

# Keep Connected: Engagement Calendar

## March 2022

# 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

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

WEDNESDAY

23

Wellbeing: REACT Mental Health®  
9.30am - 11.30pm

THURSDAY

24

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

FRIDAY

25

28

29

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

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

30

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

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

31

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

# Keep Connected Engagement Calendar

APRIL 1-15, 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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

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

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# 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

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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**