



Welcome to our May 2022 Newsletter

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Meet our Latest Healthy Workplaces

We are delighted to welcome 2 new Gloucestershire employers to our trailblazing community of workplaces. Both settings have received the Foundation Level Award in the past couple of months.

Lanes Health is a thriving family company with over 90 years' experience of promoting health and wellbeing through our wide range of respected OTC medicines, supplements, and natural products. The Lanes Health team put health and wellbeing at the heart of what they do, with a supportive and open culture evident across the whole organisation and a commitment to continuous improvement. Since embarking on the Gloucestershire Healthy Workplace Award, they have developed a range of new practices and initiatives to support staff wellbeing including introducing mental health first aiders.

‘With the tireless support of our loyal, dedicated people, our aim is to achieve more than we ever thought possible, for ourselves and for everyone we work with.

‘Our people are the foundation and driving force of our business. It is their daily commitment to achieve more that enables us to grow and evolve.’

Lanes Health

Staunton and Corse Early Years have also achieved their Healthy Workplace Award.

With a small, dedicated team providing quality local childcare they have been working hard to create an inclusive and open culture which has been vital to their success.

Staff health and wellbeing is a key priority with senior leaders and board members working hard to act as healthy role models for staff, parents and the children in their care.

Want to read more about the organisations who have achieved our Healthy Workplaces Award? View all of our accredited workplaces [here](#)

May 2022 Wellbeing Campaigns to Promote in your Workplace



May is **Living Streets' National Walking Month.**

This year, we're encouraging you to **#Try20** - and walk for 20 minutes each day during May.

Walking is an easy and accessible way to improve physical and mental health and a 20-minute walk can reduce the risk of a number of preventable health conditions, including certain cancers, depression, heart disease and Type 2 diabetes.

By swapping a short drive for a short walk, you can also help reduce air pollution, congestion and road danger - whilst saving yourself some money and getting active in the process!

View LivingStreet's **#Try20** tips [here.](#)



Sun Awareness Week Mon 2nd to Sun 8th May 22

Sun Awareness week is the kick-off to the summer-long Sun Awareness campaign from the British Association of Dermatologists. This week is used to re-enforce the need for sun protection across the UK and inspire people to raise awareness themselves!

For more information including free fact sheets, leaflets, articles, and posters have a look at the [British Association of Dermatologists' website](#).



Deaf Awareness Week 2022

Deaf Awareness Week (2-8 May) is focusing on Inclusion Deafness, to explore the entire theme of inclusion within our community. It aims to highlight the impact of hearing loss on everyday life, importance of mental health for people with hearing issues, increase visibility and inclusion of underrepresented groups amongst deaf people and raise pertinent issues of deafness being overlooked within education and the workplace

For ideas on how your workplace community can get involved have a look at the [National Deaf Children's Society website](#) to hear real stories from deaf children and young people.



Love to Ride – Bike Month in May

The Bike Month Challenge

Bike Month isn't about riding the furthest or the most often, it's about riding when you can, encouraging others and spreading the joys of bike riding far and wide.

Throughout May, riders across the world are creating teams to get outside and enjoy riding their bikes, earn points and win amazing prizes. You can ride anywhere, anytime. You're invited to create your very own team - it's easy to do, just register at lovetoride.net and give your team a name. Get your colleagues involved! Invite your team, or rally around the office to find volunteers. How does it work?

- Teams are limited to a max of 10 riders
- They will compete in pools of 10 teams
- Earn points for riding your bike and encouraging other people
- Rack up points to climb your pool's leader board
- The more points you have, the more prize entries you gain

New rider on your team? Great! They earn double riding points.

Set up your workplace profile and find out more about how to get involved <https://www.lovetoride.net/gloucestershire>



Gloucestershire Carers Hub Toolkit

Gloucestershire Carers hub have put together a brand-new toolkit for employers to help with tips, advice, legal responsibilities, and support opportunities. Everything you need to know about how to support carers in your organisation.

To find out more about the carers hub, local support and events visit their website: [Glos Carers Hub Employer Toolkit](#)



Mental Health Awareness Week

The week, which is hosted by the Mental Health Foundation, is in its 22nd year and runs from 9-15 May. This year the theme is **Loneliness** which affects millions of people across the UK. Long-term loneliness is closely linked to mental health problems such as depression and anxiety.

Mark Rowland Chief Executive of the Mental Health Foundation said:

“We hope this year’s theme of loneliness will strike a chord with many of us who felt lonely and struggled throughout the Covid pandemic.

“Millions of us experience loneliness from time to time. We know that some people are at higher risk of experiencing loneliness and the evidence shows the longer we feel lonely, the more we are at risk of mental health problems.

“Loneliness deserves more attention and we’re calling on everyone who has struggled as a result of being lonely to share their experiences. We must work together - as individuals, as a society and through government policy - to reduce loneliness and prevent mental health problems by investing in welcoming, social spaces and new community initiatives.”

For more information about this year’s Mental Health Awareness Week visit www.mentalhealth.org.uk/mhaw or join the conversation on social media using #MentalHealthAwarenessWeek

Find out more and join Healthy Workplaces!

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.

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 for FREE through our evidence-based workplace award, helping you bring your team together with health and wellbeing goals and increase workforce productivity, motivation, and team spirit! Email us workplaces@hlsglos.org to find out more....

Limited time only - we will be posting out FREE wall planners to all our Healthy Workplace clients. If you are not registered for our award and would like to reserve your free planner, please email workplaces@hlsglos.org with your name, company and postal address and one of our team will be in touch.



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