

MENTAL HEALTH FOUNDATION

WELLBEING WEEK



13th – 19th May 2019



**In conjunction with the Mental Health Foundation's
'Mental Health Awareness Week'**

**Staff in Central Norfolk are coming together and organising a
week of Wellbeing Activities.**

Activities are open to all staff within EEAST and so far include:

Happisburgh Coastal Walk

Marriotts Way Cycle Ride

Whitlingham Family Walk

Netball

Yoga

Badminton

Breakfast Club

50 Mile Cycle Ride

Pingo Trail Walk

Charity Quiz & Pizza

Regrave & Lopham Fen Walk

Park Pedal

ParkRun

Horstead – Coltishall Paddle & BBQ Lunch

Family Swim & Fitness

5 a Side Football

Indoor Cycling

**Two day free pass for you and a buddy to David Lloyd Health Club,
Norwich for the duration of 'Wellbeing Week'**

(13th-19th May 2019 only with valid EEAST ID, pre-booking of classes required 01603 309400)

**In additional to all these activities there will also be open and honest
discussions by staff who wish to share their Wellbeing experiences.**

**Why not kick start your journey to better Physical and Mental Wellbeing by
getting involved. For further info please request to join the 'Let's be Active'
Facebook page or email Lisa.Gill@eastamb.nhs.uk if you haven't received a
timetable of activities via email.**