



Five ways to wellbeing and self care webinar

13 July 2026 4pm-5pm

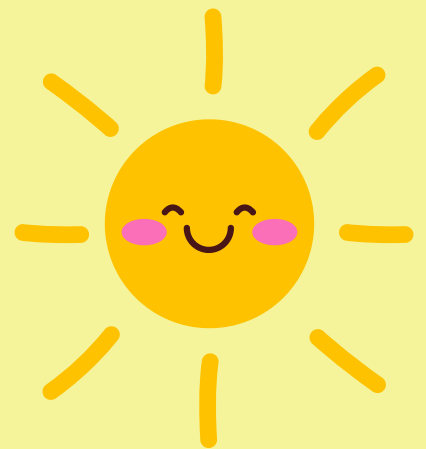
This webinar is aimed at young people and parents needing support and advice on summer self care.

The webinar will focus on

Five ways to wellbeing

- Connect
- Be Active
- Keep learning
- Give
- Take notice

Self care over the summer



BE KIND
TO YOUR
MIND



Joining Information

To join our five ways to wellbeing webinar please scan the QR code and follow the instructions to join using Microsoft Teams. You can also join using the following details:

Meeting ID: 311 528 216 014 870

Passcode: Ac6y9iz9

If you have any issues logging on or any questions prior to the workshop please contact
tewv.wimtwasa@nhs.net

