



Can't make it live or want a rerun? Catch up on demand! Where possible, sessions will be recorded. Find all links in the Weekly Briefing once the festival concludes.



NHS

West Midlands
Ambulance Service
University NHS Foundation Trust

HEALTH & WELLBEING WINTER ONLINE FESTIVAL 2026



ITINERARY





HEALTH & WELLBEING WINTER ONLINE FESTIVAL 2026



NHS
West Midlands
Ambulance Service
University NHS Foundation Trust

By taking part any sessions, you'll be entered into our daily prize draw with a chance to win a prize below

Day	Prize
Monday 19th January 2026	Musicozy Sleep Mask
Tuesday 20th January 2026	Foot Spa
Wednesday 21st January 2026	Electric Protein Shaker
Thursday 22nd January 2026	Wellbeing Hamper
Friday 23rd January 2026	Smart Watch



HEALTH & WELLBEING WINTER ONLINE FESTIVAL 2026



NHS

**West Midlands
Ambulance Service**
University NHS Foundation Trust



Click on Session Title to join

Monday 19th January 2026	Session Summary
9.00 - 10.00 Motivational Monday Training Session with Sonia Bhatta (WMAS)	A live coaching session turning Blue Monday into Motivational Monday, with practical tools to start your week on a high.
10.00 - 11.00 Positively Manage Worr-ease with Helen Dos Santos (Horizon Coaching)	Learn how to manage worry effectively and reduce the feelings that come with it.
11.00 - 12.00 Frontline19 Services and Support with Samantha Wathen (Frontline19)	Learn about Frontline19 and the free, confidential counselling and psychological support available to NHS and frontline workers.
16.00 - 17.00 Beyond Blue Monday: Finding your Happiness with Sharon McCormick (The Listening Centre)	Discover how self-compassion, your unique strengths, and the science of wellbeing can help you find greater happiness.



HEALTH & WELLBEING WINTER ONLINE FESTIVAL 2026



NHS

West Midlands
Ambulance Service
University NHS Foundation Trust



Click on Session Title to join

18.00 - 19.00

Successful Long Term Weight Maintenance with Lisa
Maidment (The 1:1 Diet by Cambridge Weight Plan)

Learn what it takes to maintain weight loss
successfully over the long term.

Tuesday 20th January 2026

Session Summary

9.00 - 10.00

Emotional Trauma Awareness with Neil Amis
(WMAS)

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

12.00 - 13.00

Mindfulness Session with Eleanor Huddleston
(WMAS)

A guided mindfulness session to help you feel
calmer, more present, and focused.

17.30 - 18.00

Understanding Menopause: What Men need to
Know with Laura Haycock (Brew People Limited)

A brief introduction to menopause and how men
can best support colleagues at work and partners
at home, followed by a Q&A.



HEALTH & WELLBEING WINTER ONLINE FESTIVAL 2026



NHS

**West Midlands
Ambulance Service**
University NHS Foundation Trust



Click on Session Title to join

18.00 - 19.00

**New Starters & Mental Health: What to expect
and What helps with Michaela Evans (WMAS)**

A session focused on normalising nerves, building confidence, and supporting wellbeing for new WMAS starters.

Wednesday 21st January 2026

Session Summary

11.00 - 12.00

**Creative Workshop with Stephanie Ridout (Art
Therapist)**

A creative art-making workshop using magazine paper

13.00 - 14.00

**TASC Financial Wellbeing with Jasmin Rana and
Julie Delaney (TASC)**

Practical financial wellbeing support, including budgeting advice, benefit checks, and debt advice.

15.00 - 15.45

**Managing and Coping with Anxiety and Stress
with Dr Vincent Udenze (Freesia Healthcare)**

A live virtual session on managing and coping with anxiety and stress, led by Dr Vincent Udenze, Clinical Psychologist and Medical Director of Freesia Health.



HEALTH & WELLBEING WINTER ONLINE FESTIVAL 2026



NHS

West Midlands
Ambulance Service
University NHS Foundation Trust



Click on Session Title to join

Thursday 22nd January 2026

Session Summary

10.00 - 11.00

Overview of Freedom to Speak Up, the FTSU Guardian role and the Ambassador Role with Lucy Butler and Pippa Wall (WMAS-FTSU)

An overview of Freedom to Speak Up, including the FTSU Guardian and Ambassador roles.

11.00 - 12.00

12 Week Free Programme for WMAS Staff with Maxine Jackson (Slimming World)

Learn about the Slimming World Plan and a free 12-week programme available to WMAS staff.

13.00 - 14.00

Q&A Session with Elaine Weaver and Neil Amis (WMAS)

[Don't forget to submit your questions by clicking here]

A live Q&A with Elaine Weaver and Neil Amis to answer your questions about SALs.

14.00 - 15.00

Money and Pensions Service: How to be Smart with your Money with Dawn Cummins (Money and Pensions Service)

Learn how to be smart with your money with guidance from the Money and Pensions Service.



HEALTH & WELLBEING WINTER ONLINE FESTIVAL 2026



NHS

**West Midlands
Ambulance Service**
University NHS Foundation Trust



Click on Session Title to join

Friday 23rd January 2026	Session Summary
9.00 - 10.00 Civility and Respect with Katy Molland and Paul Lockley (WMAS)	An interactive session exploring civility, respect, and how our behaviours can build a positive culture.
10.00 - 11.00 Planning the Year Ahead: A values-Based Approach to Turning what Matters into Practical Plans with Sarah Greswolde and Kerry Bayliss (WMAS MWP)	Plan your year with a values-based approach, turning what matters into practical, realistic goals to support wellbeing at work.
14.00 - 15.00 Perimenopausal, Menopausal, and Post-Menopausal Women with Herpreet Sharma (Menopause Specialist Pharmacist)	A session for perimenopausal, menopausal, and post-menopausal women on managing cortisol to support calm and relaxation.
15.00 - 16.00 Sexual Misconduct Framework with Suman Bhambra and Nikki Albutt (WMAS)	An introduction to the Sexual Misconduct Framework for staff.