



Wellbeing Forum: Supporting  
Wellbeing Champions presents...

# DIET & NUTRITION

with speaker **Dr Ben Sinclair**



## **The Birmingham Wellbeing Forum**

Supporting you, your colleagues, and your workplace

**16<sup>TH</sup> MARCH 2022**

# **WELCOME AND INTRODUCTIONS**

**Steve Bavington, ChaplaincyPlus**

**Executive Director**

**Tim Skene, ChaplaincyPlus**

**Birmingham Wellbeing Alliance Project  
Manager**

**Dr Ben Sinclair MRCGP Integrated GP**

**Dr Finlays Private Practice**

# **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**



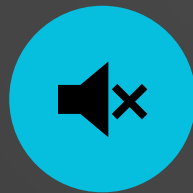
**This is about enhancing support ,not diagnosing or counselling people with anxiety disorders**



**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 .**

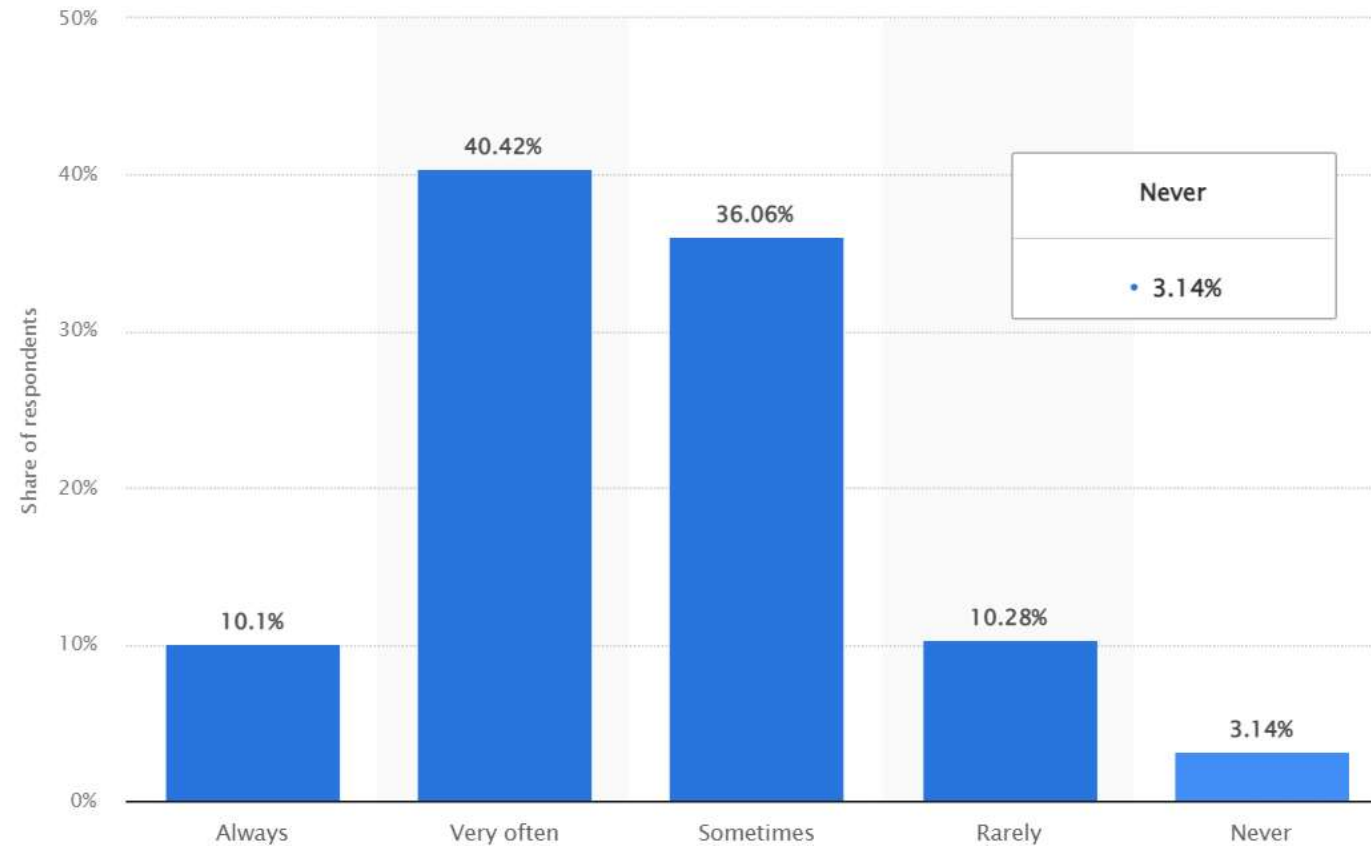


**In these sessions, we ask that you keep your video on where possible , mute to exclude background noise, but please do wave or 'raise the Zoom hand' to attract attention**

A close-up photograph of a white plate containing a meal. On the right side, there are several slices of grilled meat, likely pork or beef, with a golden-brown sear and visible marbling. On the left side, there are fresh vegetables: several stalks of bright green asparagus, two cherry tomatoes, and a small cluster of purple microgreens. The background is a plain, light-colored surface. The text 'NUTRITION & DIET' is overlaid in white, bold, serif font in the center-right area of the image.

**NUTRITION  
&  
DIET**

## Would you say that you eat a healthy and balanced diet?



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# **BREAKOUT DISCUSSION GROUPS**

**– HOW DO YOU FEEL  
YOUR DIET AFFECTS  
YOUR WELLBEING?**

# BEN'S TOP TIPS FOR OPTIMUM NUTRITION





DR. FINLAY'S  
PRIVATE PRACTICE

**OPTIMUM NUTRITION**

# OPTIMUM NUTRITION

- Mindful choices / Plan
- Gut microbiome / Abx
- Excess / sugar / alcohol / caffeine
- Stress / Sleep
- Meditative and HIT Exercise
- Fasting / Timing
- Hydration / Hunger
- Vitamins: D,C,B, Zinc, Iron, Mg, Omegas

**BEN, STEVE & TIM  
ON  
NUTRITION & DIET**



**BREAKOUT  
DISCUSSION  
GROUPS**

– WHAT ONE THING WOULD YOU LIKE TO IMPLEMENT FROM TODAY'S TALK?"

“HOW MIGHT YOU HELP SOMEONE ELSE IMPLEMENT THIS CHANGE IN THEIR LIFESTYLE?”

# SUMMARY OF OUR SESSION TODAY

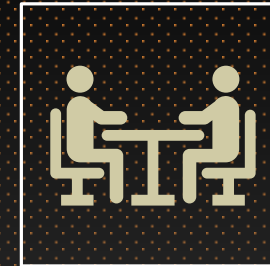
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We have listened to the Sleep Geek with a useful tip from sleep truths



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 parenthood will be 12.30pm on Wednesday 18<sup>th</sup> May 2022.**

Tim Skene

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