

LONDON HEALTHY WORKPLACE CHARTER

in Royal Borough of Kensington and Chelsea



News April 2017

A selection of resources and updates from your local healthy workplace advisor

e: anna.brown@lbhf.gov.uk t: 07584 389 249

This **Mental Health Awareness Week, 8-14 May 2017**, is going to look at mental health from a new angle: are we surviving, or thriving with good mental health? Visit the [Mental Health Foundation](#) to sign up to be kept up to date and to [download/order resources to promote the week](#) in your workplace.



Heavily subsidised mental health & wellbeing training for managers



- [half-day course](#), delivered by specialists from [Mind's Well at Work service](#)
- £15 per person for all local employers using the London Healthy Workplace Charter framework and working towards accreditation

Please [contact me](#) to find out more or to book.

Mental health



Time to Change recently [launched a video](#) summarising the campaign to end mental health discrimination. Share with colleagues to show how stigma can affect people and why it is important to change how we all think and act about mental health.

Fit for Work, the government's free occupational health assessments service, have created an [infographic on stress](#). Could this be a helpful reminder of the key issues?

Toolkits for employers: Public Health England (PHE), Business in the Community (BITC) and the Samaritans have joined forces to produce: [Reducing the risk of suicide toolkit](#) and [Crisis management in the event of a suicide toolkit](#).



Take Time to Talk (an NHS service) deliver **free wellbeing workshops** in workplaces on topics such as sleep, confidence and stress management. [Contact Alexander Plakides](#) at Take Time to Talk for more information or to book.

Health and Safety

citizenAID™

YOU can save lives!

citizenAID™ (a free app) is a simple, logical system of immediate actions to take after a shooting, stabbing or bomb explosion. It is designed to [guide the public to react safely](#), to pass effective messages to the emergency services, to prioritise the injured and to give life-saving first aid.

Kensington and Chelsea Public Health Training Service offer employers pursuing healthy workplace accreditation 10% discount on course fees. [Courses](#) include Workplace Health and Safety levels 1-3, and Food Safety levels 1-4.

On your Feet Britain, 28 April:

Take part in the national day when people across Britain participate in a variety of fun and

simple activities to [#SitLess](#) and [#MoveMore](#) at work. [Register now](#) to receive a passcode to [download resources](#) to bring On Your Feet to your workplace...



Physical activity

Support 'This Girl Can'

Sport England's national campaign continues to encourage women and girls to get moving regardless of shape, size and ability. [Check it out and consider sharing.](#)

May: National Walking Month Living Streets are asking us to [#Try20](#) – that's walk for 20 minutes every day throughout May.



Walking briskly for just 10 continuous minutes counts as exercise... It's easier than you think to fit into your day! Public Health England's [free Active 10 app](#) shows how much brisk walking you're doing and how you can do more.

Corporate support for wellbeing

Did you know that Macmillan offer free online e-learning? Line managers can [access it for free](#) to help them support people affected by cancer in the workplace.

Menopause The Faculty of Occupational Medicine (FOM) has launched [guidance on menopause in the workplace](#), offering practical guidance on how to improve workplace environments for menopausal women. [Download for free.](#)

Looking for guidance on managing bereavement? ACAS have a [good practice guide](#), developed in partnership with Cruse Bereavement Care, the UK's largest bereavement charity, and the helpful involvement of many other organisations. [Download for free.](#)

