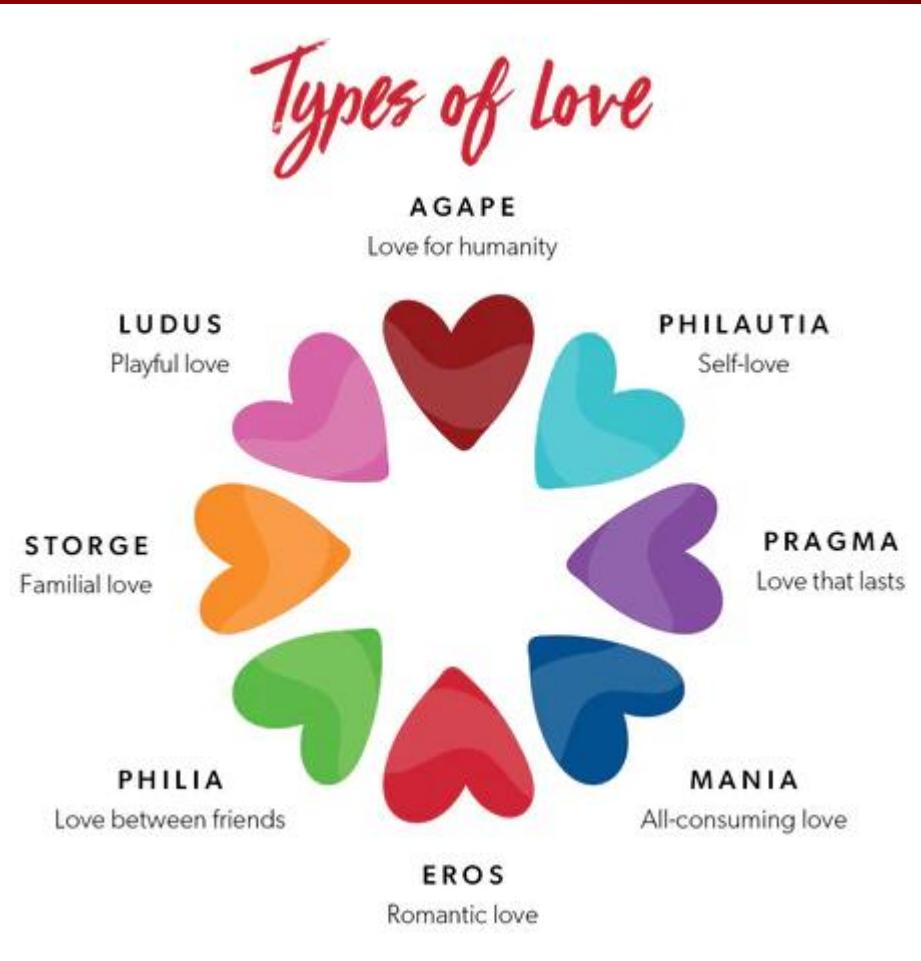




HEALTH & WELLBEING SUPPORT FOR YOU - FEBRUARY 2026

Meaningful To-do List FOR FEBRUARY

- Edit your New Year resolutions
- Say "I love you" to yourself
- Give a loved one the warmest hug
- Treat yourself on Valentine's Day
- Random acts of kindness



Types of Love - as defined by Greek philosophy

EAP - sign
up (choose
'Coventry')



ACTION FOR HAPPINESS – FEBRUARY 2026

Friendly February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Invite a friend over for a 'tea break' (in person or virtual)	5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while	7 Show an active interest by asking questions when talking to others	1 Send a message to let someone know you're thinking of them
9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day	14 Tell a loved one or friend why they are special to you	8 Share what you're feeling with someone you really trust
16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun	21 Really listen to what people say, without judging them	15 Support a local business with a positive online review or friendly message
	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them	22 Give sincere compliments to people you talk to today
						

ACTION FOR HAPPINESS

Happier · Kinder · Together



NEXT TALK COMING UP

How To Stop Overthinking

DR JESSAMY HIBBERD

Wed 4 February

19:00-20:00

Optional

Donation

ONLINE EVENT

You'll learn why we overthink – including the role of the 'expectation gap' – and how to break the cycle before it spirals into low mood, anxiety or paralysis.

CHINESE NEW YEAR

The Lunar New Year in 2026 welcomes the Year of the Horse, according to the Chinese lunar calendar. Celebrated by millions around the world, this is a time for cultural traditions, family reunions, and hopes for good fortune in the coming year.

In 2026, Lunar New Year falls on February 17th, kicking off the 16-day Spring Festival.

As we leave behind the introspective and intuitive Year of the Snake, the Year of the Horse gallops in with **vibrant and fiery energy, symbolising adventure, vitality, and momentum.**



TRADITIONS

How to Scare Away the Monster Nian

Firecrackers
Nian fears the loud noises and bright flashes from firecrackers and fireworks.

Decorations
Red decorations frighten Nian; hang them around your doors to protect your home.

Red Pockets
Relatives give children money in red envelopes to bribe the evil Nian.

According to legend, Nian was a terrifying beast with sharp teeth and horns, living deep in the sea. Every Lunar New Year's Eve, Nian would come ashore to wreak havoc in the villages. One year, the villagers discovered that Nian feared the colour red and loud noises. To protect themselves, they hung red decorations and lit firecrackers to scare the monster away. The strategy worked, and Nian was driven back to the sea.



AWARENESS DAYS

(CLICK IMAGES FOR LINKS)



Heart Month 2026

Over 40% increase in CPR confidence after using RevivR

Learn CPR in 15 minutes for free with RevivR

Many of us will witness a cardiac arrest in our lifetime. Be ready for that day with RevivR, our fast, free and easy-to-use online tool.

[Start free online training](#)

RevivR is a free, interactive, online CPR training course. In just 15 minutes, you can learn how to save a life and receive your very own CPR certificate.

It couldn't be simpler – you just need your mobile phone or tablet and a cushion to practice on.



AWARENESS DAYS

(CLICK IMAGES FOR LINKS)



#ITSNOTOK

Sexual Abuse & Sexual Violence
Awareness Week

Call our free 24/7 Support Line on [0808 500 2222](tel:08085002222) or chat online at 247sexualabusesupport.org.uk.

Oesophageal Cancer Awareness Month

February is oesophageal cancer awareness month. In the UK, around 9000 people are diagnosed with oesophageal cancer each year. This awareness month, learn more about the symptoms of oesophageal cancer and where you can get support.



NATIONAL EATING DISORDERS AWARENESS WEEK



Beat
Eating disorders

This Eating Disorders Awareness Week we will be raising awareness about the importance of **COMMUNITY**.

NATIONAL APPRENTICESHIP WEEK 2026 9-15 February

[NHS Apprenticeships](#)



World Cancer Day
4 February

UNITED BY UNIQUE

SHARE YOUR STORY
WORLDCANCERDAY.ORG



UNITED BY UNIQUE

LOVE • DESPAIR • STRENGTH • CANCER • FEAR • HOPE • COURAGE • GRIEF

The World Cancer Day theme
“United by Unique” places people at the centre of care and their stories at the heart of the conversation.

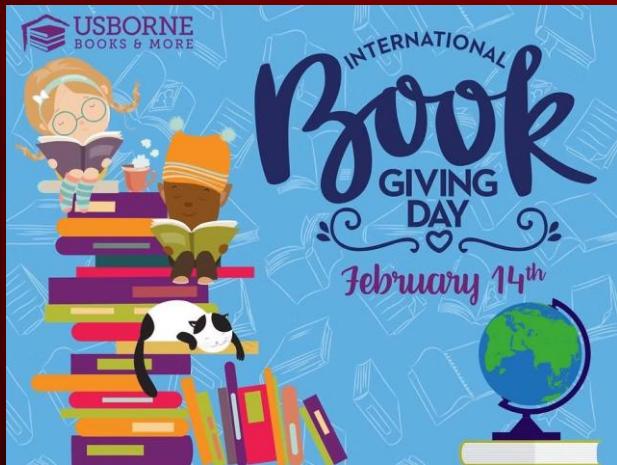
AWARENESS DAYS

(CLICK IMAGES FOR LINKS)



Watch how Norm is helping to make kindness the norm at work.

"WE DON'T HAVE TO AGREE ON ANYTHING TO BE KIND TO ONE ANOTHER."
- AUTHOR UNKNOWN



[An article on The Healing Power Of Storytelling - London School of Counselling](#)



The theme for National Storytelling Week 2026 is Soundtrack your story. Everyone has their own musical story - whether it's in the songs we love and the music we dance to, through British Sign Language and the rhythms we feel, the soundscapes of everyday life, or the soundtracks we hear in films and games. Music connects us to words. It helps us express who we are and how we see the world.

RAMADAN

Ramadan is the most sacred month in the Islamic calendar, a time when Muslims around the world devote themselves to fasting, prayer, charity and reflection. Its timing is never fixed in the Gregorian calendar because the Islamic calendar follows the lunar cycle. The start of each month depends on the sighting of the new crescent moon, which means that the Ramadan 2026 UK start date may differ slightly from other countries.

For Muslims in Britain, the first day of Ramadan 2026 is expected on Wednesday 18th or Thursday 19th February 2026, following the confirmed sighting of the moon on the evening before. This blessed period is not only about abstaining from food and drink but also about strengthening one's faith, seeking forgiveness and showing compassion to those in need.



WHAT IS RAMADAN?

Click for info



[Download the complete Ramadan 2026 prayer and fasting timetable for your city here.](#)

Event	Gregorian Date	Hijri Date (1447 AH)
Ramadan begins	Evening of Tue 17th or Wed 18th Feb 2026	29 / 30 Sha'ban
First fast	Wed 18th or Thu 19th Feb 2026	1 Ramadan
Last fast	Thu, 19th Mar 2026	29 / 30 Ramadan
Eid al-Fitr	Fri, 20 Mar 2026 (expected)	1 Shawwal

LEARNING OPPORTUNITIES

(CLICK IMAGES FOR LINKS)



REACH Staff Network - LGBTQ+ Online Event

Wednesday 4th February 2026

We are delighted to invite you to an online LGBTQ+ event, open to GPs and all healthcare professionals. This session offers a welcoming, supportive space to listen, learn and ask questions—whether you're looking to expand your knowledge, share experiences or simply join the conversation.

Presenters:
Dr Kit Tigwell, GP & Co-Chair of GLADD
The Association of LGBTQ+ Doctors and Dentists

Dr Alex Robertson, GP
Differential Attainment Fellow NHSE Midlands, GPST2
Coventry and Warwickshire VTS (OOP)

Event Format
The session will run for one hour:

- First half:** Speakers will share their knowledge and experiences (this section will be recorded).
- Second half:** An unrecorded, open discussion where attendees are welcome to ask questions or share experiences.

[Click here or scan the QR code to register](#)

cwtraininghub.co.uk



Event Details
Date and Time: Wednesday 4th February 2026
19:00 - 20:00
Online: (via Teams)
Price: Free



Introduction to Coaching at Coventry & Warwickshire Training Hub

The session will be an introductory session covering an overview of: coaching theory and models, employee life cycle, benefits of coaching & mentoring, coaching skills application, ethical codes and boundaries.

You should attend if:

- You are interested in coaching
- You are curious to develop communication skills
- You are interested in developing approaches for working with others and teams
- You work in roles where there is a need to support and motivate others

Session Aims

- To develop an understanding of coaching within the workplace and within leadership and management
- To increase awareness of different modalities of support
- To reflect on communication styles
- To develop coaching skills

[Click here or scan the QR code to book](#)

cwtraininghub.co.uk



Location:
Salford Office Park,
Building 3 Ansell Way,
Warwick,
CV34 4UL

Date & Time:
Tuesday 20th January 2026
9:30 - 12:30
OR
Thursday 19th February 2026
9:30 - 12:30

Price: Free



LEAD

Lead • Empower • Adapt • Drive

The LEAD programme provides a unique opportunity for local established leaders to further strengthen their capabilities and deepen their leadership impact. This two-day, face-to-face course is designed to help experienced leaders:

- Strengthen and expand leadership skills
- Gain practical tools and theoretical insights
- Focus on personal development and growth

This programme will be facilitated by Moanraker Innovation, specialists in leadership and innovation. With backgrounds in the British Army and leadership roles in complex environments, they have had the chance to learn what sits beneath that apparent ease – the practical tools, habits, decisions and frameworks that make leadership work under pressure.



Applications are now invited for the 12 places available for LEAD, across Coventry and Warwickshire. Attendance on both days is required.

Closing date: Thursday 26th February 2026

[Apply by scanning the QR code or click here](#)

cwtraininghub.co.uk



Event Details
Date and Time: 13th & 14th May, 2026
09:00 - 17:00

Location:
Woodland Grange,
Leamington Spa, CV32 6RN



Mental Health First Aid Training

Multiple Sessions from February 2026

Session Dates
All sessions must be attended to complete the course

3rd February - 9:30am - 12:30pm Virtual	10th February - 9:30am - 12:30pm Virtual	11th February - 9:30am - 12:30pm Virtual
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Location:
Woodland Grange,
Leamington Spa, CV32 6RN

Eligibility:
Currently working in the delivery of General Practice in Coventry and Warwickshire, with 2+ years experience in a leadership role.

[Click here or scan the QR code to book](#)

cwtraininghub.co.uk



Courses

Introduction to searching the NHS Knowledge Hub – 5th February 2026

KLS Pilot Scheme
No. of places available: 25

[Book](#)

Conflict Management in General Practice for Non-Clinical Staff – 26th February 2026

Whether it's managing a challenging patient interaction or addressing tension within your team - this session will equip you with the confidence and tools to handle conflict calmly and constructively. Tailored to non-clinical staff

Essential Information

Location
Online

Date & Time
Thursday 26th Feb 2026
09.30 - 11.30

Duration
2 hours

Price
Free

Lunchtime Teaching – Simplifying the path to Financial Freedom

Location
Virtual

Date & Time
Wednesday 11th Feb 2026
13.00 - 14.00

Duration
1 hour

Price
FREE

LEARNING OPPORTUNITIES

(CLICK IMAGES FOR LINKS)

ACTION FOR HAPPINESS



Relating

Connect with people

FEEL BETTER
LIVE MORE

BUILD THE
PERFECT
RELATIONSHIP

CAROLE ROBIN
& DAVID BRADFORD



Five Hundred Years of Friendship

Dr Thomas Dixon presents a history of the changing meaning of friendship over the centuries.

Radio 4 • 15 episodes



Blooming Menopause



Menopause Awareness Workshops
for Community Settings & Healthcare Professionals

Venture House
Avenue Farm Industrial Estate, Birmingham Road
Stratford-upon-Avon CV37 0HR



Monday 9th February - 1pm-4pm

Tuesday 22nd February - 9.30am - 12.30pm

Who can attend?

All VCFSE (Voluntary, Community, Faith and Social Enterprise)/non-profit organisations, non-clinical NHS and other healthcare professionals, including social prescribers and health coaches, across Warwickshire, Solihull, Coventry, Worcestershire and Birmingham are welcome to attend at no cost.

Attendees are welcome to bring questions at the session, or to email them prior to the workshops. We will do our best to address those directly or through signposting.

We ask that a maximum of 3 people from each organisation attend per session.

Objectives- By attending these interactive workshops that combine presentations, group discussions and practical exercises, you will:

- Increase understanding of how menopause can affect colleagues, volunteers and service users/beneficiaries/clients/customers
- Understand strategies to help prevent people from being negatively affected at home and/or work directly or indirectly by menopause related mental and physical health challenges
- Improve support and signposting to other services
- Identify whether further workshops/talks/information sharing from Menopause Knowledge for your own organisational peer support groups / customer base can be set up
- Understand the up-coming new legislation on mandatory Menopause Action Plans for employers

[Click here to book](#)

Share the love...



Long-Term Love



- Keep it Simple: Focus on meaningful experiences rather than grand gestures. A cozy home date or a casual outing can be just as special.
- Discuss your expectations and preferences for the day to help avoid misunderstandings and ensure you both feel comfortable.
- Choose gifts that reflect your partner's interests or a small, personal note that shows you care.
- Consider unique date ideas like cooking together, watching a movie, or trying something new together.
- If you're celebrating for the first time, plan something low-key to ease the pressure and make the day enjoyable.



Friendship Love

Love is for everybody. So why limit Valentine's Day to significant others or grand gestures when Galentine's and Palentine's celebrations have become a thing? Whether you celebrate with a few close friends or get everyone together online, take the excuse to say "I love you" to the people who make your life so much better every day. [Here are a whole bunch of ways](#) to share the love when celebrating Galentine's or Palentine's Day.

- Collect milestones – write down important dates and unforgettable moments, with anecdotes
- Incorporate photos – create a timeline
- Add personal touches – stickers, drawings, decorations that reflect your relationship
- Revisit those moments – reminisce, share laughs, create connection
- The future – add some future milestones you hope to achieve together – get excited!
- Bonuses: share with friends, children, ask them to add more milestones. Maybe make a video of the photos with voiceovers. Notice what's changed. Perhaps add to this each year.

Brand New Love



VALENTINE'S DAY SELF-LOVE CHECKLIST

♥ START A NEW BOOK/FINISH AN OLD ONE	♥ PUT ON RED LIPSTICK FOR NO REASON
♥ LISTEN TO YOUR FAVORITE MUSIC	♥ TELL YOURSELF "I LOVE AND ACCEPT MYSELF"
♥ GO OUT AND TRY SOMETHING NEW	♥ STAND TALL IN ALL COMPLIMENTS YOU RECEIVE
♥ TAKE TIME OUT TO DO SOMETHING YOU ENJOY	♥ COMPLETE A TASK OR GOAL YOU STARTED
♥ WRITE A LOVE LETTER TO YOURSELF	♥ TAKE A DAY OFF AND UNPLUG FROM THE WORLD
♥ TELL YOURSELF YOU ARE ENOUGH	♥ TREAT YOURSELF TO SOMETHING NICE
♥ START A GRATITUDE JOURNAL	♥ BUY YOURSELF SOME FLOWERS 'TO: U FROM: U'
♥ WRITE DOWN EVERYTHING YOU LIKE ABOUT YOURSELF	♥ CELEBRATE ALL YOUR WINS AND ACHIEVEMENTS
♥ DON'T COMPARE YOURSELF TO ANYONE ELSE	♥ TAKE A LONG SOOTHING BATH
♥ REJECT NEEDING APPROVAL FROM OTHERS	♥ TELL YOURSELF SOMETHING POSITIVE AND UPLIFTING
♥ INVEST IN Hobbies AND ACTIVITIES THAT EVOKE JOY	♥ CREATE A SELF-CARE/SELF-LOVE KIT
♥ REMOVE NEGATIVE PEOPLE OFF YOUR SOCIAL TIMELINE	♥ CALL AND CHECK IN WITH A LOVED ONE
♥ WORK ON LETTING GO OF ANY ANGER & RESENTMENT	♥ SET EARLY BEDTIME SO YOU CAN GET 8HRS OF SLEEP
♥ CREATE A HAPPY PLACE IN YOUR HOME	♥ FORGIVE YOURSELF & LEARN FROM ANY PAST WRONGS

Self Love



Healthy Valentines Days Recipes

(click images for link to recipes)



Seared
tuna
tataki



Spatchcock
chicken
traybake



Warm
spiced
orange with
labneh



Vegan



Mushroom
crostini



Lokanta
stew



Silken tofu
chocolate
mousse



THANK YOU

Please get in touch if you have anything you'd like to share in a future newsletter:

Special achievements

- Thank yous, shout outs and celebrations
- A special interest
- A happy story
- A favourite wellbeing tip