



Gloucestershire Healthy Workplace Roundup May 2021

This month we focus on how a workplace can get involved in local and national health awareness campaigns. The global Covid-19 pandemic has created a shift in the way we think about our health and wellbeing and that our health cannot be taken for granted

We welcome an increased awareness about the impact of mental health and mental wellbeing in the workplace, but it is just as important for us to be informed and inspired to look after our physical health.

Get involved this June!

In this issue we explore health awareness campaigns for June 2021 including

- Diabetes Awareness Week**
- Men's Health Month**
- Nutrition and Hydration Week**
- Carers Awareness Week**
- A fantastic support offer for businesses from our partners at Macmillan Cancer Care**

We also explore the Covid recovery process and return to the workplace for many employees, what this means for many of us and how we can support each other by being mindful of the different journeys everyone has been on over the past 16 months

TYPE 2 DIABETES KNOW YOUR RISK

Diabetes week 8th – 14th June 2021

As part of national Diabetes Prevention Week, we are encouraging employers and employees to get familiar with common risk factors associated with developing Type 2 Diabetes and to find out their own risk.

Fortunately, 3 out of 5 cases of Type 2 Diabetes can be prevented or delayed by maintaining a healthy weight, eating well and being active but the signs that you are developing Diabetes aren't always obvious. However, you can find out your risk by completing the Diabetes UK '[Know Your Risk](#)' questionnaire. It only takes a few minutes. It could be the most important thing you do today!

Once you have completed the questionnaire, you will be given a risk score which will be explained as well as advice on what to do next to help you reduce your risk.

Already know you at high-risk?

If you have been told by your GP/nurse that you are at high-risk of developing Type 2 Diabetes you can self-register for the [Gloucestershire Diabetes Prevention Programme](#). All you will need is your NHS number and your last blood glucose reading which your practice can provide if they haven't done so already.



Nutrition and Hydration Week 14-21 June 21

Nutrition and Hydration Week has taken place every March since 2012. In 2021, due to the global pandemic, Nutrition and Hydration Week will move to June in recognition of the pressures that health and social care systems are under at this time.

This Year the focus is to bring people together to create energy, focus and fun in order to highlight and educate people on the value of food and drink in maintaining health and well being in health and social care.

Workplaces can play a significant role in raising awareness of the importance of good nutrition and hydration so why not use this week to get some activities going and some key information out to your teams.

More inspiration and resources on this topic can be found here [Healthy Workplaces - Healthy Eating](#)



Led by the Men's Health Forum, the purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

You can get involved and raise awareness in your workplace with [Wear Blue – Friday \(menshealthnetwork.org\)](http://menshealthnetwork.org) on the Friday before fathers day? Or talk to your teams about the other ideas here [Things to Do – Men's Health Month \(menshealthmonth.org\)](http://menshealthmonth.org)

Or consider hosting a health screening or awareness event which could be a virtual event for a remote workforce. Screenings provide a friendly and informative atmosphere and can easily be worked into anyone's hectic schedule. Depending on your budget, you can start with a small health awareness event or a men's health screening targeting one or two specific health areas, or you can develop a complete health fair, focusing on a multitude of men's health areas. Find out more [here](#)



Lunch and Learn webinar with the Macmillan support offer for Gloucestershire businesses

Healthy Workplaces Gloucestershire have teamed up with Macmillan Cancer Support to host a free lunch and learn webinar for local businesses on 17th June.

- Explore what you can do to support Men's Health Awareness in your workplace
- Find out about training options for leaders and managers and for your wellbeing champions
- Explore key resources to help you support employees who have been affected by cancer
- Find out about bespoke support for your workplace including, health screening sessions & building a resource library.

Please join us for this webinar and the chance to ask questions and share your thoughts and ideas about this important topic.

To register email workplaces@hlsghos.org



Gloucestershire
Carers



We welcome you to come and celebrate **Carers Week** with us.

'Make Caring Visible and Valued'

7th - 13th June 2021

Get involved in Carers Week from - 7 to 13 June 2021

Carers week is an annual campaign to raise awareness of caring, highlight challenges unpaid Carers may face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as Carers and access much-needed support.

We have a busy schedule of online events happening via Zoom/ MS Teams throughout the week to celebrate Carers and we would love to see you on some of these sessions. (There are dial in options available should you not have technology to access). The week has been split into themed days to incorporate celebrating the wonderful things you do as Carers to provide information and support to help you:

- Monday – Introduction to the Carers Hub and Carers Week
- Tuesday - Services
- Wednesday – Visible to friends, family and work
- Thursday – Visible to other Carers
- Friday – Visible to the general public
- Saturday and Sunday – Time for you

To register for any of the sessions please email: bookings@peopleplus.co.uk
The information and meet the team sessions on Monday 7th June are open to anyone who would like to find out about our services



Covid 19 Recovery **with Healthy Workplaces Gloucestershire**

Things are changing. The vaccination programme in this country is working and as restrictions ease many businesses are planning a return to the workplace, for others their services are reopening and for our hospitality businesses there will be a return from long term furlough for many employees.

At Gloucestershire Healthy Workplaces we encourage employers to acknowledge the many different journeys that people have been on, and the different experiences that will have affected people's mental and physical wellbeing over the last year.

Our Covid recovery pages have been set up to support employers and employees with key resources and information on where to go for support and advice if a member of your team is struggling. This could include health anxiety, a reluctance to return to the workplace, or excitement or a struggle to manage a change in routine. Some people have been affected by 'long Covid', others have had a bereavement or experienced trauma.

We have pulled together advice on making reasonable workplace adjustments, help for anyone struggling with 'long covid', support for those experiencing anxiety, depression, trauma or bereavement and resources to encourage uptake of vaccinations with key messages of hope.

Find out more [here](#)



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