



Gloucestershire Healthy Workplaces January 2022 Newsletter

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- Calling anyone living, working or spending time in Tewkesbury – Help us shape and develop the health and wellbeing services in this area with our online survey

Our Healthy Workplace Trailblazers

Our First Healthy Workplace Awards were achieved by

Castleford House Cheltenham Borough Council

Forwards Employment

GFirst LEP Gloucestershire Clinical Commissioning Group

Gloucestershire County Council

Greenwoods Nursery

Hope for Tomorrow

HR People Support Invista Textiles UK Ltd

Journey Publica

Stroud District Council Take Five Healthcare

UCAS

University of Gloucestershire

Stagecoach West

In December 2021 we had a fantastic celebration event to recognise commitment and achievement of 17 Gloucestershire Healthy Workplaces!

The businesses who received their awards have been working through the Healthy Workplaces accreditation for the past two years to implement health and wellbeing measures in their workplace.

We are delighted to celebrate these businesses and the work they have done! We now have a growing community of over 60 workplaces working to achieve this accreditation.

If you would like to register your workplace for the award and join our community then please get in touch. We run regular networking and good practice sessions for business and offer webinars, resources, training and support to any Gloucestershire workplace for free.

Visit www.hwglos.org to register online or email the team workplaces@hlsqlos.org for more information.

NEW NHS Mental Health Campaign



Over half of the population (54%) were concerned about their mental health last year. Half of the population experienced stress (51%) and anxiety (50%) last year, while 45% experienced low mood or depression and 1 in 4 had fear of social situations.

The majority of those who struggled (nearly 60%) did not seek any professional help for their mental health. However, this year people are more conscious of their mental health - six out of ten (59%) people plan to focus more on their mental health in 2022. 40% of the public are not aware that you can refer yourself for NHS therapy (without a GP referral).

This month, NHS England and NHS Improvement has launched a new mental health campaign to highlight that feelings of anxiety and depression can affect us all– and the NHS is here to help.....

NHS Mental Health Campaign

The NHS provides a range of talking therapies for common mental health issues such as anxiety and depression which are free, effective and confidential.

The 'Help' campaign will encourage anyone experiencing common mental health problems to seek help from these NHS services – either by referring themselves, or by contacting their GP. There are lots of different ways of accessing this support including in-person, by video consultation, telephone and interactive text.

The campaign uses lyrics from the Beatles' song 'Help' to bring to life the message that anyone can experience feelings of anxiety and depression, and that it's totally normal to ask for help. Sony and Apple Corps have kindly gifted the NHS the rights to the song in support of the NHS and mental health.

Famous faces from across music and radio, including Craig David, Tom Grennan, Laura Mvula, Nicola Roberts, Ella Henderson, Max George, as well as an NHS therapist and real people who have benefited from the NHS mental health Talking Therapy services, are supporting the campaign in a powerful new video, featuring the lyrics of 'Help!', which calls on people who are struggling to reach out for support through NHS services.

Visit [nhs.uk/help](https://www.nhs.uk/help) for more information. Or follow #HelpUsHelpYou on social media channels

Beat the Winter Blues with some inspiration and top tips from Liggy Webb, award-winning and bestselling author, presenter and keynote speaker, and international consultant specialising in life skills.



We were very fortunate to have Liggy as a keynote speaker supporting our Awards last month. You can download this poster and get more top tips to share with your workforce here [Blog \(liggywebb.com\)](http://www.liggywebb.com)

Focus on Wellbeing in Health and Social Care



The NHS wellbeing framework and resources for the NHS and social care workforce has been re- launched, revamped and is available to access online.

The national health and wellbeing programme was set up prior to the pandemic in 2019 to specifically support the wellbeing of our NHS people. The programme is split into a number of key areas, and you can read more about each programme and access nationally published guidance here.

[NHS England » Supporting our NHS people](#)

Although designed for NHS staff there are some great resources, tips and information that will be relevant and useful for many employers.


The Wellbeing Line
SELFCARE IS NOT SELFISH

Gloucestershire's new helpline 'The Wellbeing Line'

Offers confidential mental health and wellbeing support for anyone working in health and social care in Gloucestershire.

Find out more <https://thewellbeingline.co.uk/>

Get involved – February Wellbeing Campaigns for your workplace



Your workplace can get involved and promote the website, share the challenges and toolkits to help raise awareness, encourage healthy behaviours and spots signs early.

[Official website of World Cancer Day by UICC | 4 February](#)



Time to Talk Day is the nation's biggest mental health conversation takes place on Thursday 3 February 2022

It's the day that friends, families, communities and workplaces come together to talk, listen and change lives.

Join Mind, Rethink Mental Illness and Co-op and take part in the day by downloading a free conversation starter pack to help you talk about mental health in your community. This site also provides you with a host of ideas about how you can get involved, from organising an event in your local library or hosting a lunch and learn session to sharing information on social media or texting a friend.

However you do it, have a conversation about mental health this Time to Talk Day.

[Time To Talk Day - https://timetotalkday.co.uk/](https://timetotalkday.co.uk/)

CONNECTING COMMUNITIES:

WHAT MAKES A HEALTHY, HAPPY TEWKESBURY?

JOIN THE COMMUNITY CONVERSATION AND SHARE YOUR VIEWS AT:
WWW.SURVEYMONKEY.CO.UK/R/TNQMLQ7

You can take a picture on your phone & go straight to the link

Connecting Communities in Tewkesbury

Join the Conversation

Anyone living, working, or spending time in Tewkesbury Town or Mitton areas, we would really value 5-10 minutes of your time to complete the following community survey:

Thank you!

<https://www.surveymonkey.co.uk/r/TNQMLQ7>

Taking a strength-based approach to community health and wellbeing.

The Tewkesbury Integrated Locality Partnership (ILP) is made up of representatives from health and social care, community groups, charities and local authorities and is committed to help create healthier, happier, more connected communities. We want to work with the community to understand what is available here, what is working well and what helps create good health and wellbeing in and around Tewkesbury Town. We are having a number of conversations with local people to explore the local area and to unveil hidden gems. The knowledge, experiences and insight of local residents is invaluable and key to this work; we also want to connect people, create awareness of local opportunities and build momentum around passions and interests to support local people to take action on the things they care about. We would love for you to share what you know about the places, spaces and people around Tewkesbury. This isn't about creating a database, this is about building community connections and recognising the strengths that are already present across the town.

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



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