

## **The Birmingham Wellbeing Forum**

Supporting you, your colleagues, and your workplace

**19<sup>TH</sup> JANUARY 2022**



**'Recharge:  
Central to our  
Wellbeing'**

**WELCOME AND  
INTRODUCTIONS**

**Steve Bavington, ChaplaincyPlus**

**Executive Director**

**Tim Skene, ChaplaincyPlus**

**Birmingham Wellbeing Alliance Project  
Manager**

# **PURPOSE OF THE WELLBEING FORUM**

- **Safe space to share the issues that are arising for you, as a wellbeing champion**
- **A place for you to draw strength for your role**
- **A place for bitesize learning and development**
- **Opportunity to think about what could help you in your role in the future and help shape our future sessions**

# OUR CONTRACTING COMMITMENT



**Look after yourself – please be mindful of your own well-being as we discuss that of others**



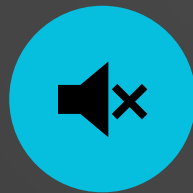
**This is about enhancing support ,not diagnosing or counselling people with anxiety disorders**



**If you, or someone you are supporting, are experiencing distress please do seek professional help via a GP or occupational health**



**During our session, all is confidential, and we are respectful to one another .**



**In these sessions, we ask that you keep your video on where possible , mute to exclude background noise, but please do wave or 'raise the Zoom hand' to attract attention**

**RECHARGE  
REST &  
SLEEP**



# BREAKOUT DISCUSSION GROUPS

– WHAT'S THE HARDEST  
THING FOR YOU OR  
SOMEONE ELSE IN  
TERMS OF RESTING??



**STEVE & TIM  
ON  
REST & SLEEP**

# SLEEP STATS

**48% of the UK adults stated that lack of proper sleep was affecting their mental health**

**4 in 10 adults said that poor sleep had made them feel more stressed and overwhelmed**

**43% of UK adults stated that poor sleep made them irritable or angry during the day**

This shows how sleep affects every area of our lives. Good quality of life is interlinked with getting proper sleep at night. Adults without quality sleep may experience a drop in functionality caused by mental health issues.

**One in three people in the UK is sleeping less than they were before the pandemic**



A close-up portrait of a man with dark hair and glasses, looking directly at the camera with a neutral expression. He is wearing a dark red or maroon shirt. The background is a blurred office or indoor setting with windows and lights.

**SLEEP TRUTHS**



**BREAKOUT  
DISCUSSION GROUPS**

**– DISCUSS WHAT  
MIGHT HELP YOU OR A  
FRIEND TO REST OR  
SLEEP BETTER**

# SUMMARY OF OUR SESSION TODAY

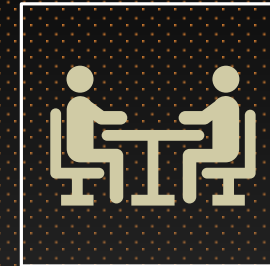
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We have listened to the Sleep Geek  
with a useful tip from sleep truths



Listened to Steve and Tim's useful  
experiences of Sleep and Rest



In our breakout group, we have  
discussed what you might like to  
takeaway from this session about sleep  
and rest

# BIRMINGHAM WELLBEING ALLIANCE

**Premier 1 to 1 listening service for wellbeing champions & staff**

Wellbeing Forum

Online platform - Beingwell

Training – including MHFA

Accreditation – Thrive at Work

Coaching Support

**THANK YOU  
FOR BEING  
PART OF THE  
WELLBEING  
FORUM  
TODAY**

- Wellbeing Forum resources are on the C+ website
- BWA team provide 1:1 listening too wellbeing champions plus employees
- Please complete the Feedback form , it helps us shape future sessions – we are planning a programme over the forthcoming year.
- **Our next BWA Forum event Nutrition & Exercise will be 12.30pm on Wednesday 16<sup>th</sup> March 2022.**

Tim Skene

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