



# Workplace Wellbeing Champion. Toolkit. May 2025

- Fueling our body for the working day

## Welcome to a nourishing May!

Amy was fantastic! She's a qualified nutritional therapist and skincare consultant. Amy shared her knowledge on fueling the body in terms of the amount of protein we should be consuming, as well as fibre and healthy fats.

Amy shared her story of why feeling and looking fantastic is important as well as learning what to eat to be energise through our meals from breakfast, lunch and to our snacks.

Amy educated us on blood sugar levels and what happens to us when they drop - we become irritated, lack concentration and become agitated.

It's been a fascinating episode. We chatted that much we have uploaded it into two parts!

You can connect with Amy via: [LinkedIn](#) and visit Amy's website at <https://www.naturallygrownhealth.co.uk/> or email Amy at [info@naturallygrownhealth.co.uk](mailto:info@naturallygrownhealth.co.uk)

## What's coming up next month?

We look forward to welcoming you to the next Workplace Wellbeing Champion meeting on: **Monday 9<sup>th</sup> June 2025 13:00-13:50 GMT.** Guest speaker **Julie Cosgrove** will join us.

Julie's background is being a Registered Nurse, qualifying in 1989, having worked in clinical practice until 2017, then moving into disability assessments and now remain in Occupational Health, mainly doing absence management which is what led her down the menopause education and coaching route. She previously worked as a part-time complementary therapist. Also a Mental Health First Aider, she's trained to offer the REST programme, a second-generation CBT for insomnia. When Julie became peri-menopause, she lost confidence, experienced anxiety and mild depression, she the trained as a menopause champion to support the employees. Now she's a Certified Menopause Coach, continuing to raise awareness about menopause, so women can advocate for themselves. Along with coaching clients through one of my programme options to dial back their symptoms and get their lives back.

**See you soon!**



QR code not scanning?  
Please follow this [link](#).

We value your feedback.

Thank you for your time.



## Upcoming Mental Health and Wellbeing Days:

June: Monthly focus - **Men's Health Month & Pride Month**



At Garrett Learning we support the CIC (Community Interest Corporation) Men Walking and Talking. They provide weekly walking groups and a safe place for men to talk, an online group runs on a Tuesday evening and they run a number of challenges to keep people engaged and focused. They're awesome!

Anyone can join their [Facebook Group](#) - Perhaps share it with someone, you never know who it might help/inspire!



## 9<sup>th</sup>-15<sup>th</sup> June Loneliness Week.

The theme for 2025 is Meeting Loneliness Together- reducing the stigma around loneliness being a naturally human emotion.

- Visit <https://www.lonelinessawarenessweek.org/> for resources, guides and an FAQ for more information.
- NHS: Every Mind Matter - [Dealing with Loneliness](#)



## 24<sup>th</sup>-30<sup>th</sup> June World Wellbeing Week.

It's an international awareness week to raise the profile on all things wellbeing.

Join the [Facebook group](#) for inspiration. If you post anything, include the hashtag #worldwellbeingweek

What do you do to look after your own wellbeing?