



Gloucestershire Healthy Workplace Newsletter November 2022

As winter approaches, we are getting ready for our 2nd annual Healthy Workplace Award Celebration Event.

We are thrilled that so many workplaces have committed to working through our evidence-based accreditation framework to achieve their awards and create a healthier, more productive, and more inclusive workplace culture for their people.

With so many new partnerships and new clients this year we have a lot to celebrate...

In this issue

- National Campaigns this November including Stress Awareness Week and Men's Health
- New free online network from '**Discover your Bounce**' for anyone involved in workforce health and wellbeing
- Focus on **Financial Wellbeing** – new resources advice and toolkits for businesses
- Healthy Workplace Client Spotlight – **The Nelson Trust** with their '**Nelson Noel Challenge**' 12 days of Christmas wellbeing.
- Spotlight on Young people – with a new musculoskeletal toolkit for employers and education providers



We are looking forward to seeing so many of you at our award ceremony on **7th December** which will take place at **Gloucester Growth Hub from 4.30pm.**

There will be stands, speakers and opportunities to meet, learn, and share experiences, with a growing network of Healthy Workplaces in Gloucestershire!

Places are limited and we are almost fully booked for this year!

If you have not yet booked your place or would like to find out more about our Healthy Workplace Awards, please email workplaces@hlsghos.org

October 2022 Wellbeing Campaigns to Promote in your Workplace



7th -11th November is International Stress Awareness Week

International Stress Awareness Week is a major annual event focusing on stress management and campaigning against the stigma associated with stress and mental health issues. It was created in 2018 to raise awareness about stress prevention. The highlight of the week is **Stress Awareness Day**, established over 24 years ago in 1998.

The theme this year is:

Working Together to Build Resilience and Reduce Stress.

For further details about how to get involved in this year's campaign, and to access free stress awareness literature, follow **[this link to the International Stress Management Association website.](#)**



**Get your workplace involved in the Movember movement for
men's health awareness**

Since 2003, Movember has funded more than 1,250 men's health projects around the world, challenging the status quo, shaking up men's health research and transforming the way health services reach and support men.

Find out more on their website and get some inspiration on how to raise awareness of men's health issues across your workplace

<https://uk.movember.com/about/foundation>

**While we are on the subject of Men's Health...
Why not get involved in this new online network for all those with an interest or a role in workplace wellbeing from Discover Your Bounce?**

**EMPOWERING MEN
TO TALK ABOUT
HEALTH**
FREE ONLINE PANEL DEBATE

15th November, 1pm to 1:45pm

For International Men's Day
the Wellbeing Champions Network will explore

- The barriers men face in talking about their health
- How we can encourage more male Wellbeing Champions



Focus on Financial Wellbeing

Financial Wellbeing is fast becoming a key focus area for many forward-thinking employers. Here are a few free resources that may help your business and your employees



Business in the Community have launched a new Cost-of-Living Action Plan for Businesses that details 12 calls to action to support you to be faster, braver and bolder in your response to the ongoing crisis. [Click here for more.](#)



This year the Money and Pensions advice service have launched a new Talk Money Week Campaign that will run from 7th to 11th November. They offer a wealth of expertise support and resources to help you enhance financial wellbeing in your workplace.

Find out more [here.](#)

Healthy Workplace Spotlight

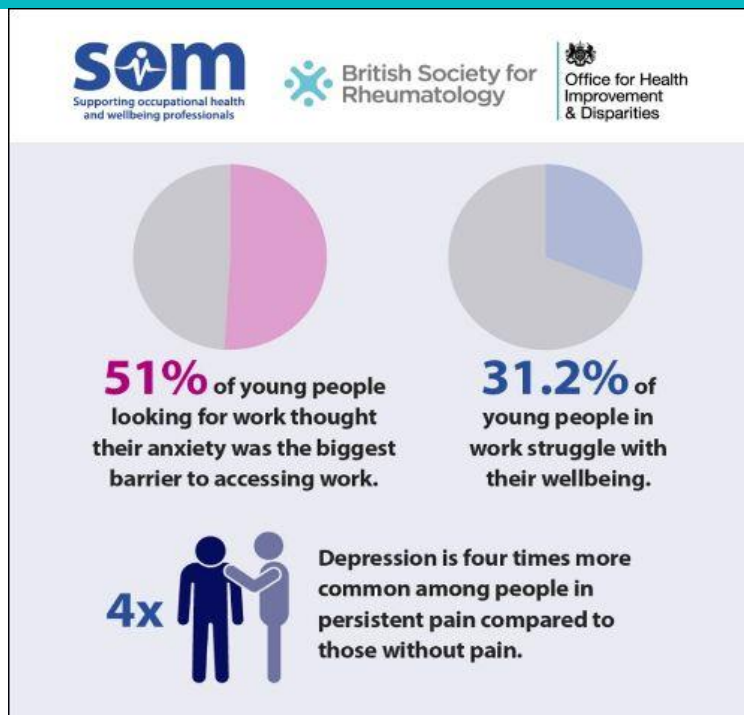


The Nelson Noel Challenge

This Christmas one of our Gloucestershire Healthy Workplace clients is taking their workplace wellbeing to the next level with a workplace wellbeing challenge not just for their staff but also for other businesses to help raise some funds for their charity

The Nelson Noel Challenge runs in December for 12 days and offers 12 challenges to help improve wellbeing in the workplace this Christmas. If you're interested in finding out more or taking part, then please visit: <https://nelsontrust.com/event/noelwellbeingchallenge/#NelsonsNoelChallenge>

The Importance of Musculoskeletal Health for Young People in the Workplace



A new **Musculoskeletal (MSK) Health Toolkit** for employers and further education institutions has been launched this month and can be accessed [here](#).

This toolkit sets out practical advice for employers and FE institutions to help adolescents and young people maintain good MSK health and help those with existing MSK conditions to thrive in their environment. The toolkit was developed in collaboration with the British Society of Rheumatologists and the Society of Occupational Medicine alongside clinical experts, patient representative groups, college and university representatives and adolescents and young people themselves.

Its main aims are to:

1. set out how employers and FE institutions can support young people with chronic MSK conditions to realise their potential, thrive and remain in work or education.
2. help employers and FE institutions understand the part they play in preventing MSK conditions.

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@hlsghos.org and our dedicated workplace wellbeing coach will be in touch.

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