



## Welcome to your June 2022 Newsletter!

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This June we are raising awareness of Men's Health Week, supporting carers during National Carers Week and thinking about inclusive employment for Learning Disability Week.

There is lots going on in Gloucestershire to support employers and employees this month with webinars, forums, new resources, and even a bit of inspiration for cycling as the women's tour comes to Gloucestershire this month!

### In this issue

- **Join the Gloucestershire Employer Forum** – with Gloucestershire Employment and Skills Hub
- **Business without barriers hub from the FSB** – webinars & advice on making your workplace more inclusive
- **Financial Wellbeing for your employees** – Find out about the UK Financial wellbeing Strategy in the Southwest and support your employees with resources from the Money and Pensions Advice Service.
- **Men's Health Week** – Find out how your organisation can get involved in raising awareness and supporting Men's Health in the workplace
- **Carers Week 2022** – access the programme of free events, from Gloucestershire Carers Hub and support the unpaid carers at your workplace.
- **The Women's Tour comes to Gloucestershire** – Find out about the tours, active travel, and cycling opportunities in Gloucestershire.
- Support the work of Mencap and raise awareness of **Learning Disability Week** from 20-26<sup>th</sup> of June
- **Brand new county wide Volunteering Website** launched in Gloucestershire

# Book your **FREE** Healthy Workplace Consultation!

If you haven't signed up to our *Healthy Workplace Award Programme* yet but would like to find out more we are offering **30 minute consultations for all Gloucestershire Workplaces** throughout June.  
Email [workplaces@hlsghos.org](mailto:workplaces@hlsghos.org) to book today.

## Introducing Gloucestershire Employers Forum



Sign up via Eventbrite to [confirm your attendance here.](#)

Gloucestershire Healthy Workplaces are teaming up with the Employment and Skills Hub to support a new **Local Employer Forum.**

With many organisations finding it hard to recruit and retain staff, Gloucestershire Employment and Skills Hub are piloting a new forum for employers this month. This first event is scheduled for **Wednesday 8<sup>th</sup> June** between **2pm-4pm** at the **Gloucestershire Employment & Skills Hub**, we will have a representative from DWP coming to present on developing an inclusive workplace with the use of reasonable adjustments, and how employers can approach Access to Work for funding. There's a resource pool of people looking for employment, whose difficulties prevent them accessing work through standard processes, and they can be overlooked in terms of their potential during recruitment. Yet these people can be supported into employment with reasonable adjustments and the employer can obtain funding through the Access to Work scheme. There will be an opportunity to ask open questions, and there will be some time for open networking.



## Business Without Barriers Hub from the FSB

*"Our Business Without Barriers hub features inspiring interviews with successful disabled entrepreneurs and personal accounts from employers who are helping to break down barriers to employment. Together with experts and leading organisations, we're also helping you to make your workplace more inclusive and accessible with free advice, guidance and resources."*

Have a look at their upcoming webinars held throughout June, download their recent report findings and [find out more about how to make your business more accessible here.](#)



## Learning Disability Week

20th-26th June

### Living Life with a Learning Disability

'This year, we want to show how people with a learning disability are reconnecting with friends and their communities. We also want to talk about the issues many people still face after the end of COVID restrictions, like still having to isolate or dealing with poor mental health and anxiety.'

Find out more by [visiting Mencap's website.](#)



## Financial Wellbeing in your organisation with **MoneyHelper**

**Join the Webinar to find out about the UK Strategy for Financial Wellbeing & the Delivery Plan for Southwest England on Thursday 16<sup>th</sup> June 2022 from 12-1pm.**

From pocket money to pensions, this delivery plan is for all organisations in the South West with an interest in supporting or improving the financial wellbeing of people across the region. This delivery plan provides context and background information and details of how organisations with wellbeing programmes, as well as those who aspire to do more, can work together on impactful financial wellbeing activities that will help people in need - especially the most vulnerable.

**Employers:** all different types of employer, from microbusinesses to multinationals, across all sectors and their representative organisations and trade bodies.

**Lifelong Learning:** formal and informal education providers, parents, care givers and other educational support services.

**Organisations focused on individual and community wellbeing:** community and special interest groups, the health system, charities, housing associations, advice agencies and community groups.

**Creditors and the financial services sector:** funders, providers and innovators.

**Thinkers and decision makers:** policy makers, influencers, regulators and funders. Local and regional government and other decision makers.

You will hear background and context specifically focussed on the South West from the recent **Adult Financial Wellbeing Survey**. Speakers include **Martin White**, Health and Wellbeing Programme Lead at the Office for Health Improvement and Disparities within the Department of Health and Social Care, and also **Sarah Murphy**, who is Health, Social Care and Welfare Systems Strategy Lead at the Money and Pensions Service.

There will be a focus in the second half of the event on some of the links between money and mental health, and some of the work going on to improve financial wellbeing as we navigate through the current challenging economic climate.

**Book your place for the webinar [here](#)**

**Further information and support for your workplace and for your employees can be found using the link: [MAPS Money Helper](#)**



No tread left after the pandemic? Get yourself back on the road. **Time for your MOT.**

#menshealthweek #manMOT menshealthforum.org.uk/mhw

**MEN'S  
HEALTH  
WEEK**

2022



## Men's Health Week

This year for Men's Health Week, Men's Health Forum are encouraging men to 'MOT' their health. Their message to men is:  
It's a simple one: it's time for your MOT.

- Take notice of what's going on in your body and mind.
- Do the Forum's quick and easy [DIY Man MOT](#)
- Get yourself a copy of the CAN DO manual which will also be online soon, a FREE download manual collecting together all the great ideas our [Men's Health Champions](#) have had for things we can all do to boost our mental wellbeing. (If you'd like to train to be a champion in time for Men's Health Week, you can sign up here for the [June Men's Health Champions course](#).)
- Dig a bit deeper with our existing Man MOT manuals: [Man MOT](#) and [Man MOT for the Mind](#).
- Get an NHS Health Check
- Go and see your GP or use [NHS 111](#) if you're concerned about any symptoms

**This Men's Health Week, it's time for your MOT. Visit [Men's Health Forum's website](#) to find out more and get involved.**

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## Gloucestershire to host The 2022 Women's Tour and Tour of Britain with support from the council.

**On Wednesday 8 June**, stage three of the Women's Tour will begin in Tewkesbury and finish in Gloucester. The route will see the riders head west into the Forest of Dean before heading back west to finish in the heart of the cathedral city by Gloucester Docks.

This will be followed by stage six of the Tour of Britain, the UK's most prestigious men's cycle race, visiting the county on **Friday 9 September**, with the race also starting in Tewkesbury and finishing in Gloucester. The riders will head east into the Cotswolds, before heading south, then coming up through the Stroud district, and finishing by Gloucester Docks.

The start and finish of both races will be separated by a little over ten miles, allowing fans to easily attend both on race day.

The council's commitment to supporting tourism and active travel will see it sponsor both races. It will be the first time either race has held a stage start and finish in Gloucestershire. Learn more about the tours, active travel, and cycling opportunities in Gloucestershire by visiting [Gloucestershire County Council's Website](#).

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We welcome you to come and celebrate **Carers Week** with us.

**'Visible, Valued and Supported'**  
6th - 12th June 2022

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges you as unpaid carers face and recognise the contribution you make. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

**Visible, valued and supported**

## Celebrate Carers Week with us!

The Team at Gloucestershire Healthy Workplaces will be delivering a session for employers to find out more about our Award and support offer for local businesses on 7<sup>th</sup> June at 12.30, email [carers@peopleplus.co.uk](mailto:carers@peopleplus.co.uk) to register.

View the whole carers week programme [here](#)



## Exciting Brand-New Countywide Volunteering Website

Launched on 1st June 2022, during National Volunteers' Week, [GoVolunteerGlos.org](https://GoVolunteerGlos.org), the digital home of volunteering in Gloucestershire, is a **BRAND-NEW** website for local people aged 16 plus who are looking to offer their time as a volunteer.

Using [GoVolunteerGlos.org](https://GoVolunteerGlos.org) is the simplest way to find the widest range of local volunteering opportunities in the county all in one place, no matter what your interest is – anything from fundraising, to dog walking for an elderly person, to becoming a special constable!

People wanting to volunteer in Gloucestershire will now be able to use the website to match their skills, interests, location, and availability to the perfect volunteering role.

**New to volunteering?** There are so many benefits for you, as well as the people and causes you are helping. You can gain new skills, make friends, or get to know your community.

Whether you want to volunteer from home or get out in the community and meet new people, [GoVolunteerGlos.org](https://GoVolunteerGlos.org) has something for everyone!

Register at [GoVolunteerGlos.org](https://GoVolunteerGlos.org) and start volunteering your way.

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## 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](mailto: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](mailto:workplaces@hlsglos.org) with your name, company and postal address and one of our team will be in touch.**



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