Community Wellbeing
Tameside & Glossop

NHS
Tameside and Glossop
Integrated Care
NHS Foundation Trust

#CWTandG   @CWTandG   www.communitywellbeingtg.org

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Taking part is simple – write your pledge on the card, take a picture of yourself holding the card and tweet it using the hashtag **#CWTandG**

Please be sure to tag us **@CWTandG** in your post so we can retweet your picture!

If you have any questions regarding Community Wellbeing Tameside and Glossop, please get in touch pcca@tgh.nhs.uk.

Please feel free to use one of the suggested pledges below, or come up with your own.

For individuals:
— start a conversation about health and wellbeing;
— volunteer to support people in my community;
— find time to focus on my own wellbeing by……
— make sure I know my neighbours.

For organisations:
— embed practical ways to support employees in our organisation to improve their wellbeing;
— work in partnership with local health and wellbeing organisations to raise awareness of health and wellbeing campaigns.

To find out more about community wellbeing in Tameside and Glossop and how you can get involved visit www.communitywellbeingtg.org