

Cwm Taf Morgannwg University Health Board

Employee Wellbeing Sessions-Commencing 5th October 2020

Our wellbeing team can support you to rest, re-charge and re-connect with a range of sessions to manage anxiety, enhancing and maintaining your wellbeing.

We will help you to learn some simple skills including compassion based mindfulness, that will assist you with managing day to day issues and concerns productively.

Please book your session via ESR

For further information or to book a bespoke Managing Anxiety or Compassion Based Mindfulness session for your team please don't hesitate to contact us;

nikki.thomas-roberts@wales.nhs.uk

kim.roberts@wales.nhs.uk

***Due to Covid protocols there will only be 5 participants per session ***

When	Time	Where
Every Tuesday	10 -12pm Rest, Re-Charge and Re-connect	Princess of Wales Hospital Re-charge room
	1.30 - 3.30 pm Rest, Re-charge and Re-connect	
Every Thursday	10 -12pm Rest, Re-charge and Re-connect	Royal Glamorgan Hospital Re-charge room
	1.30 - 3.30 pm Managing Anxiety	
Every Friday	10 -12pm Rest, Re-charge and Re-connect	Prince Charles Hospital Re-charge room
	1.30 - 3.30 pm Managing Anxiety	