

WELLBEING SUPPORT AND HEALTHCARE WEBINARS

In light of positive feedback about recent support, **POLICE MUTUAL** are running more virtual sessions in May and June, to help people better understand the free wellbeing support available to Officers, Staff, PCSO's, Specials and your families.

THE POLICE MUTUAL WEBINARS WILL BE HELD ON THE DATES AND TIMES BELOW.

FAMILY MEMBERS ARE WELCOME TO JOIN TOO.

THEY WILL BE HOSTED VIA MS TEAMS AND FACILITATED BY HEATHER HORWOOD AND VIKKI ERRINGTON, POLICE MUTUAL FINANCIAL WELLBEING CONSULTANTS.

THE WEBINAR IS DESIGNED TO HELP YOU UNDERSTAND WHAT IS AVAILABLE AND HOW TO ACCESS IT, ALONG WITH SIGNPOSTING TO FURTHER INFORMATION AND SUPPORT.

WE WILL ALSO COVER WHAT PRIVATE HEALTHCARE IS, HOW IT WORKS AND ANSWER ANY QUESTIONS.

TO REGISTER FOR A SESSION, PLEASE EMAIL JENNY MAKEPEACE, RELATIONSHIP MANAGER using webinarsmailbox@policemutual.co.uk

Please add the date and time of the session you wish to join in the subject heading.

e.g – Wellbeing **MAY 13TH 13:00 – 14:00** Would be the title of your email.

You will then be sent an invitation link no later than 2 days prior to the course.

DATE	TIME	DATE	TIME
MAY 13 TH	13:00-14:00	JUNE 11 TH	12:00- 13:00
MAY 19 TH	12:00- 13:00	JUNE 17 TH	12:30 – 13:30
MAY 27 TH	11:00 – 12:00	JUNE 24 TH	12:30 – 13:30
JUNE 3 RD	13:00 – 14:00	JUNE 29 TH	13:30 – 14:30
JUNE 8 TH	13:00 – 14:00		

****UNFORTUNATELY FOR COMPLIANCE REASONS AND TO ENSURE WE KEEP THIS A SAFE SPACE FOR YOU, WE ARE UNABLE TO RECORD THE SESSIONS. IF YOU ARE UNABLE TO ATTEND BUT WOULD LIKE TO FIND OUT MORE, PLEASE EMAIL JENNY MAKEPEACE.**