



Health and Wellbeing Workshop

6th February 2025 – The John Smith's Stadium, Huddersfield – 12:30 to 15:30

We look forward to welcoming you to our Huddersfield Health and Wellbeing Workshop, part of the Kirklees and Calderdale Festive of Health and Wellbeing Events.

12.30 PM ONWARDS

Available throughout the session

Health checks and health advice provided by Huddersfield University's Get Set Goal Students, plus table stands providing support and information from our partners.

** Exciting raffle prizes ** Refreshments are provided **

1.00 PM-1.30 PM

All About YOU: How to Prioritise Self-Care

This session sets the scene for the day. We will focus on how you can be more compassionate towards yourself and learn to prioritise your own self-care.

2.00 PM-2.30 PM

Calm YOU: Breathwork and Tips for Staying Calm

In this interactive session staff will learn how to understand the responses of their nervous system and how to control this system using breathwork and body position. They will learn coping strategies to help build resilience towards external stress factors and self-care techniques which are easy to apply even in challenging circumstances.

A supporting audio will be provided to encourage continued self-care.

3.00 PM-3.30 PM

Moving YOU: Stretching and Relaxation

In this interactive session staff will learn some really simple routines to help them to prevent the build up of stress and tension in the body.

A supporting video will be provided to encourage continued self-care.

To book onto the above events, please use the QR code or go to <https://bookwhen.com/kc-staff-dev>. For further information or any queries, please contact Michelle.dooling@cht.nhs.uk

