

WELLBEING Week

Wellbeing Week 2024

Our third Wellbeing Week will be running from 11 - 15 March and we'd like to invite you to join us at our lunchtime sessions.

This year we're focusing on physical health and wellbeing, from what we eat to the way we breath. We'll be finding out about how we can support someone with a visual impairment and hearing from two leading charities, Cancer Support UK and Diabetes UK.

Our Wellbeing Week also coincides with the Torbay Active Workplace Challenge taking place from 4 – 28 March. Gather your team, clock your steps and together virtually walk the South West Coast Path (there are prizes to be won!).

All the information you need is below, we hope you can join us during the week. If you have any questions, please get in touch: wellbeing@torbay.gov.uk

Monday 11 March

Gut Health – the cornerstone of mental and physical health

12 noon – 1pm

Join Nutritional Therapist Carola Becker and find out how gut health touches every single aspect of body and mind.

Carola will share how the gut is linked to physical and mental wellbeing from better sleep to a bullet-proof immune system, from a healthy cholesterol balance to a lowered risk of developing diabetes and improved mood.

You will learn why the gut-brain axis and its connection to mental health shouldn't be underestimated and why other ideas work better than those yoghurt drinks!

We will explore latest science updates about nutrition and lifestyle strategies that can help your healthy gut to support your whole body.

About Carola

Carola is a forward-thinking certified Nutritional Therapist, Sports Nutrition Advisor, Fitness Instructor and proud founder of Life is Good Nutrition. Her passion is brain health and performance and what everybody can do to support their body and brain.

As a speaker she has been delivering sessions on Nutrition and Lifestyle for organisations in Great Britain, Europe and in the USA. She helps her clients make game-shifting changes to their mental and physical health: more energy, better stress resilience and increased lateral thinking. She works with Corporate Teams and Individuals so they can shape rewarding food and lifestyle routines that will last a lifetime – for a greater feeling of wellbeing and readiness for every challenge life throws at them.



How to join

Click the link below to register:

<https://events.teams.microsoft.com/event/32eb650d-fc8a-4c92-9840-18a0649c8009@13577bd8-4943-45d9-8d3c-304f184f6582>

Tuesday 12 March

Sighted Guiding

12 noon - 1pm

Are you interested in learning how to guide someone with sight loss? In this session you'll learn how to guide adults safely, with confidence, skill and empathy. It will give you the confidence to know how to act when you meet someone who is blind or partially sighted, and the guiding techniques to help them if they need it.

This session from the Guide Dogs charity will cover:

- How to start a conversation when you meet someone who is blind or partially sighted, to ask if they need assistance.
- Basic guiding techniques for getting around obstacles, crossing roads and getting in and out of cars.
- An introduction to common eye conditions and their impact.
- Awareness of access rights and barriers to independence.

How to join

You don't need to register for this session, just save the details to your calendar and click the link below to join on the day.

[Click here to join the meeting](#)

Meeting ID: 314 841 066 645

Passcode: 9Ex676



Wednesday 13 March

Diabetes UK Awareness Talk

12:30pm – 1:30pm

Diabetes is a complicated condition affecting one in 15 people in the UK, including one million people who have type 2, but haven't been diagnosed.

In this session you'll learn more about what diabetes is, the different types of diabetes, the symptoms to look out for and tips for managing the condition.

How to join

Click the link below to register:

<https://events.teams.microsoft.com/event/5f3314a0-d1df-44e1-a9f3-06df83e6b140@13577bd8-4943-45d9-8d3c-304f184f6582>

Thursday 15 March

Cancer Support UK

1pm - 2pm

More people are living with and beyond cancer than ever before. Cancer Support UK are there to help people impacted by cancer and will be delivering this session.

The session will introduce:

- What cancer is and some of its causes
- Different types of cancer and treatments
- Physical and emotional side effects of both cancer and treatment
- Some tools to have better conversations around cancer
- Looking after yourself following a difficult conversation

There will also be an opportunity to ask questions.

How to join

Click the link below to register:

<https://events.teams.microsoft.com/event/ffbfce2c-3fda-4b8b-aac1-3e23f1ff30a8@13577bd8-4943-45d9-8d3c-304f184f6582>



Friday 15 March

Breathwork and Meditation

12:30pm – 1:30pm

In this session we will be welcoming back David Balfe following his workshop at last year's Wellbeing Week.

David will share his experience of managing stress and overcoming burn out and how he has developed better mental and physical wellbeing through yoga, breathwork and meditation.

David will guide you through the basic principles of how the way we breathe can affect our physical and mental state. You will learn a series of simple meditation and breathing techniques which you can implement in your own life to manage stress, promote relaxation and improve overall wellbeing.

Here's what two participants said about David's workshop last year:

"Excellent factual presentation and really effective practices"

"I was struck by the speaker's enthusiasm for his practice and felt that everything he shared with us was worth noting and taking away to use day to day."



DRAGN
YOGA & WELLBEING

How to join

Click the link below to register:

<https://events.teams.microsoft.com/event/150cb26f-af1b-4f97-b17b-aaadd74e96f2@13577bd8-4943-45d9-8d3c-304f184f6582>