



**KEY**

Financial Wellbeing **FW**    General Health & Wellbeing **GHW**    Menopause **M**

<p>Monday 30<sup>th</sup> January 12:30 - 13:30</p> <p>Managing the cost of living increase</p> <p><b>FW</b></p>	<p>Tuesday 31<sup>st</sup> January 12:00 - 13:00</p> <p>Healthy eating on a budget</p> <p><b>FW GHW</b></p>	<p>Wednesday 1<sup>st</sup> February 12:30 - 13:30</p> <p>Money saving tips</p> <p><b>FW</b></p>	<p>Thursday 2<sup>nd</sup> February 12:00-15:00 &amp; 16:30-19:30</p> <p>Financial wellbeing 1-to-1s (30 minute individual sessions)</p> <p><b>FW</b></p>	<p>Friday 3<sup>rd</sup> February 12:30 - 13:30</p> <p>Helping with debt better with money</p> <p><b>FW</b></p>	<p>Monday 9<sup>th</sup> February 12:00-15:00 &amp; 16:30-19:30</p> <p>Financial wellbeing 1-to-1s (30 minute individual sessions)</p> <p><b>FW</b></p>
<p>Thursday 9<sup>th</sup> February 12:30 - 13:30</p> <p>Supporting mental health at work</p> <p><b>GHW</b></p>	<p>Friday 10<sup>th</sup> February 10:00 - 11:30</p> <p>Where are memories, emotions &amp; trauma really stored within the body</p> <p><b>GHW</b></p>	<p>Tuesday 28<sup>th</sup> February 13:00 - 14:00</p> <p>Managing your emotional wellbeing and mental health in menopause</p> <p><b>M</b></p>	<p>Thursday 2<sup>nd</sup> March 12:00-15:00 &amp; 16:30-19:30</p> <p>Financial wellbeing 1-to-1s (30 minute individual sessions)</p> <p><b>FW</b></p>	<p>Friday 3<sup>rd</sup> March 12:00-15:00 &amp; 16:30-19:30</p> <p>Financial wellbeing 1-to-1s (30 minute individual sessions)</p> <p><b>FW</b></p>	<p>Monday 6<sup>th</sup> March 12:30 - 13:30</p> <p>Your relationship with money</p> <p><b>FW</b></p>
<p>Monday 13<sup>th</sup> March 12:30 - 13:30</p> <p>Alcohol savvy action plan</p> <p><b>GHW</b></p>	<p>Wednesday 15<sup>th</sup> March 12:30 - 13:30</p> <p>Nutrition discovery session</p> <p><b>GHW</b></p>	<p>Wednesday 15<sup>th</sup> March 13:30 - 14:30</p> <p>Urogynaecological impact of the menopause with Dr Angela Wright</p> <p><b>M</b></p>	<p>Wednesday 22<sup>nd</sup> March 13:00 - 14:00</p> <p>Mastering the menopause: therapeutic foods for perimenopause &amp; beyond with Karen Newby</p> <p><b>M</b></p>	<p>Monday 17<sup>th</sup> April 10:30 - 12:00</p> <p>Good breathing, good health</p> <p><b>GHW</b></p>	<p>Tuesday 18<sup>th</sup> April 09:30 - 10:30</p> <p>Menopause awareness training for managers</p> <p><b>M</b></p>
<p>Wednesday 19<sup>th</sup> April 12:30 - 13:30</p> <p>Managing money through divorce and separation</p> <p><b>FW</b></p>	<p>Thursday 20<sup>th</sup> April 13:00 - 13:30</p> <p>Managing menopausal fatigue with Rachel Young</p> <p><b>M</b></p>	<p>Tuesday 25<sup>th</sup> April 16:00 - 16:30</p> <p>Oral health during the menopause with Karen Newby</p> <p><b>M</b></p>	<p>Wednesday 26<sup>th</sup> April 12:30 - 13:30</p> <p>Get fit and stay fit</p> <p><b>GHW</b></p>	<p>Tuesday 2<sup>nd</sup> May 12:30 - 13:30</p> <p>Money &amp; pay in the UK for employees from overseas</p> <p><b>FW</b></p>	<p>Tuesday 16<sup>th</sup> May 12:30 - 13:30</p> <p>Understanding &amp; managing anxiety</p> <p><b>GHW</b></p>
<p>Thursday 18<sup>th</sup> May 13:00-14:00</p> <p>Managing your menopause symptoms at work</p> <p><b>M</b></p>	<p>Friday 19<sup>th</sup> May 12:30 - 14:00</p> <p>Grounding for good mental health</p> <p><b>GHW</b></p>	<p>Thursday 25<sup>th</sup> May 12:30 - 13:30</p> <p>Managing money through your different life stages</p> <p><b>FW</b></p>	<p>Monday 12<sup>th</sup> June 10:30 - 12:00</p> <p>Who is driving your psychological car?</p> <p><b>GHW</b></p>	<p>Thursday 15<sup>th</sup> June 12:30 - 13:30</p> <p>Men's health</p> <p><b>GHW</b></p>	<p>Tuesday 27<sup>th</sup> June 13:00 - 14:00</p> <p>The natural menopause: Masterclass with Karen Newby</p> <p><b>M</b></p>

# Health & Wellbeing Diary

January 23 to June 23

**TO BOOK ON ANY OF OUR EVENTS VISIT**  
[www.bookwhen.com/hcv](http://www.bookwhen.com/hcv)  
If you are unable to make the live sessions please contact us for a recording

## Menopause

Are you struggling with your Menopause symptoms? Do you feel like you're not getting the help or support you need?

If your answer to these questions is yes, then access to a menopause specialist through the Peppy Health App may be for you?

Contact details: [hny.wellbeing@nhs.net](mailto:hny.wellbeing@nhs.net)

## Period Support

According to recent surveys women and/or people who have periods spend on average £11 per month on period products and with the current squeeze on household incomes this may feel like a significant amount of money. Did you know that there are sustainable, reusable period products available free to staff/ volunteers in health and care across Humber and North Yorkshire and by switching to these types of products you could save £££s and reduce the amount of plastic waste in our planet oceans and have less impact on our planet. Simply email [hny.wellbeing@nhs.net](mailto:hny.wellbeing@nhs.net) in confidence to get yours.

## HNY Our People APP

HNY Our People is a fantastic app with everything you need to take care of your wellbeing in one place. Join challenges, gain awards, build healthy habits and access a range of self-help tools and podcasts.

[Download through iOS.](#) Or [Download through GooglePlay](#)

