

Your Wellbeing Newsletter

This Month's Wellbeing Supporter Editor

Hi everyone, I'm Lucy Shaw, Funeral Advisor and Wellbeing Supporter. And I'm excited to share this month's Wellbeing Supporter's Newsletter.

This month's edition focuses on three key October events: World Mental Health Day, OCD Awareness Week and World Menopause Day. These provide an opportunity to raise awareness, encourage open conversations and promote a supportive workplace where everyone can prioritise their wellbeing and access the support they need.

OCD is a personal battle for me every day. There are many misconceptions surrounding OCD, with the disorder often being 'overly organised' or 'liking things clean and tidy'. In reality, OCD is a complex and challenging mental health condition with many different forms.

I've experienced OCD compulsions from a very young age, but these became more prominent after my dad took his own life in 2014. For me, my compulsions are often centred around the fear of something bad happening to the people I love, and the feeling that I need to carry out certain actions to prevent it from happening.

I am passionate about breaking down the misconceptions surrounding OCD, raising awareness of the reality of living with the disorder, and helping others feel less alone. I also hope to be a course of support by encouraging people to seek appropriate help and signposting them towards the support available.

Read on for helpful resources, practical tips, and ideas to support your wellbeing this month! 😊

Please take care of yourselves and never hesitate to reach out to one of our Wellbeing Supporters.

Lucy Shaw



This Months Focus

This month, we're focusing on three important awareness campaigns that shine a light on wellbeing, understanding, and support:

World Mental Health Day (10th October) #WorldMentalHealthDay

A global opportunity to raise awareness of mental health and encourage open conversations about wellbeing, reducing stigma, and supporting one another. This year's theme is **Lived Experiences Heard: Real Voices, Real Change**. World Mental Health Day is an opportunity to meaningfully engage with people with lived experience (PWLE) of mental health conditions and to recognise their knowledge as a vital form of expertise. This year's campaign calls for their voices to shape the policies, services and decisions that affect their lives. Let us move from listening to action – and build mental health systems with PWLE, not merely for them.

👉 [Click here](#) & [here](#) for more information and to access resources.

OCD Awareness (11th - 17th October) #THATSOCD

For the over 200 million (1 in 40) people worldwide living with OCD, public misconception can prevent them from accessing the timely, effective treatment they need to move from suffering to thriving. This year's theme is **That's OCD**. From October 11–17, The international OCD foundation is challenging common misconceptions about OCD and highlighting experiences that often go unrecognised or misunderstood. OCD can look like intrusive thoughts about harming someone you love, fearing you might secretly be a bad person, questioning your relationship or identity, replaying conversations, silently repeating words until they feel "right," seeking reassurance, checking your body for signs of illness or avoiding triggers.

👉 [Click here](#) to access more information from the International OCD foundation

World Menopause Day (18th October) #WorldMenopauseDay #ChronicPain

The International Menopause Society (IMS), a global non-profit founded in 1978, created World Menopause Day in 2009 to raise awareness of menopause and improve the experience of women everywhere. This year's theme is **Chronic Pain at Midlife**. Chronic pain affects a significant proportion of women during and after the menopause transition, yet it remains underestimated in both research and care. Each year, World Menopause Day shines a spotlight on the challenges women face during the menopause transition and highlights improvements in research, education, and support.

👉 [Click here](#) to access the International Menopause Society World Menopause Day Event Toolkit

👉 [Click here](#) to access further materials and information



Upcoming Events

Making work, work for everyone

As part of National WorkLife Week, Everymind are holding a session which will explore how balancing care, work, and progress can transform wellbeing and productivity. Finding balance isn't always easy, but with the right tools and awareness, it's possible to protect your own priorities while supporting others effectively.

This session will give you the knowledge, strategies, and confidence to create healthier boundaries and foster a more sustainable approach to work-life balance.

You will learn how to:

- Recognise why work-life balance matters for both wellbeing and performance
- Apply practical strategies to manage workload while protecting personal time and energy
- Support colleagues with caring responsibilities in inclusive and sustainable ways
- Contribute to building a workplace culture where balance is valued and supported

Date: Friday 9th October 2026

Time: 1pm

👉 Click [here](#) to register

For mental health and wellbeing support, please contact **GroceryAid** or speak to a **Wellbeing Supporter**.

[Click here](#) for more information.

**Be kind to
your mind.**



Visit our page on OurCoop hub [here](#) or on Colleagues Connect [here](#).