

Book now!



Monthly presentation on a topic
Dedicated Question & Answer time
Open and relaxed conversation with the rest of the group

Available for all staff across the ICS who would like to better support their own health and wellbeing



Each session will last 90 mins and is repeated on an evening for those unable to make the daytime session



The presentation only will be recorded and available for those who are unable to attend



Participants in the sessions will not be recorded



Link to the recorded sessions can be found here:

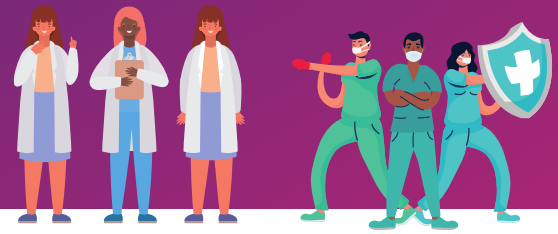
[Black Country Healthcare - YouTube](#)

For more information and to book your place scan the QR code, or click the link

[ICS Healthier Futures Wellbeing Portal](#)



Time to look after yourself - programme



Why self-care is essential and not selfish

Monday 13th June 1pm-2:30pm
Tuesday 21st June 6pm-7:30pm

Nothing left to give: Empathy distress & burnout

Monday 4th July 1pm-2:30pm
Tuesday 12th July 6pm-7:30pm

Coping in the moment

Monday 1st August 1pm-2:30pm
Tuesday 9th August 6pm-7:30pm

The science of Mindfulness

Monday 12th September 1pm-2:30pm
Tuesday 20th September 6pm-7:30pm

Work-Life Balance: Implementing boundaries in the 24/7 Culture

Monday 3rd October 1pm-2:30pm
Tuesday 11th October 6pm-7:30pm

Supporting Others' Mental Wellbeing

Monday 7th November 1pm-2:30pm
Tuesday 15h November 6pm-7:30pm

Relationships & connection: Survival of the compassionate

Monday 5th December 1pm-2:30pm
Tuesday 13th December 6pm-7:30pm

Movement for mental & physical wellbeing

Monday 9th January 1pm-2:30pm
Tuesday 17th January 6pm-7:30pm

The side effects of kindness and gratitude

Monday 6th February 1pm-2:30pm
Tuesday 14th February 6pm-7:30pm

"I can't get no sleep" & the "Just Eat" culture

Monday 6th March 1pm-2:30pm
Tuesday 14th March 6pm-7:30pm

I am just a bit stressed: Anxiety, moral injury & vicarious trauma

Monday 3rd April 1pm-2:30pm
Tuesday 11th April 6pm-7:30pm

Getting crafty for wellbeing

Monday 1st May 1pm-2:30pm
Tuesday 9th May 6pm-7:30pm

