

Hello and welcome to our November 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.

Men's Health Awareness Month



November is Men's Health Awareness Month, often recognised through the Movember campaign. The 2026 theme highlights early intervention, open conversations, and reducing stigma, especially around mental health and cancer.

While behaviours are continuing to change, we know from statistics many men still find it difficult to reach out for support whether it's for their physical health, lifestyle challenges, mental health or relationship difficulties.

Taking action early, talking openly about concerns and seeking support when needed can have a positive impact on both physical and mental wellbeing. Looking after our wellbeing doesn't have to mean making major changes. Often, it's the small, consistent steps that make the biggest difference. Some small changes you could start with are:

- booking a routine NHS Health Check
- making time for regular physical activity
- improving sleep habits
- checking in with a friend

- reaching out for support when life feels challenging

The NHS Every Mind Matters website offers practical advice on managing stress, improving wellbeing and building resilience. Sometimes, one of the most helpful things we can do is talk. ANDYSMANCLUB offers free peer-support groups where men can connect with others, share experiences and know they're not alone. It's a safe space, with a free brew and no judgement.

Remember, wellbeing isn't about getting everything right. It's about recognising when you need support, taking small positive steps and knowing that help is available when you need it.

Tomorrow 19 November, to mark International Men's Day we are holding a Men's Wellbeing Webinar hosted by Mark Spence from ChangingMen, click here to find our more and register.

Understanding our Stress

We all experience stress. Some stress can be positive, helping us to stay motivated and perform at our best. However, when pressures begin to build up and aren't balanced with activities that help us recharge, it can start to affect our health and wellbeing.

The Stress Bucket is a simple way of understanding how stress affects us. Imagine that all the demands in your life, both at work and at home, are filling a bucket. This might include workload pressures, family responsibilities, financial concerns, health issues, change, uncertainty or everyday life challenges.



When the bucket becomes too full, it can start to overflow. We may notice changes in our mood, energy levels, sleep, concentration or motivation. We may feel overwhelmed, irritable, anxious or less able to cope with situations that we would normally manage well.

The good news is that we can create 'taps' that help empty our bucket before it overflows. These are the things that support our wellbeing and help us manage stress, such as:

- Taking regular breaks.
- Getting active.
- Spending time with friends and family.
- Talking about how we're feeling.
- Taking time for hobbies and activities we enjoy.

- Accessing support when we need it.

With change and uncertainty affecting many of us in different ways, now is a good time to check in with yourself and consider what may be filling your bucket, as well as what helps to empty it.

To learn more about the Stress Bucket model, here is a short video and take some time to complete your own Stress Bucket reflection. Understanding your personal stressors and coping strategies is an important first step towards protecting your wellbeing and building resilience.

Reminder of our Wellbeing Rooms



Our wellbeing rooms provide a calm, welcoming space where you can step away from your work, clear your mind and take a moment to recharge. Everyone is welcome to use them. Activities available include jigsaw puzzles, books, colouring activities, crosswords and wellbeing information guides.

The rooms are designed to be phone-free spaces where you can unwind, reflect and look after your wellbeing. Please note that they are not meeting rooms and are intended for personal wellbeing and quiet time.

You can find our wellbeing rooms at:

- **Floor 5, Room 1, Delamere House**
- **F8, Macclesfield Town Hall**

Why not drop in and see how the space could benefit you? We'd also love to hear your feedback about what you value most and how we can make the rooms even more welcoming for colleagues.



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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