

Hello and welcome to our May 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.

Mental Health Awareness Week



This week is Mental Health Awareness Week, a simple but powerful reminder that mental health is part of being human, sometimes we feel well, and sometimes we need a little extra support.

As an organisation, we are committed to creating a supportive and open culture where mental health conversations are normalised. One way we do this is through our pool of trained Mental Health First Aiders, who are available to offer a safe, confidential space to talk.

Mental Health First Aiders are trained to listen non-judgementally, provide initial support, and help signpost colleagues to appropriate sources of help when needed. Whether you are experiencing difficulties yourself, just need a chat or are concerned about a colleague, reaching out early can make a real difference.

Over the coming weeks you will start to see posters displayed across council buildings promoting our Mental Health First Aiders, to help you see who they are and how to contact them. You can also find an up-to-date list of all of our Mental Health First Aiders on the Centranet, along with guidance on their role and how to get in contact.

Please take a moment this week to familiarise yourself with all the wellbeing support that is available to you, and remember, you don't have to wait for a crisis to reach out.

Learning at Work Week



Learning at Work Week takes place from 18 – 24 May, focusing on Many Ways to Learn. This is a reminder that learning doesn't just mean courses or classrooms. We all learn in different ways, and those small learning moments can make a real difference to how we feel at work too.

Learning can support our wellbeing by building confidence, helping us manage change, and giving us new tools to feel more in control of our day-to-day work. It can also be a chance to connect with others, share ideas, and take a positive break from the usual routine.

Why get involved?

- Builds confidence and helps manage change
- Supports wellbeing and work-life balance
- Helps us connect and share ideas

Ways to get involved…

- Visit the Learning Lounge, various courses ranging from wellbeing, personal development, digital skills
- Watching short videos or joining webinars, there are several In the Know sessions coming up where you can learn from areas across the organisation
- Job shadowing and learning more about the work of your colleagues, speak with your manager in your 1:1 conversations
- Take a look on the Open University at the free short courses available to all

During Learning at Work Week, why not try something new and choose something that supports both your development and your wellbeing.



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.

Cheshire East Council is not responsible for the content on third party websites. Any decisions and actions you take as a result of the information shared is your own responsibility.

Drive | Integrity | Respect | Collaboration

Enabling prosperity and wellbeing for all