

Hello and welcome to our July Wellbeing Update, bringing you practical hints and tips for your health and wellbeing. We cover a range of subjects which we hope will be of interest to you, your family and friends.

International Self-Care Day: One Small Action Can Make a Big Difference



Friday 24 July marks International Self-Care Day, a global awareness day dedicated to encouraging people to take an active role in looking after their health and wellbeing. The date (24/7) is a reminder that self-care isn't something we do occasionally, it's something we can practise every day through the choices and habits we build into our lives.

With busy workloads, family commitments and daily pressures, it can be easy to put our own wellbeing to one side. However, self-care doesn't need to be time consuming or expensive. Often, the simplest actions can have the biggest impact on how we feel.

This Self-Care Day, take a moment to prioritise your wellbeing by incorporating small bursts of physical activity into your day. As highlighted in Optima Health's Bite-size Physical Activity Ideas, even 1–5 minutes of movement can help break up long periods of sitting, improve circulation, reduce muscle tension, and boost focus and energy levels. Whether it's a quick desk stretch, a short energiser routine, or a brief walk outdoors, these simple activities can make a positive difference to both

your physical and mental wellbeing and are an easy way to practise self-care, even on your busiest days.

Self-care looks different for everyone, and there is no one-size-fits-all approach. The key is finding small actions that work for you and making them part of your routine, a perfect opportunity to remind all of us of the Golden Practices, a resource to help you maintain a positive approach to your health and wellbeing at work each day.

Affordable Family Fun This Summer

Looking for ways to enjoy the summer holidays without stretching the family budget? There are plenty of opportunities across Cheshire and beyond to make the most of the school break while supporting your own wellbeing through quality family time, fresh air and new experiences.

The Days Out & Meals Out website is packed with ideas for family-friendly adventures, from beach trips and countryside walks to farm parks, gardens, museums and local events. Whether you're planning a full day out or just looking for inspiration for a few hours away from home, there are activities to suit all ages and budgets.

To help families save even more, many restaurants and cafés are offering "Kids Eat Free" or £1 meal deals during the summer holidays. Offers are available at a wide range of venues, including Asda, Morrisons, Bella Italia, Pizza Hut, Tesco, Toby Carvery, Frankie & Benny's and many more.

Spending time together as a family can have a positive impact on wellbeing, helping to reduce stress, encourage physical activity and create opportunities for connection. These offers and promotions takes the pressure off and allows parents and carers to focus and enjoy making memories with their families.



Don't forget there are places you can turn to for extra support. Further details on this are available on our staff pages. If you have any winter wellbeing tips you would like to share, please send them to Organisational Development.

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