MEMBER WELLBEING

Resource Booklet

WIRRAL

Wellbeing At Wirral

Our vision for wellbeing at Wirral Council is for all **our people to feel happy, healthy and engaged**. This includes our Elected Members.

This booklet signposts a range of internal and external resources that Members can access to support them to manage all aspects of their wellbeing.

Five Elements of Wellbeing

Physical Wellbeing

Discounted Invigor8 Membership

Members are eligible for a discounted membership at our Invigor8 Leisure Centres. This includes access to all 7 gyms, a range of exercise classes, swimming pool use, tennis court hire and more.

More info can be found on the Wirral Leisure website. To purchase a discounted membership call the team at 0151 606 2010 and ask for a 'Corporate Membership'.

Local Walking/Running Groups

The Wirral is home to a number of local walking and running groups. Not only are these a great opportunity to keep active but also to meet new people and socialise.

You can find a list of local walking groups here. A list of running groups can be found on the Wirral Leisure website.

Eating Well

The NHS offer some useful tips for eating a balanced diet on their website. The Healthy Food guide website also has a range of articles and expert advice to help you improve your diet.

You may also be interested in this podcast - 'How to Personalise Your Diet for Increased Energy and Better Health'.

Weight Management Programme

Partly funded by Wirral Public Health, the Wirral Leisure Weight Management Programme is a free programme aimed at supporting individuals to manage their weight in a safe and non-judgemental environment.

You can find out more about this programme and the eligibility criteria on the Wirral Leisure website.

Lower my Drinking App

If you're looking to cut back on your alcohol consumption, why not try the free 'Lower My Drinking' app.

Designed by clinical psychologists and behavioural scientists, the app provides advice and scientifically-proven tools to reduce drinking to the recommended limit of 14 units a week or less. You can download the app to your smartphone using the links below:

App Store https://apple.co/3ka80iv
Google Play https://bit.ly/3i3KYY0

Mental Wellbeing

Mindfulness

Many people find practising mindfulness helps them manage their day-to-day wellbeing, helping them become more self-aware, and feel calmer and less stressed.

For a useful definition of mindfulness watch this 3-min video. You also have access to the recording of a Lunch & Learn session around Mindfulness. This includes tips for incorporating mindfulness practice into your everyday life.

Mental Health Resources

Our new Learning Experience Platform 'Flo' has a range of resources exploring mental health, it's importance to our wellbeing, and how we can support and develop good mental health for ourselves and others.

You can access a 'playlist' of Mental Health resources on Flo here.

Resilience and Managing Stress

Effective stress management helps you break the hold stress has on your life, so you can be happier, healthier, and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head on.

The LGA have a comprehensive workbook that can help you understand the signs of stress and develop strategies to deal with it. You can also access eLearning around managing stress and personal resilience on the LGA eLearning platform.

The NHS 'Your Mind Plan' tool provides tailored support and tips on how to deal with stress, boost your mood, improve sleep and feel more in control. There are also a range of resources around stress and resilience available on Flo.

Employee Assistance Programme (EAP)

Members can access the Council's EAP for advice and support with a range of work and personal issues. The service is provided by an independent, external company and is impartial, confidential, and free.

The EAP can also provide telephone and face to face counselling. Members can contact the EAP 24 hours a day, 365 days a year and talk in confidence to a qualified adviser. More information can be found here.

Keep Learning

Learning something new each day can contribute to our mental wellbeing by enhancing our self-esteem, giving us a sense of purpose and achievement, and sparking our creativity.

Below are some ideas for how you can keep learning:

- Cook a new recipe
- Start learning a new language
- Watch a documentary
- Take up a new hobby
- Watch some TED Talks
- Listen to some of Radio 4's 'In Our Time' shows

You can also access a whole host of learning resources on our new Learning Experience Platform 'Flo'.

Financial Wellbeing

Resources, Tools and Guides

You can find a range of information to help you manage your finances on the Money Saving Expert website. This includes a 'Money Makeover' guide, which will help you to review your bills to make sure you have the best deals.

The 'Ask Martin Lewis' podcast is another great resource. Give this one about Energy Bills a listen to get started.

The Money Helper website also offers a range of advice and support, including free impartial guidance on your pension options with Pension Wise - see here.

You can also access free and impartial financial advice through our Employee Assistance Programme.

Social Wellbeing

Staying Connected

Staying connected with others is a crucial aspect of wellbeing that can act as a buffer against poor mental health. Maintaining good relationships can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

Action for Happiness have created a calendar of actions you can take to help you connect with others - challenge yourself to complete one action everyday.

Peer-to-Peer Support

The new hybrid working environment makes it all the more important that we stay connected with colleagues. Take a look at this BBC article around how to build better relationships remotely.

Have you considered organising regular coffee mornings for your Group members? These can be either face-to-face or virtual and are a great way to stay connected.

Environmental Wellbeing

Member Safety

The LGA has a variety of resources on this topic. This includes guides for Members around personal safety and handling intimidation.

There is also a collection of resources to support you with your online communications and handling online abuse - see here.

Work Environment

The environment within which we work can have a big impact on our mood, as well as our productivity and creativity. This article offers 18 ways to improve your work environment and optimise productivity.

Taking your meetings outside is another way you can change up your environment, get some fresh air and boost your wellbeing. Walking meetings have been shown to boost creativity - find out more in this Harvard Business Review article.

WIRRAL