

Date: 26<sup>th</sup> February 2026

## Well WUTH and WCHC Programme

The Well WUTH and WCHC Programme offers a four-week course, delivered as one short day per week, designed to support colleagues who are currently off sick for more than a few days.

The programme focuses on supporting both physical and emotional wellbeing, with the aim of helping colleagues feel well enough to return to the workplace when they are ready. Participation is voluntary, confidential and entirely optional. There is no penalty if colleagues do not feel ready to return to work at the end of the course.

Content includes support to improve mental wellbeing and physical health, including elements of cognitive behavioural therapy, mindfulness, confidence building and practical lifestyle guidance such as improving sleep.

An informal drop in information session will take place tomorrow, Friday 27<sup>th</sup> February from 12.30pm to 2pm in Training Room 1 at St Catherine's Health Centre, or online via Teams.

Colleagues can join at any time during the session or email [n.perris@nhs.net](mailto:n.perris@nhs.net) for further information.

The next course begins on Friday 6<sup>th</sup> March at Victoria Central Hospital, Wallasey, and there are still a few places available.

