



Wellbeing North West



Civil Service
Local

2016 – your year of wellbeing

The new President of the Chartered Institute of Personnel and Development (CIPD), Professor Cary Cooper, along with the Human Resources community have hailed 2016 as being the year of wellbeing.

As your CS Local NW Attendance Management Group, we've discussed how we can best help with this, taking into account our huge geographic region. We want to help you share your experiences and hopefully inspire others to join in.

So, we need you to tell us all about your own wellbeing learning experiences. These could include some of the topics we aim to cover over the next few months.

In return, for the remainder of the year we aim to put together a small calendar of events containing some useful information about wellbeing. There will also be your hints and tips and any experiences you want to share with your colleagues across the North West.

You can also access a [helpful NHS calendar of national campaigns](#) on-line to help you plan your health and wellbeing strategy and there are ideas for activities for the year ahead available at [their Health Education England website](#).

The information available on-line includes fun ways and great ideas to help get the message across to colleagues about protecting our wellbeing and increasing our personal resilience.

We've decided to work on monthly articles, highlighting a specific topic each month as follows:

March – Feedback from our Discovery Sessions

April – The Walking Challenge – have you done this before? How did it go?

May – Asthma awareness – can you share any experience or information about this?

June – National Cancer survivors' day – support and focus on life after diagnosis.

July – Enjoying the summer sun safely – do you have any top tips to share with your colleagues?

We'll be blogging our updates each month on the [CS Local blog](#) site and will also review our monthly topics as we progress.

We welcome input from any wellbeing groups across the Civil Service in the North West. (*We **know** you are out there!*). Do you have some top tips and techniques to share with other Civil Servants? We don't claim to have all the answers so your help would be really useful to share. [You can contact us by e-mail](#).

Wishing you a healthy 2016....



Nick Langford

**CS Local NW
Attendance
Management Group**