



Greater Manchester
Integrated Care

Keep Connected: Engagement Calendar

March 2022

NHS
**Heywood, Middleton
and Rochdale**
Clinical Commissioning Group

NHS
Oldham
Clinical Commissioning Group

NHS
Bury
Clinical Commissioning Group

NHS
Tameside and Glossop
Clinical Commissioning Group

NHS
Stockport
Clinical Commissioning Group

**Greater
Manchester
Health and
Social Care
Partnership**

NHS
Manchester
Clinical Commissioning Group

NHS
Salford
Clinical Commissioning Group

NHS
Wigan Borough
Clinical Commissioning Group

NHS
Trafford
Clinical Commissioning Group

NHS
Bolton
Clinical Commissioning Group

NHS
Greater Manchester Shared Services

Keep Connected Engagement Calendar

Welcome

The Keep Connected Engagement Calendar provides you with information and links to book onto the NHS Greater Manchester Integrated Care pre-TUPE engagement and wellbeing sessions.

All sessions are available to staff across our 10 Greater Manchester CCGs, GMSS and GMHSCP.

We are planning more sessions which will cover themes identified in the findings of the Cultural Audit, including Creating a Positive Culture and Talent Management. The calendar will be updated and shared fortnightly with the regular ICS Transition Staff Briefing, so keep checking the calendar for future dates.

Demand for the sessions is high and we are operating a waiting list, so it is important that you cancel your place if you are unable to attend.

Additional function engagement sessions are being delivered with all the functions, please speak to your function lead for more information.

Thank you, and we look forward to seeing you at the sessions.

Keep Connected Engagement Calendar

A little bit about the different sessions



NHS GM Integrated Care – Looking After Your Wellbeing

Wellbeing activities to support the individual, as well as teams and line managers.

NHS GM Integrated Care – Hybrid Working

Your opportunity to shape and influence the future of our hybrid working principles.

GM Wellbeing Workshops

A series of wellbeing workshops covering themes including menopause, musculoskeletal prevention and bereavement. As well as dedicated GM Wellbeing Toolkit sessions.

Masterclass – Uncertainty Is The Only Certainty There Is

How can we best cope when everything feels so out of control? Join this NHS GM Integrated Care masterclass session with Rene Barrett to explore strategies to help alleviate anxieties and face the unknown with more confidence.

Masterclass – You Matter: Self Care And Self Compassion

Investing in our own wellbeing and developing greater self-compassion needs to be a priority. Each of us is different and there is no one right way to do this. Join this NHS GM Integrated Care masterclass session with Rene Barrett and explore strategies for self-care and compassion.

Keep Connected Engagement Calendar

MARCH 1-18, 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

4

7

NHS GM Integrated
Care – Looking
After Your
Wellbeing

10am - 10.30am

8

NHS GM
Integrated Care –
Looking After Your
Wellbeing

1pm - 2.30pm

9

Wellbeing:
Musculoskeletal
Prevention:
Workplace
Physical
Champions

9.30am - 10.30am

10

11

14

15

16

Wellbeing:
Menopause:
Getting The Best
Care For Me, Dr
Cath Munro

12.30pm - 2pm

17

NHS GM Integrated
Care – Hybrid
Working

10am – 11.30am

18

Wellbeing: Insight
into TRiM - Caring
for the Carers

9.30am - 10.30pm

Keep Connected Engagement Calendar

MARCH 21-31, 2022

MONDAY

21

NHS GM Integrated
Care – Looking
After Your
Wellbeing
12.30pm - 2pm

TUESDAY

22

29

NHS GM Integrated
Care – Hybrid
Working
10am-11.30am

NHS GM Integrated
Care – Wellbeing
Sleep Better
2pm - 3pm

WEDNESDAY

23

Wellbeing: REACT
Mental Health®
9.30am - 11.30pm

30

NHS GM
Integrated Care –
Looking After Your
Wellbeing
11am-12.30pm

Wellbeing:
Looking after
Yourself & Your
Teams
9.30am - 11am

THURSDAY

24

Wellbeing:
Relaunch – Greater
Manchester
Wellbeing Toolkit
9.30am - 10.30am

31

NHS GM Integrated
Care – Looking
After Your
Wellbeing
9.30am - 11am

FRIDAY

25

Keep Connected Engagement Calendar

APRIL 1-15, 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Wellbeing: Insight into Menopause with Dr Louise Newson
11.30am - 12.30pm

4
NHS GM Integrated Care - Looking After Your Wellbeing
10.30am - 12pm

5
Wellbeing: Insight into Bereavement Grief and Suicide Prevention
9.30am - 10.30am

NHS GM Integrated Care – Hybrid Working
1pm - 2.30pm

6
Psychological Safety Through Change
1pm – 2pm
Wellbeing: Bitesize Session
1pm – 2pm
NHS GM Integrated Care – Hybrid Working
1pm - 2.30pm

7
Wellbeing: Musculoskeletal Prevention: Desk Posture Solution
9.30am - 10.30am

Masterclass: Uncertainty is the only Certainty
11am - 12pm

8
Wellbeing: REACT Mental Health®
9.30am - 11.30am

11
NHS GM Integrated Care – Hybrid Working
11am - 12.30pm

12
Wellbeing: Insight into Menopause and Mental Health
9.30am - 11am

13

14

15

Keep Connected Engagement Calendar

APRIL 18-29, 2022

MONDAY

18

TUESDAY

19

NHS GM
Integrated Care:
Wellbeing - Money
& Wellbeing
10am – 11am

WEDNESDAY

20

THURSDAY

21

FRIDAY

22

25

NHS GM Integrated
Care - Looking
After Your
Wellbeing
9.30am - 11am

NHS GM Integrated
Care – Hybrid
Working
11am - 12.30pm

26

Wellbeing: Insight
into LGBTQ+ &
Intersectional
Inequalities
9.30am-11.30am

NHS GM Integrated
Care – Hybrid
Working
1.30pm - 2.30pm

27

Wellbeing:
Looking after
Yourself & Your
Teams
9.30am - 11am

Masterclass:
You Matter – Self
Care &
Compassion
1pm - 2pm

28

Psychological
Safety Through
Change
11am – 12:30

29

Keep Connected Engagement Calendar

MAY 2-20, 2022

MONDAY

2

TUESDAY

3

WEDNESDAY

4

Wellbeing: Bitesize
Session: Menopause

1pm – 2pm

Wellbeing: Leading
Through Changing
Times

2pm – 3pm

THURSDAY

5

Wellbeing:
Musculoskeletal
Prevention at
Home and Work
9.30am – 11.00am

FRIDAY

6

9

10

11

12

Wellbeing: REACT
Mental Health®
9.30am - 11.30am

13

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20

Keep Connected Engagement Calendar

MAY 23-31, 2022

MONDAY

23

TUESDAY

24

WEDNESDAY

25

THURSDAY

26

FRIDAY

27

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31

Wellbeing: Looking
after Yourself &
Your Teams
9.30am - 11am

Keep Connected Engagement Calendar

JUNE 1-17, 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

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[Wellbeing: REACT
Mental Health®](#)
9.30am - 11.30am

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Keep Connected Engagement Calendar

JUNE 20-30, 2022

MONDAY

20

TUESDAY

21

Masterclass:
Insight into
Bereavement Grief
and Suicide
Prevention
9.30 - 10.30am

WEDNESDAY

22

THURSDAY

23

FRIDAY

24

27

28

29

30

Wellbeing:
Looking after
Yourself & Your
Teams
9.30am - 11am

Thank you

We hope you find these session useful