

# Community Health Champions Community Newsletter May 2026



## Take action for good mental health

Even small actions can make a difference and when we come together we can be a powerful force for change.

**Mental Health Awareness Week takes place between 11<sup>th</sup> - 17<sup>th</sup> May** and the Mental Health Foundation suggests ten quick actions you can take to boost your mood and wellbeing:

- **Open the windows** - letting fresh air in can lift your mood.
- **Try chair yoga** - it reduces stress, and helps you sleep.
- **Head outside** - spending time in nature provides real benefits.
- **Try a minute of mindfulness** to deal with stress and anxiety.
- **Drink water** - to help you concentrate and improve memory.
- **Phone a friend** - for fun conversation and emotional support.
- **Try a breathing exercise** - for stress and relaxation.
- **Create a relaxing bedtime routine** - a book and a warm drink.
- **Practice gratitude** - think of 3 things you are grateful for!
- **Be kind to yourself** - appreciate the smaller things you've done.

## Community Coffee Morning at the Dudson Centre

VAST are joining with Changes, North Staffs MIND, and Expert Citizens on Friday 15<sup>th</sup> May for a Community Coffee Morning to promote good mental health.

This takes place from 10:00 am to 12:00 pm in the Dudson Centre (Rose Price Room), Hope Street, Hanley, ST1 5DD, and includes free refreshments and some quiet activities.

## ACTION FOR YOURSELF.



### Start small and build from there.

Find one thing you can do today to boost your mental health.

It could be taking a walk in nature, prioritising a good night's sleep or catching up with a friend over a cuppa.

**MENTAL HEALTH FOUNDATION**  
**MENTAL HEALTH AWARENESS WEEK**  
11-17 MAY 2026



## Covid-19 spring booster May and June walk-ins

The COVID 19 vaccination helps protect against COVID which can be extremely serious for some people.

You may be offered a COVID-19 vaccine if you

- are aged 75 or over,
- are aged 6 months to 74 with a weakened immune system,
- live in a care home for older adults.

### Walk-in vaccination clinics

- Tuesday 12th May 11:30 am – 1:15 pm Temple Street Methodist Church, **Fenton**
- Friday 15th May 10:00 am – 2:00 pm The Hub, **Fegg Hayes**
- Friday 5th June 1:30am – 4:30pm Stoke Baptist Church, **Stoke**
- Thursday 11th June 9.30am – 12 noon Temple Street Methodist Church, **Fenton**



If you have any feedback on the contents of this newsletter, please speak to your Community Health Champion.

# Community Health Champions Community Newsletter May 2026



## Take action for good mental health

Even small actions can make a difference and when we come together we can be a powerful force for change.

**Mental Health Awareness Week takes place between 11<sup>th</sup> - 17<sup>th</sup> May** and the Mental Health Foundation suggests ten quick actions you can take to boost your mood and wellbeing.

- **Open the windows** - letting fresh air in can lift your mood.
- **Try chair yoga** - it reduces stress, and helps you sleep.
- **Head outside** - spending time in nature provides real benefits.
- **Try a minute of mindfulness** to deal with stress and anxiety.
- **Drink water** - to help you concentrate and improve memory.
- **Phone a friend** - for fun conversation and emotional support.
- **Try a breathing exercise** - for stress and relaxation.
- **Create a relaxing bedtime routine** - a book and a warm drink.
- **Practice gratitude** - think of 3 things you are grateful for!
- **Be kind to yourself** - appreciate the smaller things you've done.

### Community Coffee Morning at the Dudson Centre

VAST are joining with Changes/North Staffs MIND and Expert Citizens on Friday 15th May for a Community Coffee Morning to promote good mental health.

This takes place from 10:00 am to 12:00 pm in the Dudson Centre (Rose Price Room), Hope Street, Hanley, ST1 5DD, and includes free refreshments and some quiet activities.

## ACTION FOR YOURSELF.



### Start small and build from there.

Find one thing you can do today to boost your mental health.

It could be taking a walk in nature, prioritising a good night's sleep or catching up with a friend over a cuppa.



**MENTAL HEALTH FOUNDATION**  
**MENTAL HEALTH AWARENESS WEEK**  
11-17 MAY 2026

## Covid-19 spring booster May and June walk-ins

The COVID 19 vaccination helps protect against COVID which can be extremely serious for some people.

You may be offered a COVID-19 vaccine if you:

- are aged 75 or over,
- are aged 6 months to 74 with a weakened immune system,
- live in a care home for older adults.

### Walk-in vaccination clinics

- Tuesday 12th May 11:30 am – 1:15 pm Temple Street Methodist Church, **Fenton**
- Friday 15th May 10:00 am – 2:00 pm The Hub, **Fegg Hayes**
- Friday 5th June 1:30am – 4:30pm Stoke Baptist Church, **Stoke**
- Thursday 11th June 9.30am – 12 noon Temple Street Methodist Church, **Fenton**



If you have any feedback on the contents of this newsletter, please speak to your Community Health Champion.