NHS
West Midlands Ambulance Service
University NHS Foundation Trust

Health and Wellbeing online festival

16th October 2024

Click Here to watch video

Emotional trauma awareness with Neil Amis

An introduction to understanding how emotional trauma may affect us and others.

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Barclays Bank - budgeting session With Joanne Buckley
Cost of living Budgeting tips

What is a budget planner, guidance on spending habits

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Peter Wright & Tammy Dibb West Midlands Police Social Club

To talk about discounts and offers available to the ambulance staff

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Neurobox with Mark Woodward
What is a Neurodiversity?

An overview of the language of neurodiversity and a discussion around strengths and challenges experienced

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Money and Pensions Service
How to be smart with your money with Dawn Cummins

How to make your money and pension choices clearer. To cut through complexity,

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WMAS Mental Wellbeing Practitioners Sarah Greswolde & Kerry Bayliss

The Mental Maintenance Personalised Toolkit

Click Here to watch video

Introduction to the WMAS Ride-to-Work Scheme with Tim Goodman

20 mins of easy to digest slides that explain how the scheme works and how to get the most out of it.

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Laughtercise with Aaron Betesta

You will complete 'amusing activities' that will test your brain power and create ripples of laughter!

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All about Qwell with Tom Mills

A run through of Qwell, what the platform does, how it is accessed and the benefits. There will then be a QA session

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Neurodiversity with Katie Bloomer

Introduction into Neurodiversity support group

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Optima Health with Vanessa Sowden
Managing back pain

Proactive ways to reduce back pain, MSK injury and manage chronic pain

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Self discovery workshop with Sonia Bhattle

Taster journalling session



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NHS Blood & Transplant with Rubina Begum
Are you the Giving Type?

NHS presentation about donating blood and plasma

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Your Health Dudley, Free healthy lifestyle support for Dudley residents with Ritchie Johnson

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Utility warehouse. Save time, save money with Janine Taylor

Intro about me and my circumstances, and why I'm helping others to save time and money.

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Nutritionist session for shift workers with Catherine (Rin) Passmore

Eating for Shift work

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The Listening Centre
Conflict Resolution with Sharon McCormick

Learn 1 tip in how trained mediators de-escalate conflict

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Neurodiversity employment support With Claire Crump

Supporting staff with a Neurodiversity condition and mental health with in work support, helping with all issues from reasonable adjustments.

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The Ambulance Staff Charity With Jasmin Rana

A look at the training on offer by the charity followed by a bite size session on Emotional Dysfunction and looking at the Window of Tolerance.

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SALS for leaders with Elaine Weaver

Peer Support for managers

Click Here to watch video

Dudley Talking Therapies with Niamah Augustin, Ellie Batham & Tuathla Tuddenham

What is Dudley Talking Therapies, what do we offer, what to expect, how to access the services.

West Midlands Ambulance Service
WELLBEING