

Employee Health and Wellbeing

Men's Health Week 13–19th June 2022

Men's Health Week is a chance to highlight the importance of men's mental health. Research suggests that men are less likely to reach out to others for support and three times as likely to die by suicide.

Whatever your gender, this week is an opportunity to take notice of what's going on in your mind and body. Here are some ways to do that:

'CAN DO' tips for mental wellbeing

- Connect - Boost your connections with others
- Active - Find ways to get more active
- Notice - Enjoy greater awareness of your environment
- Discover - Keep learning
- Offer - Give to others

The Men's Health Forum also provides information about physical and mental health, including the DIY Man MOT.



Men's Sheds provides a place for men to find mutual support and friendship through practical activities and social interaction. You can find your local Men's Shed here.

Pride Month - June 2022

This summer marks 50 years since the first Pride march held in the UK, highlighting the rights and experiences of the LGBTQ+ community. With its benefits, we also recognise that this month may bring up a lot of feelings for staff.

In support of this, we have included resources available within the organisation and externally to raise awareness and provide support for the LGBTQ+ community and their allies.



The Health Board's LGBTQ+ Staff Network enables LGBTQ+ staff to come together for confidential peer to peer support and advice on LGBTQ+ issues at work, and highlights ways to promote an inclusive and supportive culture. [Find out more about the network](#) and keep up to date with [what's going on this month](#).

Further support outside the organisation

- [Pride Cymru](#)
- [LGBTQ+ Peer Support Group Cymru](#)
- [Mermaids](#)
- [Stonewall](#)
- [Umbrella Cymru](#)
- [Welsh Gender Service](#)
- [Cardiff & Vale LGBTQ+ Social Group](#)
- [The DYN project](#)
- [The Gathering LGBTQ+](#)
- [Gender Identity & Research Society](#)
- [Glitter Cymru](#)
- [LGBT+ Cymru helpline & counselling service](#)

June Wellbeing Workshops

Introduction to Assertiveness



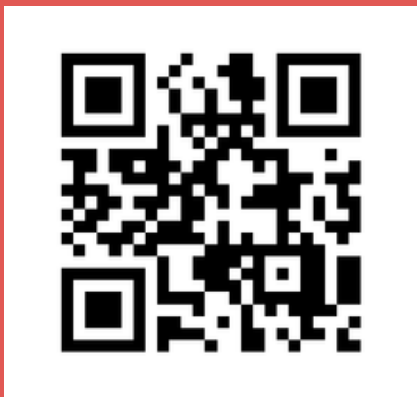
9:30am - 11:30am
Friday 17 June

Wellbeing Q&A for Managers



10am - 11:30am
Friday 24 June

Stress Risk Assessment for Managers



1pm - 3pm
Friday 24 June

Menopause Café



1pm - 2pm
Wednesday 29 June

Further Support for everyone

CALM – the Campaign Against Living Miserably was set up to try to reduce the number of male suicides. Whatever your gender, you can [access support online here](#). Or call the CALM helpline on: 0800 58 58 58, which is open everyday from 5pm - midnight.

The **Employee Wellbeing Service** can provide support through counselling, guided self-help and signposting to other resources or services. Contact the Employee Wellbeing Service on 02921 844465 or employee.wellbeing@wales.nhs.uk.

Canopi offers a free, confidential service that provides mental health support to NHS and social care staff working in Wales.

Samaritans offer a free, confidential telephone helpline where you can talk to someone about anything that is troubling you. The helpline is open 24 hours a day, 365 days a year. Call: 116 123

Remploy offers a free, confidential service to any employee with mental health difficulties that affect their work. Call: 0300 456 8025 or email waleswhp@mail.www.remploy.co.uk.

Coming up in July

Next month's theme raises awareness of the impact that menopause can have on wellbeing and how we can support ourselves and others.



EMPLOYEE HEALTH & WELLBEING SERVICE
Occupational Health
Occupational Physiotherapy
Employee Wellbeing
Health Intervention



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board