



Pharmacy Wellbeing Service

6-Month Webinar Plan

November

Re-launch of Pharmacy Wellbeing Service

- PWS champion introduction
- Promotional campaign calendar
- PWS challenges
- Continued support for pharmacy staff and families

Wednesday 24-Nov-21 19:00-20:00

December

Stress Awareness

- Identifying stress and work stress
- Discussing HSE standards
- Learning techniques and actions to manage stress
- Learning appropriate language/approaches when managing employee stress

Wednesday 16-Dec-21 19:00-20:00

January

Introducing Weight Management Support Sessions

- Discussing what the PWS has planned for weight management support sessions and how to become involved

Wednesday 26-Jan-22 19:00-20:00



February

Nutrition Matters *(LC to attend 18-Nov training)*

- Improve knowledge on various aspects of nutrition
- Increase knowledge on topics such as general healthy eating in adults, malnutrition, hydration, allergies and obesity

Wednesday 23-Feb-22 19:00-20:00

March

Customer Service Development/Leadership Awareness

- Supporting pharmacy staff with interacting with customers and the public with general enquires

Wednesday 23-March-22 19:00-20:00

April

Supporting Adults through Loss and Bereavement in a Post Covid-19 World *(potential training course to attend 15-Dec/17-Jan first).*

- Increasing skills to communicate and support people who have experienced bereavement.
- Increase awareness of additional considerations people who were bereaved during the Covid-19 pandemic may require

Wednesday 27-April-22 19:00-20:00

