

# Workplace Well-being Hero Toolkit. November 2024

- Policing, France, Stamps, Malt Whiskey, Retirement, Becoming a writer
- Up and coming wellbeing days to celebrate and inspire you
- January team quarterly webinar topic: Reducing Workplace Stress and Burnout

## Welcome to November!

Guy Robin was this month's inspiring guest speaker. Guy spoke about his career in the police. He joined in 1986 and retired in 2016. Guy gave 30 years to the forces. Thank you for sharing your story with us.

I love and admire Guy's resilience to the job. On the most difficult and potentially life-threatening day of his career, he didn't give up his role within the community. I asked him why, Guy replied that he thought he would never experience such a difficult day like that again so he could carry on knowing that. Remarkable! - His new book, On The Beat is released on 9th December.

We went slightly over the 50-minute session as we had so many questions for Guy. If you're interested in being an author, some tips that Guy shared include:

- Always carry a notebook to jot down your ideas
- From your ideas, create a storyboard, create your characters, give them names and work out what you will write about in each chapter
- Decide on the tone of the book - Is it for under 18's, over 18's or a fiction/novel?
- Aim for about 1000 words a day on average
- Write the book your way

Guy mentioned that writing was great for his mental health and gave him purpose, uses your brain, writing stretches him and it's fun!

Find out more from Guy at:

Email: [guyrobinauthor@outlook.com](mailto:guyrobinauthor@outlook.com)

[Facebook](#)

[LinkedIn](#)

[Author bio & Amazon store](#)

[TikTok](#)

We look forward to welcoming you to the next Workplace Wellbeing Hero meeting on: **Monday 9th December 14:00-14:50 GMT**. We'll be joined by guest speaker, Jo Gaffney who is an occupational therapist and increases confidence with people through 'styling life'.

Get connected with Jo:

[Facebook](#)

[LinkedIn](#)

[Website](#)

Join our [WhatsApp](#) Community chat:

<https://chat.whatsapp.com/lcnXOveuAsE4rjo4tlmvCs>

Share your thoughts, suggestions comments and updates from the meeting/guest speaker. We'd love to hear from you!



## Upcoming Mental Health and Wellbeing Days:

**5th Dec** - International Volunteers Day.

Volunteering can help build stronger communities, enhance wellbeing (giving/receiving), develop skills and inspire others. What can you do to either show appreciation to volunteers or do something to benefit others on this date?

Read more [here](#).

**January** - NHS National campaign:

- [Dry January](#) - For 31 days, be alcohol-free to improve sleep, mental health, save money and time!
- [Veganuary](#) - Eat a plant based diet, discover new recipes - click on the link for a free cookbook and 31 coaching emails.

**4th Jan** - World Braille Day. Created to commemorate Louis Braille. Here are [10 interesting facts](#) about Braille that you can share.

**24th Jan** - [International Day of Education](#). Education is a basic human right. It plays a role in building peace. Learning can happen anywhere, independently of teachers and at any age. Ask: why do we learn at all?

**25th Jan** - [Burns supper](#). Celebrate the life of Robert Burns.

**26th Jan** - [Australia Day](#). In 1788, Arthur Phillips sailed into Sydney and established the first permanent European settlement on the Australian continent.

**28th Jan** - [Global Community Engagement Day](#).

See the full [list](#) of international days

## YOUR QUESTIONS ANSWERED

Do you have a question to ask? Request a topic/speaker?

Please submit this to [wendy@garrettlearning.co.uk](mailto:wendy@garrettlearning.co.uk) before the next Workplace Wellbeing Hero meet.

Raise awareness and **invite your team** to the quarterly online workshop on Monday 13th January 2025 15:00-15:50 GMT

Join [Garrett Learning](#) and The [Workplace Wellbeing Heroes](#) as we talk about:

- We will be talking about reducing workplace stress and burnout.

We will send out the invite to welcome your team along in November.



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We value your feedback.

Thank you for your time.

See you next month, Wendy

