



## **Welcome to the March Healthy Workplace Newsletter!**

As spring approaches there are lots of opportunities for employers to grow and develop workplace wellbeing offer in Gloucestershire.

### **In this issue...**

- We take a look at some case studies from our accredited employers and the things they have done that have had a significant impact on workplace culture and employee health & wellbeing.
- We also share free opportunities, webinars, workplace challenges, and more for employers to help you enhance your wellbeing offer.



## Impact stories from some of our accredited Healthy Workplaces in Gloucestershire

Find out more about the things that our workplaces have implemented to help them create a healthy workplace culture. This month we have new case studies from Publica, Greenwoods Nursery and The Nelson Trust on support for the menopause, creating a healthy work environment and changing the conversation about mental health.

Learn more about how **The Nelson Trust** approached support for individuals going through the **Menopause** [here](#).

Learn more about how **Greenwoods Nursery** created & developed their **Healthy Workplace Culture** [here](#).

Learn more about how **Publica** turned **Blue Monday** on its head this year and got their workforce engaged in the conversation about positive mental wellbeing [here](#).

You may also want to have a look at our [short videos from Clarkson Evans](#) and from our award recipients at the 2022 Healthy Workplace Award, now available on our website.

**Local Opportunities for Employers – Events,  
Webinars, Challenges and more...**



**The Gloucestershire Business Show will be back  
on 21st & 22nd March 2023**

The Gloucestershire Business Show offers a platform on which to discuss, learn, and collaborate – where you can make new connections and develop innovative thoughts. It's for all businesses: From start-ups and micros through small, medium and large SMEs to corporates and multinationals. It's about the territory of Gloucestershire.

It's for all business sectors.

This year, Gloucestershire Healthy Workplaces will be joining the panel discussions 'Managing Mental Health in the Workplace' and 'Workplace Mental Health - Women Matter'

There are breakfast networking sessions, and the exhibits will be available from 10-4pm day one and 10 to 3pm day two. The show will take place at Cheltenham Town Hall.

Find out more about what's on and register to attend for free at [Gloucestershire Business Show - Festival of Business & Innovation \(business-shows.co.uk\)](https://www.business-shows.co.uk)

**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](http://www.hwglos.org) or email [workplaces@hlglos.org](mailto:workplaces@hlglos.org) to book an initial consultation.



## **The Nelson Trust Challenges Supporters to Walk, Hop, Skip and Jump to Raise Funds This April**

Steps For Freedom is The Nelson Trust's month long fundraising challenge to raise vital funds that allow the charity to work with women in domestic abuse situations.

Recent Women's Aid research found that almost three quarters (73%) of women living with and having financial links with their abuser said that the cost-of-living crisis had either prevented them from leaving or made it harder for them to leave.

Thus, the cost-of-living crisis is putting more of our clients at risk of harm, destitution, or even death.

Steps For Freedom encourages participants to walk, hop, skip, and jump as much as they can during the month of April and fundraise at the same time. Once registered a fundraising page is automatically created that can be directly linked to the free Strava App, therefore each time participants exercise their distances are automatically updated on their fundraising page.

By getting involved you can help The Nelson Trust be there for women by offering practical and emotional support at their time of need. The trust provides support for clients with their mental health, with safety planning and access to refuge. The challenge is free to enter, The Nelson Trust just asks that all those taking part raise at least £100. Zigs Exercise, Sterling Business Networks and Cheltenham BNI have already signed up and putting teams together.

For more information and to get involved  
visit: <https://nelsontrust.com/event/steps-for-freedom-2/>

## Upcoming National Health and Wellbeing Campaigns with free resources online



### Get involved in 'On Your Feet Britain'

Get your workplace and co-workers to take part in **On Your Feet Britain**<sup>®</sup> – the national **activity** awareness day when **2 MILLION desk-based workers** across Britain participate in a variety of fun and simple activities to **#SitLess** and **#MoveMore** at work.

Taking place on **Thursday 27 April 2023**, On Your Feet Britain is a **FREE** and **FUN** way to reboot and energize your workplace habits. **[register here](#)**

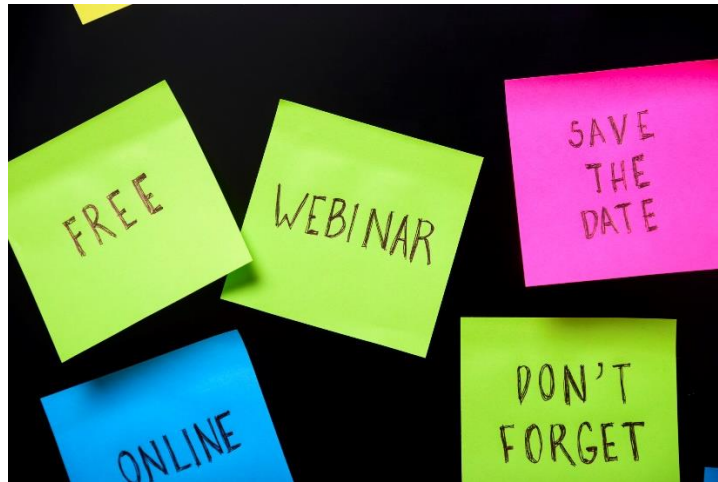


### April is Stress Awareness Month

**Stress Awareness Month** has been held 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. Dedicated time to removing the guilt, shame, and stigma around mental health. To talk about stress, and its effects and open up about our mental and emotional state with friends, families, colleagues, and professionals.

Find out how you can get involved and access free resources from this year's campaign

[Stress Awareness Month 2023 - The Stress Management Society](#)



## **Free webinars from Discover Your Bounce**

Discover Your Bounce are offering 2 free webinars on Tuesday 28<sup>th</sup> March.

**Neurodiversity in the workplace** - 12.00pm - 12.45pm

**Get Better Sleep** - 1.00pm - 1.45pm

Find out more and book your place [here](#).

# **WELLBEING AND THE FUTURE OF WORK**

## **Wellbeing and The Future of Work**

Last call for employers to take part in this survey from the Human Business which is still open until 31st March.

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](#)



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@hsglos.org](mailto:workplaces@hsglos.org) and our dedicated workplace wellbeing coach will be in touch.

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