

Healthy eating

Wondering how to promote healthy eating in your workplace? British Nutrition Foundation produce downloadable resources to support workplaces for [Healthy Eating Week \(HEW\)](#), which is in June every year. You can have a look at the [2016 resources](#) and put 12-16 June 2017 for next year's HEW in the diary.

Updated vitamin D advice Based on a recent scientific review, Public Health England are advising that everyone should consider taking a [10µg vitamin D supplement](#) in the autumn and winter for healthy bones, teeth and muscles.

Corporate support for wellbeing

What drives human performance? C3 Collaborating for Health's [free breakfast seminar on 24 August](#) will include research insights, address which habits really matter (and to what degree) in helping employees to be healthy, happy and secure.

Could our meetings at work be healthier? See what you think of these [ideas](#).

Mental health

Interested in mental health & wellbeing training for your managers? Please



[contact me](#) for more information about this course delivered by [Well at Work](#), specifically for line managers. Available to all local employers working towards London Healthy Workplace Charter accreditation for £15 booking fee per person.

Improving Access to Psychological Therapies (IAPT) is an NHS programme of services across England offering interventions approved for treating people with depression and anxiety disorders. People can often refer themselves, or get a referral through their GP. Your employees can find their local service by entering their home postcode on the [NHS choices IAPT finder](#).

Take Time to Talk is the IAPT service for Kensington and Chelsea. As well as offering talking therapies, they run [free workshops](#) on sleep, stress, mood and problem solving. They also offer [free stress management workshops in workplaces](#). These will cover spotting the signs and symptoms of stress and self-help techniques. [Contact Alexander Plakides](#) at Take Time to Talk for more information on hosting workshops.



Free places on MHFA (Mental Health First Aid) Lite, a 3-hour introductory mental health awareness course, are on offer to anyone who lives or works in Kensington and Chelsea. [Contact Aidan Maloney](#) at Kensington and Chelsea Mind for more information: 0208 964 1333.



Alcohol

Alcohol Awareness Week (14 – 20 Nov) is a great opportunity to encourage people to sign up to Dry January. This year's theme is "Knowing the Risks". Alcohol Concern will put together some Alcohol Awareness packs a bit nearer the time. [Sign up to the newsletter](#) to be the first to hear when these are ready.

A date for your diary: 14 September Please keep an eye out for your invitation to our **healthy workplaces networking breakfast!** We will be networking at pace, using the World Cafe method for maximum effect...



Our heavily subsidised mental health & wellbeing training and free health check packages have been launched! Please don't hesitate to [contact me](#) if you're interested in taking advantage of these offers.

Would you like to see your healthy workplace celebrated? Greater London Authority (GLA) are hosting their annual London Healthy Workplace Charter ceremony at City Hall for all employers gaining accreditation on **15 November 2016**.

You still have a few months to complete your application in time for this great event and [media opportunity](#)! **Free guidance and support is on hand**; please don't hesitate to [contact me](#). (Please also let me know if you'd like to attend the event for inspiration for next year; limited numbers of tickets may be available.)

Are you preparing for 'Achievement' level accreditation? The upcoming 'verification days' at City Hall are: 28 Sept and 31 Oct. Please [contact me](#) as soon as possible to arrange meetings to review and 'sign off' your portfolio.

You have received this newsletter because you have either joined the London Healthy Workplace Charter or have been invited to do so.

Please feel free to forward this newsletter to colleagues in other local businesses or organisations.

For further information, or to opt out of receiving further updates, please do not hesitate to contact me:

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