

# LONDON HEALTHY WORKPLACE CHARTER

in Royal Borough of Kensington and Chelsea



News July 2016

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

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## Free health checks

**You can offer your employees free 'Health MOTs'.** In just 15-20 minutes, a health check can assess our risk of developing health problems such as heart disease, stroke, type 2 diabetes and kidney disease and give personalised advice on how to reduce it. All employers working towards London Healthy Workplace Charter accreditation are eligible to host on-site health checks free of charge.

*"Staff enjoyed having time to actually think of themselves and review their lifestyles."  
– RBKC employer*

Please **contact me** if you are interested in **the offer**.

## Physical activity



**Cycle to work day** is coming up on 14 September. In preparation, you could order / advertise TfL's **free cycle guides**, designed to help us navigate the streets by bike. They are currently under redesign but should be available soon.

Do you and your workplace use **TfL's walking map**? It's the underground map with a twist, showing walking times between stations.

**Keeping active doesn't have to be dull or expensive**, as the many **local opportunities** show. You might be keen to let everyone in your workplace know about these?

## Smoking

**October will be with us before we know it, and with it, 'Stoptober'.** We are four times more likely to quit smoking with help. Contact local stop smoking service, Kick it, on **020 3434 2500** or **Jimmy.Rushworth@thrivetribe.org.uk** for promotional leaflets or to find out how they can support Stoptober in your workplace.



**Wondering what your policy on e-cigarettes should be?** The government's recently released **5-point guide** will help.

## Health & Safety

**Kensington and Chelsea Public Health Training Service** are offering employers pursuing healthy workplace accreditation 10% discount on course fees. **Courses** include Workplace Health and Safety levels 1-3, and Food Safety levels 1-4.

## 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:**

**Anna Brown**

Healthy Workplace Advisor

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