uk](http://www.rise.co.uk)
- FREE LOCAL LEARNING:** Visit the Recovery and Wellbeing Academy to do a course or workshop specifically designed to empower your mental health and wellbeing. [www.recoveryandwellbeing.coventry.gov.uk](http://www.recoveryandwellbeing.coventry.gov.uk) or call 0300 303 2626
- LIFELONG WELLBEING:** Build wellbeing into your daily life by adopting the 5 Ways to Wellbeing to feel good and function well. [www.warwickshire.gov.uk/5ways](http://www.warwickshire.gov.uk/5ways)

## Make a pledge

One of the main ways we have communicated the need for change is through encouraging people to make a pledge to improve their wellbeing, or the wellbeing of others. And what a response we have had! ❤️

Already we are well on our way to our initial target of 1,000 pledges.



**Make 2019 your year to feel good and function well**

Contact us: [info@bettercarecovwarks.org.uk](mailto:info@bettercarecovwarks.org.uk)

Visit us on and

[@YearofW](https://twitter.com/YearofW)  
[#onething](https://twitter.com/onething)  
[#letsdothis2gethercw](https://twitter.com/letsdothis2gethercw)  
[www.yearofwellbeing.org.uk](http://www.yearofwellbeing.org.uk)

# A reminder of the core elements of our Year...

## Our vision

*“People in Coventry and Warwickshire will be part of a strong community, inspired and empowered to take action to improve health and wellbeing for themselves and others, in 2019 and beyond.”*

Our wellbeing – our health and happiness, and satisfaction with our life – is often taken for granted.

Our vision for 2019 shows how we want to change that by

inspiring everyone to recognise, celebrate and improve wellbeing.

Throughout 2019 our shared resources are supporting more people to take more action, supporting stronger, healthier communities, emphasising the importance of positive action to safeguard health and wellbeing. We are working alongside our vibrant and active community sector, as well as public and private sector partners. ♥



Year of Wellbeing: The Health and Wellbeing Boards for Coventry and Warwickshire signed a Health and Wellbeing Concordat to underpin the Year.



## Key themes

**Start a conversation – creating conversations between people to help ensure we are all doing more to defeat loneliness and social isolation. We are promoting key campaign dates such as Time to Talk Day and Macmillan’s Coffee Mornings, as ideal ways to encourage people to get together.**

Physical activity – helping schools in particular consider how they might be able to get school-age children to take part in more physical activity more often. We are promoting school-based activity such as the Daily Mile, to aid new appropriate activity.

Workplace wellbeing – we are backing the Thrive at Work agenda created by the West Midlands Combined Authority. ♥



At the start of the Year, partners agreed key themes to guide the main activity of the Year. We are continuing to take more action to support and promote any activity in line with these themes, and to encourage joined up activity wherever we can.

## Start a conversation



Brownies from 21st Coventry South Brownies paid a visit to Coundon Manor care home to meet residents for a crafting session. Said organiser Jackie Kemp: “It was lovely to see the smiles on everyone’s faces. It is definitely something we will look at doing again”.



Joint working such as through the Wide Awake Forum is helping a wide range of agencies improve their visibility.

Volunteer Dan helps chair and promote the forum. ♥



## Physical activity

The Year of Wellbeing message is reaching out to activity providers across the area to raise awareness of the benefits of physical activity for all ages, particularly school age children. ♥



## Workplace wellbeing

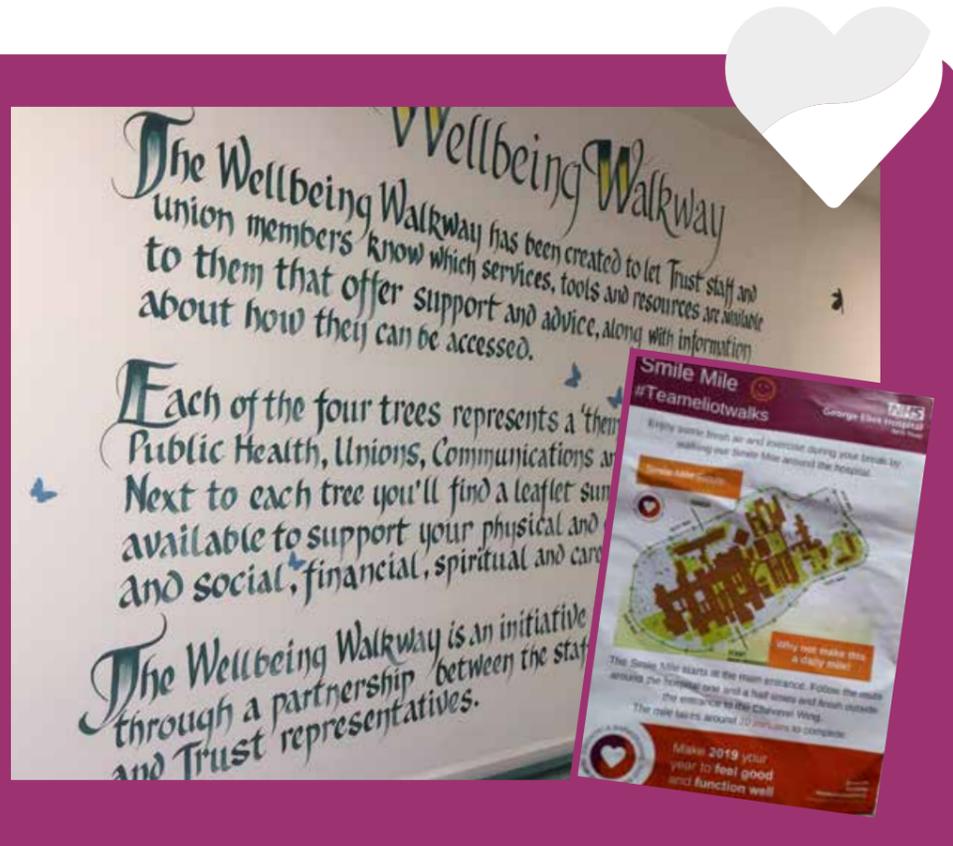
We have promoted and supported wellbeing initiatives large and small, linking organisations to the framework provided by Thrive at Work. ♥



# Good practice examples from across our partners

Here are just a handful of examples of good practice we have picked out when working with colleagues across our area during the Year so far.

George Eliot Hospital have created a wellbeing walkway, including a tranquillity courtyard, where staff can access therapies, staff events and information on how to improve wellbeing for themselves and their patients. They have also created a Mile Walk around the hospital, and have branded relevant materials with the Year of Wellbeing identity. ❤️



So far, more than a dozen partners have signed up to the Thrive at Work agenda, to show their commitment to staff wellbeing, and to enable them to match their existing activity to an evidence-based planned programme.

## Partners sign up to



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| <ul style="list-style-type: none"> <li>❤️ Rugby Borough Council</li> <li>❤️ Cov/Rugby CCG</li> <li>❤️ Warks North CCG</li> <li>❤️ CWPT</li> <li>❤️ Coventry University (SU)</li> <li>❤️ University of Warwick</li> </ul> | <ul style="list-style-type: none"> <li>❤️ Warwickshire CC</li> <li>❤️ W Mids Fire</li> <li>❤️ Healthwatch Warks</li> <li>❤️ Voluntary Action Coventry</li> <li>❤️ Warwick District Council</li> <li>❤️ Nuneaton &amp; Bedworth BC</li> </ul> |
|--|--|

Please commit to signing up – it's free

Theme - Workplace wellbeing

Warwickshire County Council communications and staff engagement colleagues created Wellbeing Wednesday to help them get messages out about events taking place throughout the Year. ❤️

Coventry and Warwickshire Mind and North Warwickshire Borough and Stratford District Councils have aligned branding for their existing community-facing offer with the Year, to aid their promotion. ❤️



Coventry Fire Station have marked the Year by displaying the logo and flying the flag. ❤️



Coventry and Warwickshire Partnership NHS Trust adapted their plans for a public-facing mental health event to enable other partners to engage in a Year of Wellbeing Festival, and have arranged for the Coventry and Warwickshire Mind bus to tour staff locations to get the wellbeing message out far and wide. ❤️



Coventry University Students' Union linked their Comedy Festival to the theme of the Year, asking 'is laughter the best medicine?' ❤️



Coventry City Council are flying the flag for the Year in city centre Broadgate and outside Coventry Transport Museum. ❤️





# Coming soon...

## Key campaign activity to come

What can you, or your organisation, do to support these key campaign dates in the months to come

### July

- Public engagement at the Godiva Festival 
- Public engagement events at Coventry European City of Sport celebrations

### August

- Corporate Games teams are entered from Coventry City Council and Warwickshire County Council

### September

- Blue September – Prostate Cancer Awareness Week
- Suicide Awareness Week
- Blood Pressure Testing Week
- 999 Day

### October

- Stoptober
- Breast Cancer Awareness Month
- Day of Older People
- World Mental Health Day

### November

- National Stress Awareness Day
- Alcohol Awareness Week
- International Men's Day
- Self Care Week

### December

- World AIDS Day 
- Anger Awareness Week
- Christmas and New Year campaigns

## Events so far this Year...

Events across our area have featured the Year of Wellbeing message to help engage and inform people, inspiring and empowering people to change lives.

### Time to Talk Day

Time to Talk Day on 7 February was an opportunity for organisations across Coventry and Warwickshire to take action themselves in support of the aims of the Year. The day featured a host of staff engagement activity, including on social media. Resources from the day are archived on the Year of Wellbeing website as a resource to support future action. ♥



### Dementia Awareness Week

Coventry Alzheimer's Society co-ordinated a range of activity across the city in support of the Week, with Warwickshire organisations stepping up to the plate, too. Getting people talking about this activity helps organisations grow what they do, and share better. ♥

### By Your Side Family Walk

Mums Mental Health Week was the inspiration for a family walk at Ryton Pools Country Park, designed to raise awareness as well as funds for charity. Starting new conversations about maternal mental health, campaigners were able to bring people together, dispel myths and join up with local organisations. ♥



**time to change**

let's end mental health discrimination