



Newsletter February 2023

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- More Gloucestershire employers accredited with the Healthy Workplace Award – Hear what employers had to say at the event and find out how you can join our growing network in 2023!
- February and March wellbeing campaigns for your workplace plus download our free wellbeing campaigns calendar.
- Free training, free webinars, and other local opportunities for employers.

* Look out for the new **Employer Wellbeing Survey** from the **Human Business** as well as **FREE** employer training & toolkits from **Barnwood Trust** and **Care Aware Gloucestershire!**



New Employers Accredited with the Healthy Workplace Award

Last year another 15 employers received the Gloucestershire Healthy Workplace Award and we now have a thriving community of local employers leading by example in Gloucestershire.

Find out who is an Accredited Gloucestershire Healthy Workplaces [here](#)

We captured some snippets on the night and put together this 2 minute video

[Click here to see what our employers had to say....](#)

[Healthy Workplaces - Healthy Workplaces Awards 2022 \(hwglos.org\)](http://www.hwglos.org)

Join our network

If you would like to find out more about how your organisation can get our FREE support and be accredited for FREE register on our website www.hwglos.org or email workplaces@hsglos.org to book an initial consultation.



Health and Wellbeing Campaigns 2023

National and international health campaigns are a great way to raise awareness of a variety of health and wellbeing topics across your workforce.

At Gloucestershire Healthy Workplaces we have put together a campaigns calendar which contains links to some of the key national health and wellbeing campaigns that will run throughout 2023

There are so many to choose from it is important to pick those that resonate with your workforce. It will not be possible to acknowledge or support them all!

Upcoming campaigns to look out for in the coming months include:

Random Acts of Kindness Day 2023 on 17th February

Have a look at their free workplace kindness challenge and download the 7 step guide to creating a kinder culture at work.

World Oral Health Day 20th March 2023

This campaign allows companies an opportunity to raise awareness across the workforce. Its purpose is to empower people with the knowledge, tools and confidence to secure good oral health.

Stress Awareness Month 2023 - The Stress Management Society April 2023

The Stress Management Society has held stress awareness month every April since 1992 to raise awareness of the causes and cures for our modern-day stress epidemic. It is the time when we have an opportunity for an open conversation on the impact of stress.

[Click here to download our interactive campaigns calendar as a PDF](#)

The Barnwood Trust – Empowered Employers Campaign



Free Training for Managers

Barnwood Trust is delivering a campaign **Empowered Employers** alongside partners Creed Food Services, Clean Slate Training and Employment, Hooray Recruitment, Hydro and Renishaw.

Empowered Employers aims to support organisations within Gloucestershire to consider attitudes and policies that enable meaningful work opportunities for disabled people, people with mental health challenges and neurodivergent people.

As part of the campaign they will be running a FREE Learning Programme which will support employers to make practical adjustments but also challenge assumptions about disability, including:

- **Disability Rights UK:** disability confidence training (February 2023)
- **Genius Within:** neurodiversity awareness training (March 2023)
- **Mind:** managing mental health at work (May 2023)
- **Business Disability Forum:** workplace adjustments (June 2023)

All of the training is free and will take place online.

This training is for all employers, however we are specifically aiming it at line managers in commercial organisations.

Full details of the different training can be found by clicking on this link, as well as details on how employers can sign up

- <https://empoweredemployers.co.uk/get-involved/academy-of-empowered-employers/>

Free Webinar - How to support Muscular Skeletal Health in the Workplace



Musculoskeletal Issues are one of the biggest causes of staff sickness absence nationally.

Society for Occupational Medicine are providing free access to anyone interested in learning what can be done to promote, protect and support musculoskeletal health in the workplace.

12.00-13.00 Wednesday 22 February 2023

Gloucestershire CIDP Wellbeing Event



We are pleased to announce that Healthy Workplaces will be delivering a session at the upcoming workplace wellbeing event from Gloucestershire CIDP.

Find out more about the event speakers and book online via the Eventbrite link below.

[Workplace Wellbeing Tickets, Wed 1 Mar 2023 at 18:00 | Eventbrite](#)

Are you a care aware employer?

Gloucestershire
Carers  Hub

Free Resources from Gloucestershire Carers Hub

It is estimated that 1 in 7 employees are unpaid Carers. They are working in a paid role, alongside supporting a family member, friend, neighbour or child with emotional or additional needs. As an employer, you can support your employees in a number of ways.

Find out about the free support tips and advice and download the employer toolkit [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/about-us/> or email workplaces@hlglos.org and our dedicated workplace wellbeing coach will be in touch.

WELLBEING AND THE FUTURE OF WORK



**LET YOUR VOICE
BE HEARD**

MAKE A REAL CHANGE AT WORK

This is your opportunity to take part in this important new survey which will run throughout Gloucestershire, Herefordshire, Worcestershire and beyond until 31st March. The results will be published at a LIVE event at The Growth Hub, Oxstalls Campus on Tuesday 27th June 2023.

Through our findings we hope to encourage the business community to adopt a more human centric approach to the people they employ and interact with and to facilitate a process whereby business leaders across the region can connect and share their best wellbeing practice with one another.

To get involved and find out more click on the link below
[Wellbeing and the Future of Work](#)

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