

# Proud to be an NHS Health and Wellbeing Champion

Promoting health and wellbeing support available to our NHS colleagues



NHS

People Promise



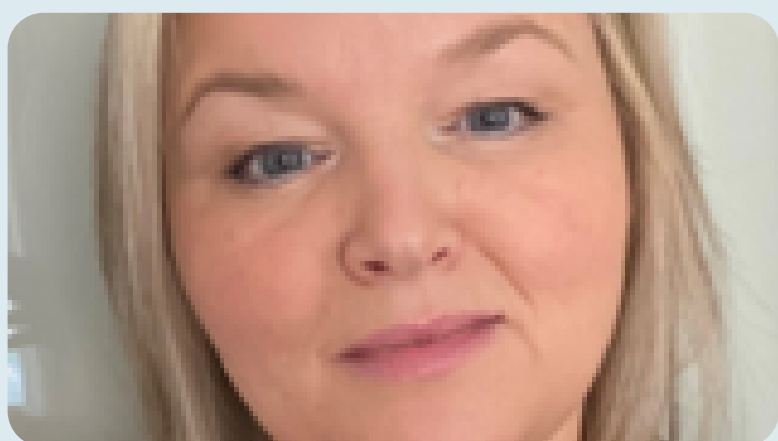
Hosted the live longer better conference which was attended by a number of staff from my PCN as well as other local PCNs

<https://www.instagram.com/p/CqYYBGXoZmQ/?hl=en>

Launched a PCN Swim group for staff and patients. See link for details.

<https://www.instagram.com/p/CqU2ffko0Fj/?hl=en>

Hi, I am Hussain Al-Zubaidi; HWB Champion for Leamington North PCN. Contact me via: [hussain.alzubaidi@clmp.nhs.uk](mailto:hussain.alzubaidi@clmp.nhs.uk)



Supported a number of colleagues by providing a confidential space for 1:1 conversations

Held an event to raise money for charity

Hi, I am Becky Slade; Joint HWB Champion for North Arden PCN. Contact me via: [becky.slade@nhs.net](mailto:becky.slade@nhs.net)



Supported a number of colleagues with 1:1 wellbeing conversations

Contacted new ARR staff, introducing myself/role of a champion and making them aware of offerings available for support & 1 signed up to Joe Wicks 3 months free!

Raised £149 in total with 3 people taking part in the Ovarian Cancer Awareness challenge 100km

Hi, I am Katie Chuter; HWB Champion for Stratford Central PCN. Contact me via: [Katie.Chuter@southwarwickshiregps.nhs.uk](mailto:Katie.Chuter@southwarwickshiregps.nhs.uk)



Working with the PCN to organise a menopause coffee afternoon

Hi, I am Elaura Powell; HWB Champion for Sowe Valley PCN. Contact me via: [elaura.powell@nhs.net](mailto:elaura.powell@nhs.net)



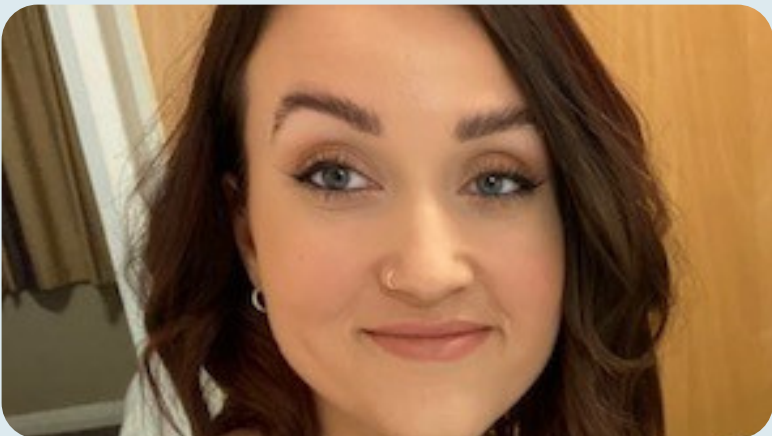
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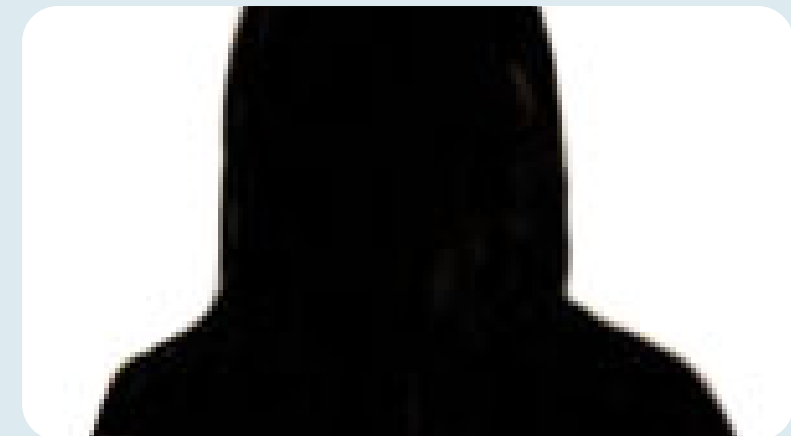
Supported a number of colleagues with 1:1 wellbeing conversations  
Contacted new starters to introduce myself and what support I can offer as HWB champion  
Promoted the sleep station and supported endometriosis awareness week with a challenge

Hi, I am Grace George; Joint HWB Champion for North Arden PCN. Contact me via: [grace.george6@nhs.net](mailto:grace.george6@nhs.net)



First month in post so just getting started with a practice walk in the countryside

Hi, I am Depesh Chauhan; HWB Champion for Arden PCN. Contact me via: [depesh.chauhan1@nhs.net](mailto:depesh.chauhan1@nhs.net)



Worked closely with a Practice to convert an office into a staff room, identifying that staff had limited room to take breaks.  
Work is continuing with myself and the Practice Manager to ensure the room meets the wellbeing needs of the staff that are using the space

Hi, I am Jo Payne; HWB Champion for Leamington South PCN. Contact me via: [joanna.payne@southwarwickshiregps.nhs.uk](mailto:joanna.payne@southwarwickshiregps.nhs.uk)