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NHS

West Midlands
Ambulance Service
University NHS Foundation Trust

HEALTH & WELLBEING WINTER ONLINE FESTIVAL 2026



RECORDINGS





HEALTH & WELLBEING WINTER ONLINE FESTIVAL 2026



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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 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 (TheListening Centre)

Discover how self-compassion, your unique strengths, and the science of wellbeing can help you find greater happiness.



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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)

Recording Not Available



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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.



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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.



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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.

