



Want a rerun? Catch up on demand!



**NHS**

West Midlands  
Ambulance Service  
University NHS Foundation Trust

# HEALTH & WELLBEING WINTER ONLINE FESTIVAL

## 2026



## RECORDINGS





# HEALTH & WELLBEING WINTER ONLINE FESTIVAL



**NHS**

West Midlands  
Ambulance Service  
University NHS Foundation Trust

2026 Click on Session Title to view



## 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 Worry-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



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

2026 Click on Session Title to view



**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)

. Recording Not Available

**17.30 - 18.00**

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

An informative session to help those unfamiliar with menopause to understand the complexities and struggles women may face.





# HEALTH & WELLBEING WINTER ONLINE FESTIVAL 2026



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

**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)**

Recording Not Available

**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



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

2026 Click on Session Title to view



## 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**

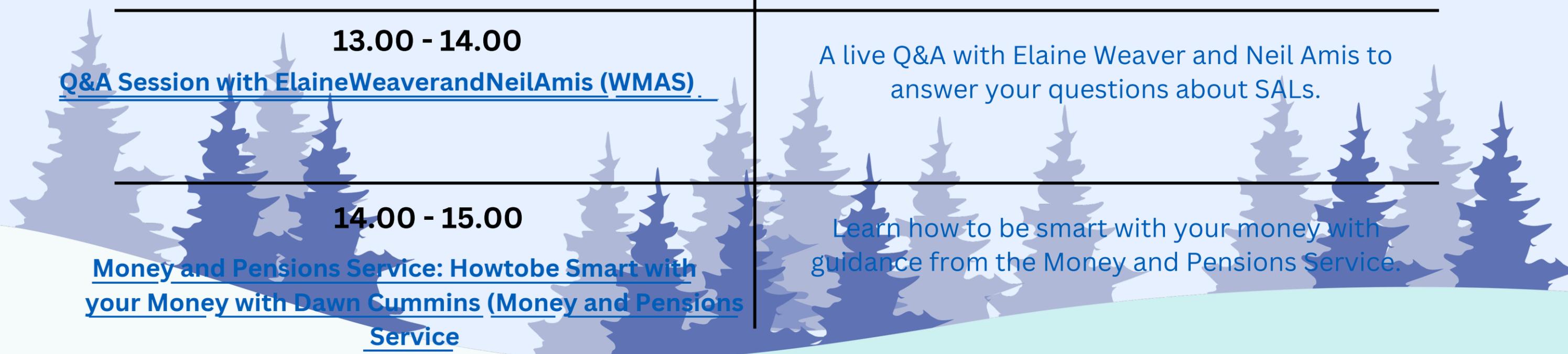
[Q&A Session with Elaine Weaver and Neil Amis \(WMAS\)](#)

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



**NHS**

West Midlands  
Ambulance Service  
University NHS Foundation Trust

2026 Click on Session Title to view



## Friday 23rd January 2026

## Session Summary

**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.

**15.00 - 16.00**

[Sexual Misconduct Framework with Suman Bhambra and Nikki Albutt \(WMAS\)](#)

An introduction to the Sexual Misconduct Framework for staff.

