NHS
South Yorkshire
Integrated Care Board

Foundations of Health

Practical Tools for Everyday Practice

Evidence-based strategies to support your patients' and your own wellbeing through simple, sustainable behaviour changes.

What's it about?

Join this engaging webinar series designed for all. Learn how simple, evidence-based approaches to sleep, stress, movement, and more can help prevent, and even reverse, chronic disease. Boost your clinical impact and your own wellbeing with strategies you can apply every day.

How will the sessions work?

The series begins with an introduction to lifestyle approaches, followed by five focused sessions on behaviour change, food as medicine, stress, physical activity, and sleep.

If you cannot attend all sessions as planned, don't worry, all sessions will be recorded and shared on the Diabetes SharePoint Page. If you cannot access or have any questions, please email Katie.Whitehead@nhs.net, Practice Nurse Educator.

Foundations of Health Webinar Series – 2025

Tue 11th Nov 12:30-13:15	**Introduction to Lifestyle Approaches:** Dr Wendy Stammers, GP & Co-founder of Hero of Health.
Tue 18th Nov 12:30-13:15	**Supporting Patients with Behaviour Change**. Dr Rob Corker, GP, Firth Park Surgery.
Tue 25th Nov 12:30-13:15	**Food as Medicine: Simple solutions for a complex problem** Dr Rasitha Perera, GP & Trainer, Health & Social Care Chair, MoveMore.
Tue 2nd Dec 12:30-13:15	**Stress and Health.** Lorna Nicholson, Advance Nurse Practitioner & Specialist Chronic Pain Nurse.
Tue 9th Dec 12:30-13:15	**Understanding the Impact of Physical Activity & Exercise on the Management of Patients Living with Diabetes.** Abban Qayyam, Clinical Specialist Physiotherapist, First Contact Physiotherapist, Injection Therapist.
Tue 16th Dec 12:30-13:15	**Sleep for Health & Minimising Harmful Substances** Dr David Moore, GP in Urgent Care & Tutor at University of Sheffield.

Register now: https://forms.office.com/e/G0Wg94aKKu