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**Wellbeing Support Available free to health and care staff and volunteers in HNY**

**Free Health and Wellbeing App- HNY Our People**

HNY Our People is a fantastic app for health, care, emergency service, local authority and VCSE staff living and working in North and North East Lincolnshire, Humber, East Riding, York and North Yorkshire. The app places everything you need to take care of your wellbeing in one place. Join challenges, gain awards, build healthy habits; and access a range of self-help tools and podcasts. Download through iOS: <https://apps.apple.com/us/app/humber-north-yorkshire-care/id1616835588> or Google Play: <https://play.google.com/store/apps/details?id=com.uniwellbeing.hny>

**Peppy Menopause Support**

Are you struggling with your Menopause symptoms? Do you feel like you’re not getting the help or support you need?  If your answer to these questions is yes, then the Peppy Health Menopause support app might be for you.  We have partnered with Peppy Health and have a number of app licences available to health, care and local authority staff and volunteers across Humber and North Yorkshire free of charge.  There is an amazing range of support available within the app including

* One to one consultation with expert practitioners
* Symptom management advice and treatment guidance
* Live broadcast events with expert speakers
* Tailored mental wellbeing support
* Peer support groups
* General wellbeing and life-stages advice and guidance

To watch our short information video that gives you the information you need about the Peppy Health app and how to apply for a licence please follow this [link](https://youtu.be/KMQ_k6BZI5M)

If after watching the video you would like some further information please email us at [hny.wellbeing@nhs.net](mailto:hny.wellbeing@nhs.net)

If you think the Peppy health app is for you please follow this link [Peppy Application (office.com)](https://forms.office.com/pages/responsepage.aspx?id=kp4VA8ZyI0umSq9Q55Ctv0mxOq0MyZNAvGHfPUwyuIpUMUdVVUFEODJTUU9WM1ZDMVQzNURSTjhKTC4u&web=1&wdLOR=c3C781F32-7154-4BFC-A836-763A4FA973E8)  to complete our application form and we will aim to get back to you at the earliest opportunity.

**Are you finding it difficult to afford period products?**

According to recent surveys women and/or people who have periods spend on average £11 per month on period products or an equivalent of £128 per year. With the current squeeze on household incomes this may feel like a significant amount of money. Did you know that there are sustainable, reusable period products available and by switching to these types of products that last on average 5-10 years you could see savings of between £640-£1280 over this time period. Reusable products are also a more sustainable option to disposable products that make an important contribution to reducing the amount of plastic waste in our oceans and overall having less impact on our planet.

Here at Humber and North Yorkshire (HNY) Health and Care Partnership we have partnered with Hey Girls, an award-winning period product social enterprise, to purchase a stock of reusable period products including Period Cups and reusable Period Pads that are now available free to staff/ volunteers in health and care across HNY. If you would like some more information on these products including how they are used we have included both of the HEY Girls webpage links below where you can find lots of helpful information particularly in the FAQs tab.

[Cup Combo Kit | Hey Girls | Period Product Social Enterprise](https://www.heygirls.co.uk/shop/cup-combo-kit/)

[Reusable Day Pads | Hey Girls | Period Product Social Enterprise](https://www.heygirls.co.uk/shop/reusable-period-pads-day-or-night/)

If you would like us to provide you with either one of these products free of charge or would like more information on these products, please email us at [hny.wellbeing@nhs.net](mailto:hny.wellbeing@nhs.net). All emails will be treated with confidentiality.

**Our webpage also contains lots of additional resources on things such as Men’s Health, coaching and we will also be adding a financial wellbeing section over the coming weeks:** [**https://humberandnorthyorkshire.org.uk/our-work/workforce/health-and-wellbeing/**](https://humberandnorthyorkshire.org.uk/our-work/workforce/health-and-wellbeing/)

**For additional information on any of the above please email us: hny.wellbeing@nhs.net**