LONDON HEALTHY WORKPLACE CHARTER

in Royal Borough of Kensington and Chelsea







News April 2017

A selection of resources and updates from your local healthy workplace advisor

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This Mental Health Awareness Week, 8-14 May 2017, is going to look at mental



health from a new angle: are we surviving, or thriving with good mental health? Visit the Mental Health Foundation to sign up to be kept up to date and to download/order resources to promote the week in your workplace.

Heavily subsidised mental health & wellbeing training for managers



- <u>half-day course</u>, delivered by specialists from <u>Mind's Well at Work service</u>
- £15 per person for all local employers using the London Healthy Workplace Charter framework and working towards accreditation

Please <u>contact me</u> to find out more or to book.

Mental health



let's end mental health discrimination

Time to Change recently <u>launched a video</u>

summarising the campaign to end mental health discrimination. Share with colleagues to show how stigma can affect people and why it is important to

change how we all think and act about mental health.

Fit for Work, the government's free occupational health assessments service, have created an **infographic on stress**. Could this be a helpful reminder of the key issues?

Toolkits for employers: Public Health England (PHE), Business in the Community (BITC) and the Samaritans have joined forces to produce: <u>Reducing the risk of suicide toolkit</u> and <u>Crisis management in the event of a suicide toolkit</u>.



Take Time to Talk (an NHS service) deliver **free wellbeing workshops** in workplaces on topics such as sleep, confidence and stress management. <u>Contact Alexander Plakides</u> at Take Time to Talk for more information or to book.



citizenAID™ (a free app) is a simple, logical system of immediate actions to take after a shooting, stabbing or bomb explosion. It is designed to guide the public to react

Health and Safety

<u>safely</u>, to pass effective messages to the emergency services, to prioritise the injured and to give life-saving first aid.

Kensington and Chelsea Public Health Training Service offer employers pursuing healthy workplace accreditation 10% discount on course fees. <u>Courses</u> include Workplace Health and Safety levels 1-3, and Food Safety levels 1-4.

On your Feet Britain, 28 April:

Take part in the national day when people across Britain participate in a variety of fun and



simple activities to #SitLess and #MoveMore at work. Register now to receive a passcode to download resources to bring On Your Feet to your workplace...

Physical activity

Support 'This Girl Can'

Sport England's national campaign continues to encourage women and girls to get moving regardless of shape, size and ability. <u>Check it out and consider sharing.</u>

May: National Walking Month Living Streets are asking us to #Try20 – that's walk for 20 minutes every day throughout May.



Walking briskly for just 10 continuous minutes counts as exercise...It's easier than you think to fit into your day! Public Health England's free Active 10 app shows how much brisk walking you're doing and how you can do more.

Did you know that Macmillan offer free online e-learning? Line managers can access it for free to help them support people affected by cancer in the workplace.

Corporate support for wellbeing

Menopause The Faculty of Occupational Medicine (FOM) has launched <u>guidance</u> <u>on menopause in the workplace</u>, offering practical guidance on how to improve workplace environments for menopausal women. <u>Download for free.</u>

Looking for guidance on managing bereavement? ACAS have a good practice guide, developed in partnership with Cruse Bereavement Care, the UK's largest bereavement charity, and the helpful involvement of many other organisations. Download for free.

No one likes missing a delivery at home, but having online shopping sent to your work address adds to traffic congestion and air pollution.

www.clickcollect.london is on hand to reduce the number of vans on our streets, making central London a nicer, safer and healthier place. Is your workplace aware of www.clickcollect.london?

Healthy eating

Healthy Eating Week (12-16 June 2017) will be with us before we know it! Register with the British Nutrition Foundation to receive lots of free resources to help your teams meet the week's challenges...



Healthy Workplace Charter news in RBKC

Congratulations to St Mary Abbots Primary School who recently gained Commitment level London Healthy Workplace Charter accreditation!

The London Healthy Workplace Charter and local support programme offers:

- a clear structure to develop health and wellbeing plans
- guidance to address some of the biggest challenges businesses face, including recruitment and staff retention, sickness absence and employee productivity
- signposting to relevant resources and services
- heavily subsidised mental health & wellbeing training for managers
- the opportunity to stand out with **prestigious accreditation**
- **networking** opportunities with like-minded people

The accreditation scheme and local support is **free of charge**. **Book an introductory meeting or phone-call to find out more:** there is no obligation to join the scheme following an initial discussion.

What are the benefits of the London Healthy Workplace Charter?

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.

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

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