

LONDON HEALTHY WORKPLACE CHARTER

in Royal Borough of Kensington and Chelsea



News July 2017

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

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Hammersmith
and Fulham

Heavily subsidised mental health & wellbeing training for managers

- [half-day course](#), delivered by specialists from [Mind's Well at Work service](#)
- £15 per person offer for all local employers using the London Healthy Workplace Charter framework and working towards accreditation
- Can be delivered on your premises for a group of 12-18 managers OR book onto our upcoming course for managers from small businesses on **4 October 2017**

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

Coping with stress following a major incident

This [downloadable NHS leaflet](#) might be helpful for those who have been involved in, or affected by, a traumatic incident. It provides information on how we may expect to feel in the days and months ahead, and to help us understand and have more control over our experience.



Mental
Health

'I had a black dog, his name was depression' video clip



Recognising depression and seeking help is the first and most critical towards recovery. In collaboration with the World Health Organisation, writer and illustrator Matthew Johnstone tells the story of [overcoming the "black dog of depression"](#).



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

Health
and
Safety



The government's recent [guidance on increasing the protection of crowded places](#) from terrorist attacks is relevant for a wide range of businesses and organisations – click on your sector for a sector-specific contents page.

How can we promote a healthy culture around alcohol?

[London's first alcohol-free drinks tasting festival](#) will be showcasing wines, beers, and much more, with tastings, food, music, and an opportunity to stock up on your new favourite tipples. Free tickets should be [booked in advance](#) with Club Soda.

Alcohol



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Looking for ways to support employees concerned about pollution?

[Walkit.com website and phone app's](#) west London urban walking routes can help us keep walking, but away from the busiest, most polluted roads.

[airTEXT](#) is a [free air pollution alert service](#) for people who suffer from asthma, emphysema, bronchitis, heart disease or angina. airTEXT provides some precautionary health advice on days of elevated pollution. Visit the [airTEXT website](#) to sign-up or text 'AIRTEXT' to 78070.

Physical Activity

and

Air Quality

Do you have anything planned for Cycle to Work Day (13 September)?

See www.cycletoworkday.org for information. Did you know that [free cycle skills training](#) is available to anyone who lives, works or studies in Kensington and Chelsea to give them confidence to cycle to work? Check out all things bike-related, including [free bike mechanic sessions](#) every month and [bike maintenance courses](#) at www.bikeminded.org.

'How to Improve Your Wellbeing Through Physical Activity and Sport'

This [booklet by Mind](#) is packed with information about how good keeping active is for us and which sport or activity might suit different people and how to overcome common barriers.

Healthy Eating

If you missed **Healthy Eating Week** this June, **11-15 June 2018 can go in the diary!** The British Nutrition Foundation produce lots of [free resources for workplaces](#) to help your teams meet the challenges...



The [Food Standards Agency](#) have released **8 easy tips for Safe Summer Food**. Please download the [poster](#) and share – who knows what food poisoning you help to prevent this summer...



Healthy Eating



All the materials from **Men's Health Week**, this year themed on 'hazardous belly fat', are still available for [free download](#).

Looking to improve your canteen's offer? Download the British Hospitality Association's [Nutrition Guide for Catering Managers and Chefs](#).

Business Direct

Do you receive **Kensington and Chelsea's Business Direct**, the e-newsletter for businesses? [Sign up](#) to receive news for businesses in Kensington and Chelsea.

LinkedIn

Are you part of the **London-wide LinkedIn group for the London Healthy Workplace Charter**? [Join the group](#) to connect with like-minded people working to improve employee wellbeing across London.

What are the benefits of the London Healthy Workplace Charter?

The [London Healthy Workplace Charter and local support programme](#) offers:

- a clear **structure to develop health and wellbeing plans**
- **guidance** to address some of the biggest challenges businesses face, including recruitment and staff retention, sickness absence and employee productivity
- **signposting** to relevant resources and services
- **heavily subsidised training:** mental health & wellbeing for managers
- the opportunity to stand out with **prestigious accreditation**
- **networking** opportunities with like-minded people

The accreditation scheme and local support is **free of charge**. **Book an introductory meeting or phone-call to find out more:** there is no obligation to join the scheme following an initial discussion.

Are you interested in being an official sponsor of the London Healthy Workplace Charter awards ceremony? Please [contact Nathan Winch](#) at the Mayor of London's office for details.

You have received this newsletter because you have either joined the London Healthy Workplace Charter or have been invited to do so.

Please feel free to forward to colleagues in other local businesses or organisations.

For further information, or to opt out of receiving further updates, please contact:

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