





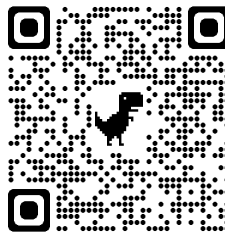











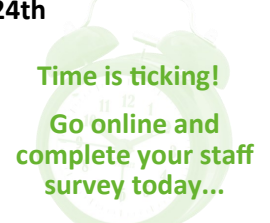

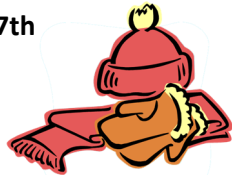

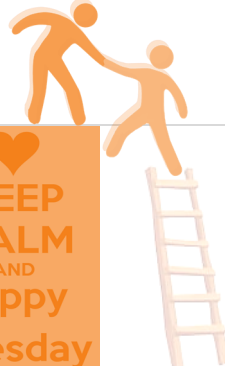

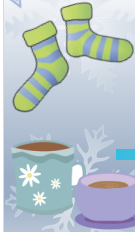


November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>MOVEMBER® See the November Well Newsletter for more on men's health guidance</p>	<p>1st</p> 	<p>2nd</p> <p>Stress Awareness Day</p> 	<p>3rd</p>  <p>Complete your staff survey - have your say!</p>	<p>4th</p> <p>Why not take advantage of your free flu jab today!</p> 	<p>5th</p>  <p>BONFIRE NIGHT</p>	<p>6th</p> <p>Keep POSITIVE thinking</p>
<p>7th</p> <p>enjoy</p> <p>Learn to be present and enjoy every moment</p>	<p>8th</p> 	<p>9th</p> <p>Have you visited your Health & Wellbeing website yet?</p>  <p>Username: UHMBTWELL</p>	<p>10th</p> <p>Don't skip breakfast, the most important meal of the day!</p> 	<p>11th</p>  <p>Remembrance Day</p>	<p>12th</p> <p>lazy days cosy nights</p> 	<p>13th</p>  <p>World Kindness Day</p>
<p>14th</p>  <p>EXERCISE SELF CARE FOR LIFE 14-20 November 2022</p> <p>National Self Care Week</p>	<p>15th</p>  <p>Complete your staff survey - have your say!</p>	<p>16th</p>  <p>Have you had your flu jab yet?</p>	<p>17th</p> <p>Top tools and resources go to:</p> <p>Money Helper</p> <p>www.moneyhelper.org.uk</p>	<p>18th</p> <p>Alcohol Awareness Week 18 - 25 November</p> <p>Alcohol harms. Time for change. ➔</p>	<p>19th</p> <p>Why not try our winter warmer recipe today?</p> <p>Visit the Well Newsletter for more information...</p>	<p>20th</p> <p>"Sleep is the best meditation." ~ Dalai Lama</p>
<p>21st</p> <p>MONDAYS are for FRESH STARTS</p> 	<p>22nd</p> <p>Do something supportive and friendly for colleagues</p> 	<p>23rd</p> <p>REST REHYDRATE REFUEL</p> 	<p>24th</p> <p>Time is ticking! Go online and complete your staff survey today...</p> 	<p>25th</p> <p>National Staff Survey CLOSES today! Thank you to all of our colleagues who completed and 'had your say'</p>	<p>26th</p> <p>Have you started your list yet?</p> 	<p>27th</p>  <p>Wrap up warm and go for a walk</p>
<p>28th</p> <p>When you have the winter blues... * seek out sunlight * ask for help * venture outdoors</p> 	<p>29th</p> <p>KEEP CALM AND Happy Tuesday</p> 	<p>30th</p> <p>Don't wait, hydrate! Have you had your 2 litres of water today?</p> 	 <p>#FL♥URISH this winter</p> <p>Check your Well Newsletter for more information</p> 