



Welcome to the April Healthy Workplace Newsletter!

In this newsletter we are sharing some great local opportunities that your workplace can get involved with this spring.

This month we continue to celebrate our growing community of Gloucestershire employers who have achieved or are working towards our Healthy Workplace Award.

We are excited to feature some fantastic information and training sessions being offered by several of our employers that could benefit your team and help to upskill your workforce.

Spring is also a brilliant time to think about encouraging physical activity and maybe even signing up to a workplace challenge. With national bike month and national walking month, you can find a bit of inspiration for everyone!

Finally, we are delighted to announce the date for our next Healthy Workplace Award Celebration Event which is being hosted at UCAS this June.

In this issue...

- Featured Healthy Workplace – Impact Stories from Prosperity Care & Wellbeing
 - *Plus FREE Mental Health Awareness Training for Barbers, Tattooists and Pub Staff!*
- Domestic Abuse Awareness Forum - with WSP Solicitors and partners
- National Bike Month Challenge – get your workplace team ready for the Love to Ride workplace challenge this May – with great prizes to be won!
- National Health and Wellbeing Campaigns for May 2023
- **SAVE THE DATE** – for our next Healthy Workplace Award Celebration on 21st June at UCAS



Healthy Workplace Impact Stories – Spotlight on Prosperity Care & Wellbeing

Our impact stories continue this month with Gloucestershire based care provider Prosperity Care & Wellbeing. This accredited Healthy Workplace is a shining example of a company who have invested in a holistic approach to wellbeing with a strong commitment from the senior leaders.

“We believe that our staff are our champions, and their pride in their workplace is plain to see. Their determination has put Prosperity Care and Wellbeing services on the map as a main provider of wellbeing events for the wider community in Gloucestershire”.

The CQC inspection report states:

“The principle of good wellbeing is at the heart of the company. The organisations’ values and passion about supporting people to personally grow and reach their goals and aspirations were clearly reflected in practice.”

What the staff say...

*“Prosperity Care & Wellbeing show the same kindness and compassion to their staff as the people we support. They have a new and fresh approach towards staff wellbeing, which stands out from other providers. It has made me fall in love with my career again.” – Support Worker
Oct 2022*

Here is a taster of the impact some of their initiatives have had on their team:

[Click here for the full story](#)



📄 www.prosperitycare.co.uk Prosperity care and Wellbeing are also supporting other organisations to improve their health and wellbeing offer for both staff and customers with a particular focus on supporting other care providers and other front-line services. Have a look at the information below for just one of the training opportunities on offer.

CALLING all Barbers, Tattooists & Pub Staff who work or live in the Gloucester area and are in a unique position to identify individuals who may be struggling with their mental health.

Launching a NEW Mental Health Training Programme with the aim of reducing suicide rates among young men in Gloucestershire.

DID you know 💖:

- According to statistics, the suicide rate among young men in Gloucestershire is of a growing concern, especially in more rural areas such as the Forest of Dean.
- The training program will cover topics such as; identifying signs of depression, anxiety, suicidal ideation, as well as providing tools and resources to support those in need.
- The program will be led by Prosperity Care's Mental Health Lead and will be available to Barbers, Tattooists, and Pub Staff FREE OF CHARGE!

Prosperity Care and Wellbeing, hopes that this initiative will help to reduce the stigma surrounding mental health and encourage more individuals to seek help when they need it.

For more information or TO REGISTER for the training program, contact:

✉ info@prosperitycare.co.uk

☎ 0330 320 9144



**Your invitation to the WSP Solicitors
Domestic Abuse Awareness Forum 2023.**

Domestic abuse takes many forms and is not always physical or visible. Join WSP for a morning of keynote speakers, panel discussions and networking. The aim is to inform, educate and empower attendees on different types of domestic abuse, the recent changes in the law and the professional support available.

Guest speakers on the day...

Keasha Kellam – *Founder of Honour Thy Woman, a community support group in Gloucestershire*

David Challen – *Domestic abuse campaigner, writer and keynote speaker*

The Panel will include Lydia Andrews (WSP Solicitors), Linsey Filby (Barnado's), Beth Hughes (The Nelson's Trust) and Simran Khan (barrister at Albion Chambers).

 **Date: 23rd May**

 **Time: 9.15-14.00**

**Venue: The Atrium, University of Gloucestershire Oxstalls Campus,
Oxstalls Lane, Longlevens GL2 9HW**

[Click here to book your place](#)

Cost: £10

**BIKE
MONTH
CHALLENGE**

1-31 May 2023

Ride your bike anywhere, anytime
Win great prizes
Free to join
Everyone can take part

LOVE TO RIDE Gloucestershire COUNTY COUNCIL thinktravel

Register now at lovetoride.net/gloucestershire

LOVE TO RIDE – Bike Month Challenge May

The Bike Month Challenge takes place from 1-31 May.

During the Bike Month Challenge, workplaces have one mission - to get more co-workers riding and smiling.

The workplaces with the highest percentage of staff riding will top the leaderboards and individuals will earn chances to **win prizes** simply by riding their bikes and encouraging others.

It's totally free to take part and everyone is invited to join the fun!

Riders of every level are invited to take part, and getting out there in the fresh air and encouraging others is more important than the number of miles you ride.

Follow the link below for all the information you need and to register your workplace today!

[Home : Love to Ride Gloucestershire](https://lovetoride.net/gloucestershire)

15 to 21 May 2023

Mental Health Awareness Week



#ToHelpMyAnxiety



National Campaigns this May

May is the perfect time to get your team thinking about exercise and spending some time outdoors. Why not do something to celebrate National Walking month or think about introducing walking meetings, walk and talk lunch time sessions or simply promote the use of any outside spaces your workplace has.

For those working remotely encourage those breaks from the screen and some fresh air at lunch time. May also hosts mental health awareness week Focusing on anxiety as this year's theme.

The mental health foundation aim is to increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem.



For more information and links to the above and other health and wellbeing Campaigns for May 2023 use our FREE health workplace campaigns calendar which can be downloaded from our website [HealthyWorkplaces - Calendar \(hwglos.org\)](http://HealthyWorkplaces - Calendar (hwglos.org))



In partnership with

MACMILLAN
CANCER SUPPORT



SUN AWARENESS DROP IN SESSIONS

Gloucestershire Hospitals Skin Cancer Clinical Nurse Specialist Team, working with Macmillan Information & Support Hub, are excited to say we are able to provide this very popular drop-in service again this year!

The Skin Cancer Clinical Nurse Specialist Team will be offering information about the dangers of unprotected sun exposure, how to help prevent skin cancer and will also be happy to do Skin Checks on areas such as arms, lower legs and face.

Just drop in and meet the team on:

Date & time: Friday 5th May 2023, between 2pm and 4pm

Venue: Macmillan Information & Support Hub, The Atrium,
Gloucestershire Royal Hospital, Gloucester, GL1 3NN

OR

Date & time: Thursday 4th May 2023, between 10am and 3pm

Venue: The Redwell Centre, Red Well Road, Matson,
Gloucester, GL4 6JG



For further information please contact the Macmillan Information & Support Hub on:
Tel: 0300 422 8880 or Email: ghn-tr.macmillanhub@nhs.net



Save the date!

We are delighted to announce that our next Healthy Workplace Award Celebration and Networking Event is scheduled for **Wednesday 21st June** at **UCAS HQ in Cheltenham** from **3pm**.

There will be refreshments, networking opportunities and the opportunity to learn about the impact and success of the Healthy Workplace Award programme.

Formal invites and full programme details will be sent in in the coming weeks.

But for now...save the date for this celebratory event!

Find out more about how to get your workplace accredited by using some key free local and national resources to support your team. Contact us today by emailing workplaces@hlsghos.org, or register your interest on our website www.hwglos.org

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