



Gloucestershire Healthy Workplaces

Roundup October 2021

This month is packed full of Healthy Lifestyle campaigns that you can get involved with to help raise awareness of some important causes. Our HLS Glos #Stoptober campaign is underway and we had lots of fun getting out and about and visiting our partners across the county - look out for our 'Big Cig' pics on social media!

Find out more about how we can support you to quit by visiting

<https://hlsglos.org/our-services/stop-smoking/>

Get involved this October!

Looking after your Mental Health – Find out more and join us for 'Wellbeing Wednesdays' with **Heads up Cheltenham** this month
World Menopause Day is on 18th October – Raise awareness in your workplace about the effects of Menopause and how we can best look after our health and support the wellbeing of others at this time.

Healthy Lifestyles go Sober this October – Check out our mocktail recipes

Healthy Snacking – With Susan Doran, Workplace Wellbeing Consultant for Gloucestershire

Covid-19 Vaccinations in the Workplace

Future Campaigns to look out for this Autumn...



Looking after mental health in the workplace.

The COVID-19 pandemic has had a major impact on many people's mental health. Some groups might have been more affected than others, so it's important to continue to check in with the people around you and know how to spot the signs when someone is struggling. You can also help to share and promote the support available to those that need it.

There are many ways your workplace can help to raise awareness and reduce the stigma, as well as promoting valuable sources of advice and support.

Get your whole organisation involved in supporting better mental health and wellbeing with Mental Health at Work. You can sign up to their commitment on the Mental Health at Work website and tap into a wide range of resources to ensure better mental health in the workplace.

For more resources and tips on supporting workplace mental health you can have a look at the Healthy Workplaces website.

If you would like to get in touch about supporting workplace mental health send us an email at workplaces@hlsghs.org



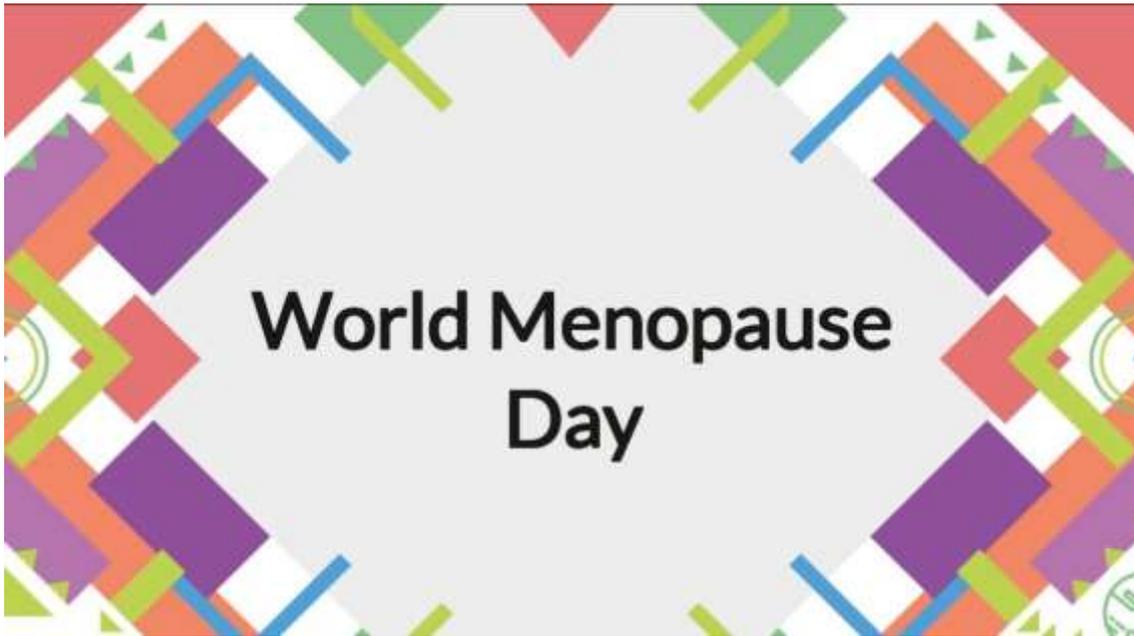
FREE HEALTHY LIFESTYLES & HEALTHY WORKPLACE SESSIONS FOR ALL

This October you will find us in Cheltenham for Wellbeing Wednesdays - in partnership with Heads Up Cheltenham and Cheltenham Borough Council.

You can find out more about our **Health Coaching approach** and how we help to empower people to make positive decisions about their health and wellbeing, support them to set goals and equip them with tools and techniques that they can use each day to develop sustainable behavioural change.

To find out more and to register for our free information sessions please [click here](#).

Wednesday 13th & Wednesday 20th October 1-2pm



World Menopause Day – 18th October

This year the theme for **World Menopause Day is bone health**. Looking after your bones and keeping them strong as you grow older not only reduces your risk of fractures but can also **reduce your risk** of developing bone-related illnesses like **osteoporosis**.

Find out more about the campaign and the resources available by visiting the [International Menopause Society \(IMS\) website](#).

ACAS have recently relaunched their free resources on menopause in the workplace. **You can find this on their website.**

In November ACAS are hosting a **digital conference** with key speakers discussing how organisations can better support staff in **creating respectful and positive workplaces**.

Food and Drink



We're going sober this October and sharing our delicious mocktail recipes for you to try at home.

Let's kick off with a Glos-Colada...

½ cup (120ml) pineapple juice
1/8 cup (60ml) cream of coconut
1 tbsp coconut cream
1 cup ice

Method:

- 1** – Add all ingredients into a blender.
- 2** - Blend until smooth.
- 3** – Add extra ice until desired consistency.
- 4** – Serve and enjoy!

When life hands you pineapples make pina coladas!
Have a go at your own mocktail and tag @HLSGlos on Facebook



To Snack or Not to Snack...

By Susan Doran, Workplace Wellbeing Consultant, Gloucestershire

Trying to achieve a healthy, balanced diet should be easy... so why can it seem so hard? Well, with so many different foods available at our fingertips nowadays, it can be hard to resist the temptation sometimes.

When we don't have access to a wide choice of different foods, then this temptation is removed and it can be easier to stay on track. Being **more purposeful when shopping** for food and writing a list of everything you might need can help you to not buy more than you need and filling your basket with unnecessary snacks. This can be easier said than done when you are surrounded by smells, sights and sounds that are made to entice you into buying.

Our snacking habits have changed drastically in the last couple of decades, and I remember when my siblings and I were young and hungry after school, we were given a mug of cornflakes and enough milk to cover the bottom and told it would keep us going until tea. However, that is often not the case these days as most homes have a cupboard stashed full of biscuits, cakes and crisps. Our explanation is we must have them in just in case - but why is that?

When certain foods started to become so widely available, relentlessly advertised and affordable, we lost touch with the idea of going without. The food industry's approach to advertising and consumerism is relentless and heavily invested, but the relationship between consumer and producer is not one-sided.

Why are snacks so important to us? The Grocer magazine reports that there are **more than 19 billion snacking opportunities in the UK per year**, and more than two-thirds of consumers snack at least five times a week. [The Grocer report on bagged snacks](#) indicates that the savoury snacks sector alone makes a significant contribution to the country's food manufacturing base, and is considered by the industry to be 'vital' to the UK economy. The total value of the savoury snack industry in the UK alone is estimated at **£3.2 billion**. In 2019, the UK crisps and savoury snacks market was estimated at **£2.5 billion**. The average annual food shop shows a spending of £3312 per year with around 20% of that total being spent on snacks and confectionery. There is some [interesting research](#) around when people snack indicating that most people snack 2-3 times a day, at home and between 3pm-8pm.

However, snacking isn't all bad, and in fact you should still be eating at least 3 meals and 2 snacks as part of a Healthy Lifestyle - you just have to be mindful about what snacks you are having. For some healthier foods, you could try:

Banana and apples - you could even add some Greek yoghurt.

Carrot or celery sticks and hummus

Home made snack bars - making your own snacks is a great way to save money, customise your snacks and stay in the know about what's going into your food. For some recipe inspiration, [click here!](#)

Low sugar cereals - such as cornflakes or Weetabix will help to keep you full until your next meal.

Apple slices with peanut butter or a spoonful of chocolate spread are a great way to get a sweet-fix without an overload of processed sugars.

So why not snack happy, save money and save waste?



Covid-19 Vaccinations

While the Covid-19 Vaccination Programme has brought hope and freedom for many of us, many workplaces are still struggling with the issue of vaccination uptake.

ACAS have recently produced vaccination resources to help employers understand the new government legislation and how to put in place a policy that will work for both them and their employees.

Covid-19 vaccinations in the workplace (new)

This new e-learning course offers good practice advice on how employers can best support and encourage staff to get Covid-19 vaccinations and also explains the recent law introduced by the Government around vaccinations in certain settings. It covers how to create a vaccine policy that's appropriate for your workplace, staff who may be exempt and how to strike that balance between protecting the health of staff whilst maintaining good workplace relationships and environment.

Future Campaigns to have on your radar...

16 DAYS OF ACTION

Supported by PHE

25th November-10th December

16 Days of Action Against Domestic Violence is aimed at businesses to support them to take action against domestic abuse and violence. Employers have a legal obligation to assess dynamic risk and support the health and safety and wellness of their employees. 16 Days of Action aims to show companies that they can do more to aid their employees who endure domestic violence, by training those who witness it and protecting staff as a whole. Spanning across 16 days from **25th November to 10th December**, a theme will be identified each day to explore the various forms of domestic violence. In doing so, the workplace will be better equipped to acknowledge the signs that indicate it may be going on.

You will hear more from **Glos Healthy Workplaces** in coming months about this important campaign and how to create a robust **Domestic Violence Policy** for your workplace. For more information on this campaign [have a look at their website.](#)



For all our Autumn campaigns see our campaigns calendar here [Healthy Workplaces - Calendar \(hwglos.org\)](http://HealthyWorkplaces-Calendar(hwglos.org))



Get ready for Alcohol Awareness Week!

This year's Alcohol Awareness Week is taking place from 15-21 November, on the theme of 'Alcohol and relationships'. Figures from Public Health England show alcoholic liver deaths have increased by an unprecedented 21% during the pandemic, and there's been a 58.6% increase in people reporting drinking at increasing or higher-risk levels.

With many people drinking more heavily and at risk of serious mental and physical harm, this year's Alcohol Awareness Week offers a great opportunity to get people thinking and talking about their drinking.

Join [Alcohol Change UK](#) who will be sharing stories, factsheets, tips and more to help us better understand the ways in which alcohol can affect us and our relationships with those around us, and the benefits of cutting down.

Find out more and join Healthy Workplaces!



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@hsglos.org for a no strings informal chat and to find out more....



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