



**With Staff in Mind**  
We care, so that you can care

# Do you work in health or social care in Coventry and Warwickshire?

We are here to support you, by providing access to  
mental and emotional support tailored to your needs.

## Mindful May Conferences

the following event is a free to attend, in-person conferences focussed on  
improving wellbeing with workshops and keynote speeches on sleep, stress,  
the menopause and andropause, financial wellbeing and healthy eating with  
webinars to act as a catch up service in stress management , sleep and  
financial wellbeing.

**23 May - Warwick Racecourse: keynote speech  
on the andro/menopause, [Book Here](#) or scan:**



**20 MAY 2022**

**Stress (11.45am-12.30pm) [Book Here](#)**

**Sleep (13:45-14:45) [Book Here](#)**

**Financial Wellbeing (14.45pm-15.45pm) [Book Here](#)**



**24 MAY 2022**

**Financial Wellbeing (11.45am-12.30pm) [Book Here](#)**

**Stress Management (13.45pm-14.45pm) [Book Here](#)**

**Sleep (14.45pm-15.45pm) [Book Here](#)**



**25 MAY 2022**

**Financial Wellbeing (11.45am-12.30am) [Book Here](#)**

**Sleep (13.45am-14.45pm) [Book Here](#)**

**Stress management (14.45pm-15.45pm) [Book Here](#)**

