



Health & Wellbeing ONLINE FESTIVAL



RECORDINGS

24TH AND 25TH JUNE 2025

NHS
West Midlands
Ambulance Service
University NHS Foundation Trust



24th June 2025

25th June 2025

[Click here to
watch video](#)

Emotional trauma awareness with Neil Amis

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

[Click here to
watch video](#)

ABL Health (Your Health Dudley) with Ritchie Johnson

Presentation of the different services ABL Health offer to encourage healthier lifestyles.

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watch video](#)

SALS with Elaine Weaver

A group intervention to discuss any traumatic deaths or multi casualty jobs.

[Click here to
watch video](#)

Money and Pensions Service with Dawn Cummins

How to make your money and pension choices clearer.

[Click here to
watch video](#)

**West Midlands Police sports and social Club with
Tammy Dibb**

Talking about discounts and offers available to the ambulance staff.

[Click here to
watch video](#)

Climbing out with Tim Viner and Ruth Trinder

Climbing Out, empowers life after trauma. To find out about the support they offer adults who have experienced an injury, illness or trauma, helping to get their life back on track.

24th June 2025

25th June 2025

Click here to watch video	Press Pause: Creating Space in a Busy Workday with Sarah Greswolde & Kerry Bayliss In a world of constant notifications, this session offers simple ways to create headspace during even the busiest days.	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.
Click here to watch video	Slimming World with Katie Trever An introduction to Slimming World- Eat the Food you Love, Move more and get unbeatable support either in group or online.	Click here to watch video	Laughterercise with Aaron Betesta You will complete ‘amusing activities’ that will test your brain power and create ripples of laughter!
Click here to watch video	NHS Blood & Transplant with Rubina Begum NHS presentation about donating blood and plasma.	Click here to watch video	WMAS DCA Network with John Eames Overview of the WMAS DCA network, how we support our staff and patients, how people can get involved. Engagement activity.
Click here to watch video	Tools for Thriving – Not Just Surviving with Sarah Greswolde & Kerry Bayliss A practical overview of the mental wellbeing support available to WMAS staff, Whether you’re feeling fine, frazzled, or somewhere in between, there’s something here for you.	Click here to watch video	Andysman Club with Dan Rowe An overview on Andysmanclub, and an introduction to the charity’s vital work and how they support men’s mental health through open, judgment-free peer support groups.
Click here to watch video	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 Q&A session.	Click here to watch video	WMAS Military Network with Tim Atherton How we support our staff and patients, how people can get involved. Engagement activity.
Click here to watch video	Managing conflict masterclass with Sharon McCormick The theory behind conflict Strategies to self-regulate in conflict Supporting others in conflict.	Click here to watch video	Frontline19 by Samantha Wathen An introduction to our service which is to offer frontline NHS workers free and confidential counselling and psychological support.
Click here to watch video	Neurobox with Mark Woodward: What is a Neurodiversity? An overview of the language of neurodiversity and a discussion around strengths and challenges experienced.	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.

25th June 2025

[Click here to
watch video](#)

Trussell Trust Food Bank

An introduction to the work we do and how we help people in Smethwick.