



Gloucestershire Healthy Workplace Roundup September 2021

Get Active as a team this Autumn!

As summer draws to a close, and we all focus on slowly getting back to normality this Autumn, could your team use a new challenge with a health and wellbeing focus?

In this edition we share information on a fantastic selection of health and fitness challenges that could give us all a boost in the coming months.

We start with our very own Healthy Lifestyles *Corporate Challenge* - a simple, accessible for all abilities challenge with access to free health coaching to keep us all motivated throughout the 12 week challenge!!

Get involved this September!

In this month's issue:

- Love to ride cycle challenge
- Health and Hustle – Autumn 2021
- Can your workplace offer a placement for a young person just starting out?
- New Growth Hub for the Forest of Dean
- Workplace Campaigns to inspire and encourage your workforce



Corporate Challenge - Get Involved!

Our new Healthy Workplace Corporate Challenge starts next week! With over 20 teams signed up and ready to go, we will be offering tips, advice and inspiration on getting more active and creating healthy habits in the workplace this Autumn. Competing teams will work together to consciously record their minutes of physical activity supporting each other to get more active and earn points for their workplace team.

Those who need some extra support to help lose weight or quit smoking can also apply to work with a healthy lifestyle coach.

This is the final call for teams to register for a start date of 13th September 2021!

Email workplaces@hlsghos.org to join the challenge or find out more [here](#)

LOVE TO RIDE

CYCLE SEPTEMBER

Cycle September Global Bike Challenge.

Riding a bike can help you get fitter, be happier, help save the planet and, for the month of September, can win you prizes as well.

Bike anywhere any time - it's not about how fit you are or how far you ride. Even a 10-minute ride around the park would count and get you scoring points. You can score even more points by encouraging your friends, family and co-workers to ride as well. The points you earn help you climb the leaderboards and count as entries for you to win some awesome prizes.

If you are new to riding a bike, or it's been a while, there's plenty of help on Love to Ride. From tips and articles to quick courses, you can upskill and get back on a bike with confidence.

It only takes 30 seconds to sign up at lovetoride.net/gloucestershire.

It's free to sign up and set yourself a challenge during September to get out and ride. Give it a go and together pedal our way to victory!



Health and Hustle 2021

Health and Hustle was launched in 2016 with a small number of NHS colleagues who joined together to get active and start their health & wellbeing journey. Fast forward to 2021 there are now over 650 members across Gloucestershire NHS including our local authority and some patient groups.

Along with virtual challenges there are after work activities such as the Couch to 5km programme, walks, yoga etc. As part of developing culture change in the workplace, Health & Hustle have implemented walking 1:1s, stand up meetings, #GoTalk and stop sending E-mails along with the midweek walks.

Health & Hustle recognise that one-size does not fit all and has allowed the programme to create an environment, promoting healthy lifestyles through fun activities, by encouraging and supporting each other to achieve active goals.

Find out more about becoming a Health and Hustle Change Maker [here](#)



Can you help a young person develop their skills for the world of work?

'Works for Me' programme from Forwards Gloucestershire helps young people who are not in education, employment or training to re-engage with learning through a programme of study (Functional Skills including English, Maths and ICT) combined with group activities and work placements.

We are looking for work placements to help build participants' understanding of the workplace including travel to and from work and to learn about workplace behaviours. This will help them build ideas for their future careers. Ideally, we would like to hear from Gloucester or Cheltenham based businesses who could offer a young person 1 to 3 days per week placement for the next three to six months.

We will be looking at new cohorts of young people for the programme so if you are interested but based in other areas we would love to work with you in the future!

If you are unable to offer a work placement we are also looking for employers to get involved with "Works for Me" and other programmes which support young people by offering work taster days, interview practice, mentoring etc. Most of the young people we work with have challenges in the labour market eg disabilities, are have been out of education / training or are/have been in care, **all need our support to help them onto the first step on the ladder.**

If you are interested, we would really like to hear from you so that we can explain more about what we do and the young people we work with.

For more information, please
email Nasim.bhula@gloucestershire.gov.uk or call 07867151685



New Growth Hub in the Forest of Dean

The Growth Hub in the Forest of Dean will be the go-to place for local businesses to work, meet and learn. Designed with business in mind, our contemporary and spacious premises allow you to make important connections, or escape the office and achieve a new perspective. As with all Growth Hubs the Forest of Dean is here to provide fully funded business support to SME's and beyond through a wide range of resources.

Including a large meeting room, co-working, and incubation offices, the county's newest Hub has fast free WiFi, break-out areas, printing facilities, dedicated parking by appointment, tea and coffee station, and later in the year, a café and outside seating area. Complete with high-quality video conferencing technology and a friendly team on hand to help you make the most of this new Forest facility.

Whilst we're here to help every growing Gloucestershire business, The Growth Hub at Vantage Point Business Village in the Forest of Dean is focussed on helping new business start-ups grow and develop.

The Forest of Dean Growth Hub has been designed to serve the needs of the local business community.

For more information about the Forest of Dean Growth Hub,

visit: www.thegrowthhub.biz/forestofdean or email us
at: forestofdean@thegrowthhub.biz

Autumn National Campaigns for Workplaces



World Suicide Prevention Day - 10th September 2021

Every year organisations and communities around the world come together to raise awareness of how we can create a world where fewer people die by suicide. Each year has a different theme and focus, to bring to light a specific aspect of suicide prevention. World Suicide Prevention Day is always on 10 September. The latest suicides statistics showed that in 2018, in the UK and Republic of Ireland, more than 6,800 people died by suicide. Every life lost to suicide is a tragedy.

Suicide is preventable, it's not inevitable.

Find out more on [The Samaritans' website](#)



Stoptober 2021

One key health campaign which is a great one for workplaces to promote is the Stoptober initiative from NHS One You.

There is a lot that employers can do to encourage a smoke free culture in the workplace and support employees to tap into the free support available to help smokers quit. We want to make it as easy as possible for employers to help their employees, so Gloucestershire Healthy Lifestyles have put together a Stop Smoking Toolkit which contains a range of free support, training and resources for your workplace.

Find out more about how to support your employees [here](#)



This year’s Alcohol Awareness Week is taking place from 15-21 November on the theme of ‘Alcohol and relationships’. Lots of us associate alcohol with socialising, but when our own or a loved one’s drinking starts to negatively impact our relationships, it can have a detrimental effect on our life.

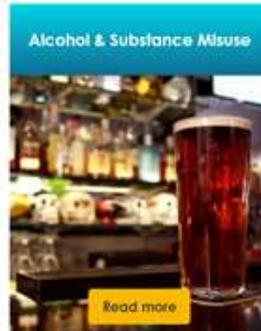
On top of this, research shows that many of us have found ourselves drinking more to deal with feelings of loneliness and isolation during the pandemic. As we leave lockdown and return to normal life there will be new pressures too – pressures to drink, 'sober shaming', and pressures we put on ourselves to get back to ‘normal’ socialising.

Find out more and download resources here [Alcohol Awareness Week | Alcohol Change UK](#)

National Campaign Calendars



To plan ahead for upcoming national campaigns, take a look at our [Healthy Workplace Campaigns Calendars](#) here



With so many opportunities coming up to rally your teams and focus your health and wellbeing activity now is a great time to start working with us at **Gloucestershire Healthy Workplaces**.

We can support you through our evidence-based workplace award, help you bring your team together with health and wellbeing goals and increase workforce productivity, motivation and team spirit ALL FOR FREE! Email us workplaces@hlsghos.org for a no strings informal chat and find out more....



Copyright © 2021 Ice Creates Limited, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

