



Gloucestershire Healthy Workplace Newsletter October 2022

As autumn 2022 sets in we see more employers rallying to support and educate their staff on financial wellbeing. Find out what national support and resources are available in our national updates section. We also share details on some of the key national campaigns for October including Stoptober, Menopause Awareness Week and Mental Health Day.

Please read on to find out more about how you can support and inform your staff with expert webinars, bespoke advice from the Healthy Lifestyles Gloucestershire Service and more.

In this issue

- We celebrate the success of the latest companies to achieve the Gloucestershire Healthy Workplace Award
- Stoptober – download your free employer toolkit
- Menopause in the Workplace – Free Webinar from Liggy web this October.
- Promote World Mental Health Day with Mind UK
- Help Gloucestershire's sustainable and active travel mission with Liftshare Gloucestershire

Celebrating our accredited workplaces

Congratulations to the latest companies completing the Healthy Workplace Award and leading by example to become employers of choice in Gloucestershire.

As we get ready for our Award Celebration event, check out some of our Healthy Workplace members and their achievements.



“With roots as a family business and a focus on building long-term relationships with our staff, it’s in our DNA to take care of our employees. Our Wellbeing Team drives health initiatives throughout the year and supports employees through difficult times. Our supportive and open company culture facilitates good mental and physical health.”



“The organisation has been built and developed on the principles that all of the people we support and our staff will quite live a healthier, happier and more fulfilled life if each of the eight dimensions of wellness are fully met.”

UCAS

“As well as ensuring the best for all our external stakeholders, we take care of our people. We hold regular wellbeing events, have a team of fully-trained mental health first aiders, a staff consultation group, and have some great savings available through our benefits platform, Perkbox.”



“For us, a Healthy Workplace is a place where there is no stigma towards mental health or anxiety and there are accessible tools to support our staff”

Commit to Quit this Stoptober



There are lots of things employers can do to encourage a smoke free culture in the workplace and support employees to tap into the free support available to help smokers quit.

We want to make it as easy as possible for employers to help their employees, so Gloucestershire Healthy Lifestyles have put together a brand new Stop Smoking Toolkit which contains a range of free support, training and resources for your workplace You can download our toolkit from the healthy workplace website [here](#)

Menopause Awareness in the Workplace

World Menopause Day, 18th October 2022, is an opportunity to raise awareness and share information across your workforce.

For more information on how to get involved and access free resources click [here](#)

You may also want to consider the Workplace Menopause Pledge and access lots of key information about women's health with the [Wellbeing of Women](#) health charity

And finally an opportunity not to be missed this month....

Latest Webinar from Liggy Webb on Menopause in the workplace*

Sign up for this free 45-minute webinar from Liggy Web on Tuesday 18th October at 12 noon (BST). Designed for employers the session will:

- Raise awareness about the menopause and why it happens
- Understand the impact that it has on mental health and overall wellbeing
 - Identify the symptoms and how to manage them
- Open up the conversation about the menopause in the workplace
- Support people to feel more confident and comfortable to talk about it

Register for FREE

here: https://us02web.zoom.us/webinar/register/WN_oRSiDUOSQawkK4pfHJ6nA

PLUS: Liggy Webb is offering a 50% discount 2 new bitesize books on the Menopause and Mental Health! Just email liggy@liggywebb.com and quote the code WHDX to order with this discount!

**NB: This webinar offers a light overview of the menopause to raise awareness and encourage more open conversation about what can sometimes be a taboo subject. It is not intended to replace the advice of a doctor or specialist medical professional or practitioner.*

October 2022 Wellbeing Campaigns to Promote in your Workplace

Talking about how you feel can be tough. Like you're speaking a language no-one understands. But we do.

If this speaks to you, speak to us.
mind.org.uk/speak-to-mind



World Mental Health Day

World Mental Health Day this year is on 10th October
There are lots of initiatives and resources that you can tap into to raise awareness in your workplace.

We love this campaign from Mind UK with lots of resources to download including posters, social media posts and videos to share. Visit [World Mental Health Day - Mind](#) to see more



Lift share Week 2022 – 3rd October

With fuel and the cost of living at an all-time high, you may not be aware of the Carshare Gloucestershire scheme to help cut the costs of your commute.

Why Liftshare?

- Instantly share the cost of your commute
 - Reduce your carbon footprint
- Connect with people in the Carshare Gloucestershire network

How do I Liftshare?

- Register or log in here: gloucestershire.liftshare.com
 - Download the free Liftshare app ([Android](#) / [Apple](#))
 - ‘Authenticate’ every shared journey with your Liftshare teammates to climb the Carshare Gloucestershire leader board
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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/about-us/> or email workplaces@hlglos.org and our dedicated workplace wellbeing coach will be in touch.



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