



## Gloucestershire Healthy Workplace Newsletter April 2022

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### In this issue:

- Hybrid and flexible working in 2022
- Join our community of Gloucestershire's Healthy Workplaces with free regular discussion forums, webinars, and practical advice.
- Upcoming wellbeing campaigns for April 2022 and pre order your Free Healthy Workplace Activity Planner today
- Cancer Awareness with Macmillan– Raise awareness and help your workforce to spot the early signs and symptoms and where to go for help

# the future of work

**Many workplaces have implemented hybrid working and flexible working policies to ensure we learn from what we gained and experienced over the past year and can continue to offer flexible working arrangements where practical. Check out our top tips for hybrid working.**

- **Connect with your team**

Human connection is centrally important to a successful future and many employees want this connection without being tied to full-time office work. Make sure you continue to offer regular wellbeing check in's, informal chats and virtual coffee sessions to maintain connection.

- **Collaborate**

Help your employees to define what is important, why do they work together and what will they achieve. Do this together and use techniques that help bring your team goals to life.

- **Provide Clarity**

This can be done by documenting your 'ways of working' via a playbook or handbook or using an online shared space. Ensure expectations are clear.

For further tips and insights into successful hybrid working download the 'Future of Work' yellow paper from ICE Creates below

**[Future of Work - ICE Creates](#)**



## **Join our Free Healthy Workplace Sharing and Networking Sessions**

Lots of workplaces are testing new ways of coming together in a post pandemic world and we will all learn as we move forward. Over recent months the Gloucestershire Healthy Workplaces have been running good practice, networking, and sharing sessions for workplaces registered on our award programme.

We have been providing a forum to share experiences of the journeys we have been on to create a healthy workplace culture. We have businesses from a wide range of different industries, large and small coming together to share tips, get advice, ask questions and discuss challenges. We have also heard from guest speakers about local support available.

It is quick and easy to register for our scheme and become part of this growing network.

If you would like to know more please email us [workplaces@hlsglos.org](mailto:workplaces@hlsglos.org) or you can register for our award programme online at [www.hwglos.org](http://www.hwglos.org)



## Stress Awareness Month 2022

Stress Awareness Month has been held every April since 1992 to raise awareness of the causes and cures for our modern stress epidemic. This year the theme is Community.

The Stress Awareness Management Society have also created a 30 day challenge with free resources specifically created for the month of April. You can download the 30 Day Challenge, a Daily de-Stressing Planner, a Stress Guide, 7 Steps Achievement Plan, useful infographics on stress and much more!

**Find out more and access the free resources here**

**[Stress Awareness Month 2022 - The Stress Management Society](#)**



No matter if you're a small business or a large corporation, the law requires all employers to prevent work related stress to promote, support and sustain good mental health in the workplace.

Employers need to assess the risk of work-related stress and to put steps in place to tackle those risks. This can reduce sickness absence, boost morale and therefore help improve productivity.

**The working minds campaign from HSE** has some great tools to help including stress risk assessment templates, a talking toolkit for managers and information about how to spot the common signs and symptoms.

You can view their free resources here:

**[Working Minds Employers - Work Right to keep Britain safe \(campaign.gov.uk\)](#)**



## On Your Feet Britain 2022

On your feet day is taking place this year on Thursday 28 April 2022 with exciting active events to get us all moving

On Your Feet Britain day is a FREE and FUN way to reboot and energize your workplace habits. Can we inspire Gloucestershire's workers to get active for the #BigWiggle – wherever their desk may be?

On Your Feet Britain day is your chance to get the ball rolling and encourage your employees, co-workers or even your boss to take a stand.

Visit the website and sign up for free resources and a lot of inspiration for your team [www.onyourfeetday.com](http://www.onyourfeetday.com)

## Free Campaign and Activity Planner from Gloucestershire Healthy Workplaces



Keep up to date with the key health and wellbeing campaigns and plan your team activities with our new Healthy Workplaces wall planner.

Order your free planner today by **emailing [workplaces@hlsghs.org](mailto:workplaces@hlsghs.org)**

## Raise Awareness with Macmillan



**GFM Cancer Awareness Events**

 GFM Community Link Show  6pm - 7pm

Professionals from Gloucestershire Hospitals will be  
"Talking about Cancer" on the GFM Community Link Show

This advert is aimed at raising awareness of the signs and symptoms of cancer and what to do if you are worried about cancer. GFM Community Link show will be hosting a series of interviews with members of hospital staff where listeners will be able to phone in or email the station to ask questions.

**9 May 2022      Bowel Cancer**

Find out what signs to look out for that could mean you have bowel cancer and what to do if you are concerned.

**6 June 2022      Talking about Cancer**

It might be difficult to talk about cancer and your personal experience. We will be giving advice on how to talk to your G.P, friends and family about cancer.

**5 September 2022      Prostate Cancer**

Find out how common prostate cancer is in men, how prostate cancer is diagnosed and what this might mean to you.

**7 November 2022      Stomach Cancer**

Learn about what stomach cancer is, when to go to your G.P, and how stomach cancer is identified

**Download the PDF poster to advertise these events in your workplace [click here](#)**

Our team would love to come and meet you to explore how you can make your workplace a healthier place to work - and how you can be recognised for the great work you are doing.

As businesses, our people are our greatest asset. Evidence shows that healthier workplaces can **increase productivity, reduce sickness absence, save money and increase profitability.**

For more information visit <http://www.hwglos.org/about-us/> or email [workplaces@hlsghglos.org](mailto:workplaces@hlsghglos.org) and our dedicated workplace wellbeing coach will be in touch



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