

10 Days to Well Being Schedule

Thursday 27th September

Mindfulness taster session

Penallta House (12.30pm – 1.00pm)

Pontygwindy House (5.15pm – 5.35pm)

Tir-y-Berth Depot (12.00pm – 12.45pm & 1.15pm – 2.00pm)

A 'beginner's guide' to mindfulness which will show you how to take more notice of your thoughts, feelings and the world around you. ***Book in advance***

Friday 28th September

HR policies stand

Penallta House (12.00pm – 2.00pm)

An information stand will accompany the H.R. team who will be in the staff restaurant to discuss the policies in place to support you.

Monday 1st October

Health MOT

Penallta House, Pontygwindy House, Tir-y-Berth Depot (10.00am – 4.00pm)

Staff are invited to book an appointment for a Health MOT carried out by a member of the Sport & Leisure Team which will measure a number of factors including blood pressure. ***Book in advance***

Tuesday 2nd October

Yoga & Relaxation

Penallta House (12.00pm – 12.30pm)

A short session of yoga and relaxation techniques suitable for beginners. ***Book in advance***

Wednesday 3rd October

Nutrition & healthy eating

Penallta House, Pontygwindy House & Tir-y-Berth Depot (10.00am – 2.00pm)

Caerphilly County Borough Council staff will be on hand to give advice on nutrition and healthy eating.

Thursday 4th October

'Make every work day a well day!'

Hints and tips on how to increase wellbeing in the workplace

Friday 5th October

Fit Friday

Penallta House, Pontygwindy House, Tir-y-Berth Depot (10.00am – 2.00pm)

An opportunity for staff to find out information on health and fitness, including on the Council's pool bike scheme and short walks that can be taken during a lunch break.

Monday 8th October

The Wellbeing Challenge

Challenge yourself to complete all of the tips featured in the 'make every work day a well day' poster.

Tuesday 9th October

Breaking down the barriers of mental health in the workplace

Penallta House, Pontygwindy House and Tir-y-Berth Depot (10.00am – 2.00pm)

Visit our stand and give your opinion(s) on how we can work together to breakdown the stigma of mental health in the workplace.

For more information or to book any of the sessions please contact Lianne Dallimore on 01443 863279/863050 or email dallil1@caerphilly.gov.uk

Staff can attend the sessions as a part of their working day (subject to manager approval and office cover/work commitments).