



Health & Wellbeing WINTER ONLINE FESTIVAL

RECORDINGS

19TH TO 23RD JANUARY 2026

CLICK THE UNDERLINED TITLES BELOW TO WATCH THE VIDEOS

19th January 2026

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.

Positively Manage Worry-ease with Helen Dos Santos (Horizon Coaching)

Learn how to manage worry effectively and reduce the feelings that come with it.

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.

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.

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.

20th January 2026

Emotional Awareness Trauma with Neil Amis (WMAS)

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

Mindfulness Session with Eleanor Huddleston (WMAS)

No recording available.

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.

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.

21st January 2026

Creative Workshop with Stephanie Ridout (Art Therapist)

No recording available.

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

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

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.

22nd January 2026

Overview of Freedom to Speak Up, the FTSU Guardian

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

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.

SALS 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.

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.

23rd January 2026

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.

Sexual Misconduct Framework with Suman Bhabra and Nikki Albutt (WMAS)

An introduction to the Sexual Misconduct Framework for staff.