

Date: 16th April 2026

Well WUTH & WCHC programme now open for sign up

Applications are now open for the next Well WUTH and WCHC programme, starting on Friday 15th May at St Catherine's Health Centre.



**WELL
WUTH
& WCHC.**

This four-week course takes place one day per week and is designed to support colleagues who are currently off sick,

helping them focus on their physical and emotional wellbeing and build confidence towards returning to work. The programme is voluntary, confidential and there is no pressure to return to work before participants feel ready.

The course includes a range of wellbeing interventions, including cognitive behavioural therapy approaches, mindfulness, confidence building and practical lifestyle advice such as improving sleep.

Sessions will take place from 10am to 3pm on Friday 15th May, Friday 22nd May, Friday 5th June and Friday 12th June, with a break on 29th May.

If you are interested in finding out more about the programme as a line manager or potential participant, please email Neil Perris on n.perris@nhs.net or danielle.golding1@nhs.net.