



Gloucestershire Healthy Workplaces March 2022 Newsletter

In this month's newsletter we look ahead to spring 2022 with optimism.

With the official end to most mandatory Covid restrictions our business community is navigating the return to offices, many of us are looking forward to 'in person' events and meetings while embracing the lessons learned over the past 2 years.

Staff health and wellbeing remains a key focus for many companies, it is an important tool for all employers to help recruit and retain good people.

March provides a great opportunity for us to raise awareness of some key health and wellbeing topics, with National No Smoking Day, World Sleep Day and International Women's Day, all scheduled this month.

Could it be the right time for your company to get in touch with us? You will benefit from a wide range of free support on offer, but also to join our growing community of likeminded employers and practitioners striving to provide the best health and wellbeing support in the county.

In this issue:

- **National No Smoking Day** – Join the movement with Healthy Lifestyles Gloucestershire
- **Healthy Workplaces out and about** - join us at one of our networking events this month and join the conversation on workplace wellbeing
- **National Awareness Days and campaigns for March 2022** – just click on the links for all the free resources and information you need.
- **Local and National News & Opportunities for employers** – including news from Carer Aware, G First LEP and Acas
- **Pause for five** - Help your teams reconnect, reenergise, and refocus

No Smoking Day - 9th March



This No Smoking Day, 9th March 2022, we are aiming to get as many people who smoke as possible to pledge to spend the day smoke-free!

Is your workplace up for the challenge?

Why not challenge your staff to find friends and family who could benefit too! Anyone can sign up to take part and our friendly team at Gloucestershire Healthy Lifestyles will keep you accountable via text and email with all the support and encouragement you need to succeed.

It's just one day! And a great way to get people thinking about smoking and to raise awareness of the free local support right on their doorstep that is confidential and can be tailored to meet individual needs.

To make the pledge, [click here](#).

Gloucestershire Workplaces can also download our toolkit [here](#) to help promote a supportive no smoking culture in your organisation. For more information on free support to help quit for good [visit our website](#).



Healthy Workplaces out & about this March

Join us to find out more about what some of Gloucestershire's businesses are doing to support employee health and wellbeing.



Workplace Wellbeing Webinar Online Healthy Workplace Session for Local Organisations **Thursday 24th March 2-3pm via Zoom**

Heads up Cheltenham and Healthy Lifestyles Gloucestershire are partnering to offer you the opportunity to be part of an online interactive webinar, exploring best practice in workplace wellbeing:

- **Find out about the role of Heads Up Cheltenham in raising awareness of mental health and wellbeing services in the town**
- **Hear from other local organisations with examples of best practice from their own experiences**
- **Share your own ideas or ask questions regarding workplace wellbeing**
- **Learn more about Gloucestershire's Healthy Workplaces Award and how your organisation can get involved**

To book your place or if you have any queries, please email: HeadsUpChelt@cheltenham.gov.uk

Healthy Workplaces out & about this March

Join us to find out more about what some of Gloucestershire's businesses are doing to support employee health and wellbeing.

CIPD

Join us at **Gloucestershire CIPD's Workplace Wellbeing event** on 9th March at 6pm at the University of Gloucestershire Oxstalls Campus.

You will hear from a panel of workplace wellbeing experts and we will be providing you with some tools and ideas to help implement, protect, and promote employee wellbeing practices within your workplace

For more information and to book your place via Eventbrite [click here](#)

Health and Wellbeing Campaigns March 2022



Sleep Awareness
Week® 2022

powered by  the National Sleep Foundation

Join us from March 13–19 for Sleep Awareness Week 2022! Sharing helpful infographics and fun sleep tips helps to remind your colleagues, friends, and family about the importance of sleep health.

The annual sleep awareness week celebrates sleep health and encourages the public to prioritise sleep to improve their overall health and well-being. The national campaign provides valuable information about the benefits of good sleep and how sleep affects our health, well-being, and safety.

Find out more at [Sleep Awareness Week](#)

Health and Wellbeing Campaigns March 2022

MARCH 
THE **MONTH**



March is Prostate Cancer Awareness Month.

"March the Month for over 11,000 men"

March the Month is a virtual step challenge for anyone who wants to keep active and help beat prostate cancer. Whether you're walking or wheeling, take on 11,000 steps a day throughout March. You'll be doing it for more than 11,000 dads, partners, brothers, grandads and mates who die from prostate cancer every year.

Sign up and raise money to fund lifesaving research to help beat prostate cancer.



World Oral Health Day

World Oral Health Day

On 20 March every year, we ask the world to unite to help reduce the burden of oral diseases, which affect individuals, health systems and economies everywhere. World Oral Health Day aims to empower people with the knowledge, tools and confidence to secure good oral health.

Find out more and download some resources to raise awareness in your workplace [here](#).

Local and National News & Opportunities for employers



Carer Aware Professionals Week

Join us from Monday 14th - Friday 18th March for our FREE short sessions to find out more about support services available for Carers in the county. The Carer Aware Professionals Week has been designed for anyone working alongside or supporting Carers within the county. Whatever your role, the aim of the Carer Aware Professionals Week, will be to increase your confidence in identifying Carers, understanding the processes and services available through the Carers Hub as well as other Countywide services.

To book please email bookings@peopleplus.co.uk

Details of the event can be found [here](#)



The Growth Hub and GFirst LEP are launching a new pilot scheme to help drive innovation within Gloucestershire's SME community.

'Innovation Accelerator' equips business leaders with the skills to embed innovation and change management within the culture of their business, in order to deliver sustainable growth. Find out more [here](#).



On 16th February 2022 Acas published new advice to help employers handle staff bereavement at work and understand an employee's legal right to time off.

Acas Chief Executive, Susan Clews, said:

"The death of a loved one is a devastating and life changing experience for any employee. It can impact someone at work immediately as well as long-term.

"We also cannot ignore the effect that the COVID-19 pandemic has had on staff who have been unable to grieve in the usual way. Some people could not be with loved ones when they died or were not able to give them a proper send-off.

"Our new bereavement advice can help employers handle these difficult situations in a supportive, compassionate and practical way as well as understanding the law in this area."



Practical advice to help you reflect and reset to thrive at work

As wellbeing and resilience rises as a major priority for us personally and in the workplace, we have created Pause for Five to help you reflect, reset and live your best life.

Our expert team of wellbeing practitioners, psychologists and organisational development specialists have brought together proven, practical tools and techniques to support you and your teams to develop and sustain the habits of a healthy, high-performing organisation.

Our series of webinars and articles offer you and your teams a chance to take action to author a new tomorrow, boost your wellbeing and thrive. Here you'll find highly interactive and engaging tips and tools to boost the wellbeing and performance of you and your employees. We will be sharing new resources, tips and tools every Friday for the next six weeks.

Watch the first video update [here!](#)

PLUS: Our 'Future of Work' Report, to make 2022 the best year ever!

Stuart Jackson, CEO of ICE, has supported thousands of businesses for more than 20 years to find greatness, purpose, and nurture healthy workforces. He has created this guide to share what he knows works to guide you through the pitfalls of finding personal and organisational success.

In this free guide you'll learn:

- Techniques and tools to support you and your team to adapt and thrive in the new emerging world.
- Reinvigorate your teams, improve connection and build resilience.
- How to give yourself genuine moments to reflect, reset and reenergise, developing resilience and energy to enter each day with a renewed focus.

[Pause for Five - ICE Creates](#)

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



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