



Gloucestershire Healthy Workplace Roundup April 2021

With mental health awareness week taking place from 10 - 16 May 2021 we wanted to create a slightly different edition of the Healthy Workplace

News this month to champion the importance of supporting mental health in the workplace whether that is a virtual workplace or a physical building. The Impact of Covid on employee mental health has been a big driver for workplaces wanting to provide more support and get involved in our Healthy Workplace Award Initiative. It is great to see more employers getting involved in raising awareness and creating a supportive culture around mental health.

Get involved this May and beyond!

- Join us and Eight Legal at the Gloucestershire business show for a discussion on mental health and the ethical employer
- Take Part in Mental Health Awareness Week
- Download our free guides for supporting mental health in the workplace
- Make your healthy workplace an Inclusive and diverse place to work with support from Inclusivity works
- 'It's good to talk..' join Gloucester and District Samaritans for a series of 30 minute webinars to support mental health awareness week
- Encourage healthy habits! Signpost your team members to the free Healthy Lifestyles Gloucestershire Service.



Join us at the Gloucestershire Business Show on 19th May for a discussion hosted by Kay Hamblin at Eight Legal

Mental Health & The Ethical Workplace

Mental health, well-being and business values and ethics are all hot topics for discussion, but how do they relate to each other? An ethical workplace will go beyond mere compliance in trying to create a healthy, happy workforce, but this needs to be more than a few nice 'extras' like fresh fruit and yoga. What are the fundamentals you need to address to ensure your people are positive and engaged? How do the values and culture of your business impact on the well-being of your team? Where do your responsibilities as an employer end and what about the impact of the Covid-19 pandemic?

Join us to discuss all this & more, to share best practice tips & ideas, and to learn about the Gloucestershire Healthy Workplaces initiative.

Book your tickets [here](#) for the free event. We'd love to see you there!



Mental Health Awareness week this year takes place from the 10 - 14 May and the theme is **Nature**. Why not use this opportunity celebrate what your workplace has done to support staff mental wellbeing as well as get your teams out exploring nature.

The mental health foundation has set up a challenge for the week, for everyone to spend at least 30 minutes a day outside connecting with nature. This is a great opportunity to take breaks away from our screens or our daily duties.

We would love to hear what you and your colleagues get up to!

Find out more about how you can get involved here: [Mental Health Awareness Week 2021](#)



Stress Reduction & Mental Wellbeing

Resources & Toolkit for Employers

Explore our Healthy Workplace Guides to help you support mental health in the workplace.

Download the toolkit [here](#) and explore lots more wellbeing resources for the workplace [here](#)



Make your Healthy Workplace Diverse and Inclusive

Inclusivity Works aims to inspire and support employers in becoming more inclusive and reaping the business benefits having a diverse workforce offers.

Diversity in the workplace can bring numerous advantages. The greater your mix of people, the greater the mix of skills, experiences and creative ideas you can draw upon to boost innovation and performance. Diverse workforces increase loyalty, renew team motivation and staff retention, attract new employees who value Diversity & Inclusion within organisations, all whilst increasing customer loyalty and endorsement and enhancing your corporate image.

Inclusivity Works has been developed by the **GEM Project** and is supported by Forwards Gloucestershire. This initiative is designed to build a strong network of Inclusive Employers across the county. It is our ambition to make the county a beacon for inclusivity in the UK by supporting businesses across Gloucestershire to develop their working practices and encourage the employment of people from all backgrounds and abilities.

If you would like to discuss how your organisation can participate in the Inclusivity Works programme, please email our inclusivityworks@ggtrust.org. **The service is completely free of charge** and will provide your organisation with the support and resources you need to build and maximise the benefits of an inclusive workforce, enabling you to tap into a previously undiscovered pool of talent ready to contribute to the success of your business.

Visit www.inclusivityworks.org

Call Sue Guiding on 07387 100969 Tony Solomon on 07387 100970

The GEM Project is jointly funded by the National Lottery Community Fund and European Social Fund.

SAMARITANS

Gloucester & District Samaritans warmly welcome you to one, or several, of the following short talks, all starting at 7.30pm and lasting for about 30 minutes:

Monday, 10 May – “Samaritans... why talk to them?”

To book, email: Monday-MHA-talk@gloucestersamaritans.org

** a brief overview of Samaritans and why talking about feelings is so important.*

Tuesday, 11 May – “Emotional Health’

To book, email: Tuesday-MHA-talk@gloucestersamaritans.org

** an introduction to understanding impacts on our emotional health, recognising when someone is not OK, coping strategies and building resilience.*

Wednesday, 12 May – “Learn to Listen”

To book, email: Wednesday-MHA-talk@gloucestersamaritans.org

**learn top tips about important active listening skills.*

Thursday, 13 May – “Watching out for each other during these challenging times”

To book, email : Thursday-MHA-talk@gloucestersamaritans.org

** some challenges and impacts of the Covid pandemic on our callers and a resume of how we might all respond.*

Friday, 14 May – “Suicide in a community setting”

To book, email: Friday-MHA-talk@gloucestersamaritans.org

** when a suicide happens in your community – how might we respond at a personal and a community level?*



Small changes to how we live can have a big impact on our health and wellbeing.

With Spring upon us and lockdown restrictions easing, now is the perfect time to think about new beginnings.

In order to stay mentally strong, it is important that we also look after our physical health. Healthy eating, physical activity and healthy lifestyle choices will all have a significant impact on improving our mental health.

Many of us have slipped into some unhealthy behaviours over the last year, as a result of the effects of the Covid Pandemic, and this can be detrimental to our mental wellbeing as well as our physical health.

If you are struggling with weight management, smoking, or increased alcohol intake then the Healthy Lifestyles Team can offer 1-1 free support.

If you live in Gloucestershire, our team is here to support you. We work with you to identify and help you achieve small changes that can make a big difference.

We offer up to 12 weeks of FREE health coaching. Call 0800 122 3788 or visit www.hlsglos.org/referral/

For more healthy lifestyles support, find us online at www.hlsglos.org to start your journey today.

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