

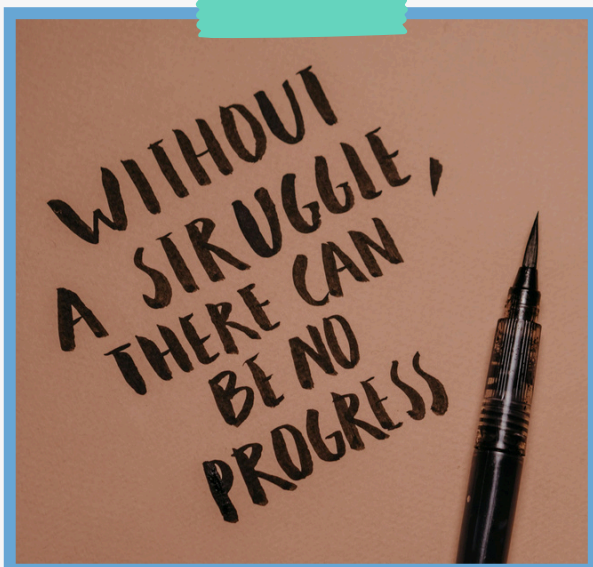


WELLBEING Wednesday

Welcome to Wellbeing Wednesdays

At Sports Connect, your well-being matters. Every two weeks, Wellbeing Wednesday brings you a fresh theme with tips, inspiration, and simple ways to feel your best. Plus, we'll share local events so you can unwind and enjoy life outside of work, too, because thriving at work starts with balance beyond it.

Motivational quote of the week



This weeks topic

Mental Health in the Workplace

A healthy workplace starts with healthy minds. Whether it's managing stress, setting boundaries, or simply checking in on each other, mental health matters at work just as much as anywhere else. This week, we're focusing on simple ways to support your own wellbeing and create a culture where it's okay to not be okay.



Upcoming events

- From 11th December- Ramsgate Winter Festival & Winter Lights Lantern Parade
- 14th December - Kent Coastal Concert Band's Christmas Concert at the King's Hall, Herne Bay.
- Port Lympne Illuminated is running until the 3rd January 2026.
- Sleeping Beauty Pantomime - The Central Theatre, Chatham, 11th December - 4th January 2026.



Tips to help

- Talk to your colleagues or manager – Sports Connect is committed to creating an open, non-judgmental workplace where it's safe to talk about mental health. If they can't help directly, they'll connect you with someone who can.
- Join the Calm Club – Weekly sessions in Herne Bay, Ramsgate, and Sittingbourne to connect, have fun, and support your wellbeing. Led by 4 trained Mental Health First Aiders.



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