

LONDON HEALTHY WORKPLACE CHARTER

in Royal Borough of Kensington and Chelsea



News November 2016

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

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

Mental health

£15 to equip a manager in managing mental health in the workplace. We're pleased to offer



Hammersmith and Fulham

a half-day training session on mental health & wellbeing for managers, delivered by specialists, [Well at Work](#). All local employers using the London Healthy Workplace Charter framework and working towards accreditation can access the highly subsidised rate (£15 per person booking fee). Please [contact me](#) to find out more or to book your on-site training.

You might be interested in International Stress Management Society's [free stress and wellbeing factsheets](#) or The Mental Health Foundation's ['How to manage and reduce stress' guide](#). The Health and Safety Executive have also updated their [stress information pages](#). It was [National Stress Awareness Day](#) on 2 November, but it's never too late to share helpful advice, and you can always do something for it in your workplace next year!

Free health checks

You can offer your employees free 'Health MOTs'. In just 15-20 minutes, a health check can assess our risk of developing health problems such as heart disease, stroke, type 2 diabetes and kidney disease and give personalised advice on how to reduce it. All employers working towards



London Healthy Workplace Charter accreditation are eligible to host on-site health checks free of charge.

*"Staff enjoyed having time to actually think of themselves and review their lifestyles."
– employer, after hosting health checks*

Please [contact me](#) if you are interested in [the offer](#).

Alcohol

It was [Alcohol Awareness Week](#) last week. This year's theme was "Knowing the Risks". [Sign up to the newsletter](#) to be the first to hear about the resources for next year's campaign. It's also time to encourage people to sign up to [Dry January](#); check out the [impact calculator](#).

Free workshop: 'How to avoid hangovers at work'

When? 23 Nov, 12pm-2pm **Where?** The Folly, 41 Gracechurch Street, EC3V 0BT
What? Tools and techniques to raise alcohol issues within the workplace; where to signpost staff; information on plans around the impact of Christmas parties
Includes free lunch and sampling of non-alcoholic beers and wines for a greater range of options at company social events. [Book your place](#).

The Resolution Clinic

Alcohol (continued)

substance based behaviours.

The Resolution Clinic is an evening only service that offers [free confidential consultation](#) for all residents of Westminster, Hammersmith & Fulham and Kensington & Chelsea wishing to address

Alcohol Health Network offers employers [a free 2 hour consultancy session](#) to help you develop an action plan to meet the Healthy Workplace Charter's Alcohol Standards. [Contact AHN](#) to book your session.

Health & Safety

Kensington and Chelsea Public Health Training Service are offering 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.

Sexual harassment and violence in the workplace – explained in [infographics](#)

Physical activity

Is anyone at your workplace a member of [GoodGym?](#) This is a community of runners who get fit by doing good... You run there, fix the problem, and run back again. There's are [groups around London to join.](#)

Healthy eating

The Great Weight Debate

More than a third of London's children are overweight or obese by the time they leave primary school. All Londoners are invited to join the [Great Weight Debate](#) and say what changes they think will help children and families lead healthier lives. Your colleagues' ideas will be gratefully received; everyone can contribute by completing this [short survey](#).

The Great Weight Debate

A London conversation on childhood obesity



To **reduce food waste over the festive period**, the Food Standard's Agency's 'Freezer Fairy' is providing advice and tips on freezing foods. [Share the Freezer Fairy's tips](#) to help people plan meals and work out what and when to cook, freeze and defrost, in order to have a less stressful and wasteful Christmas.

Corporate support for wellbeing

Have you listened to any of **Henry Stewart's** secrets for creating **happy, productive workplaces**? His [free webinar](#) could give you some food for thought.

Supporting an employee with cancer? [Macmillan at work](#) can help you manage cancer in the workplace.

**WORK AND
CANCER**

Did you know that singing can help to... improve breathing, relieve stress, develop core muscles and improve posture, as well as boosting confidence, encouraging a feeling of belonging, and improving overall mood? [Sing to Live, Live to Sing](#) workshops are open to people aged 18 and over who live or work in Kensington and Chelsea. To get involved, [check the website](#) for further details, or contact the Council's Arts Service: 020 7361 3844 or arts@rbkc.gov.uk



Congratulations to all the local employers who recently gained [London Healthy Workplace Charter](#) accreditation!

Cheval Residences – *Achievement level*

Jumeirah Hotels, London – *Commitment level*

Kensington and Chelsea Social Council – *Commitment level*

National Army Museum – *Commitment level*

Maroush Group – *Commitment level*

Royal Court Theatre – *Commitment level*

West London Clinical Commissioning Group – *Commitment level*



Local
London
Healthy
Workplace
Charter
news

Kensington and Chelsea Council also gained *Commitment level* LHWC accreditation this Autumn. **Westway Trust** were awarded *Commitment level* accreditation in 2015.

It's great to see good practice around employee health and wellbeing recognised! [All employers gaining accreditation this past year](#) picked up their accreditation certificates at the GLA's Healthy Workplace Charter awards ceremony at City Hall on 15 Nov 2016.

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
- free employee **health checks**
- heavily subsidised mental health & wellbeing **training** for managers
- the opportunity to stand out with **prestigious accreditation**
- **networking** opportunities with like-minded people

*The accreditation scheme and local support is fully funded and therefore **free** to employers in Kensington and Chelsea.*

Book an introductory meeting or phone-call: There is no obligation to join the scheme following an initial discussion, though of course we would be delighted to work with you!

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 this newsletter to colleagues in other local businesses or organisations.

For further information, or to opt out of receiving further updates, please do not hesitate to contact me:

Anna Brown

Healthy Workplace Advisor

Hammersmith & Fulham Council | Royal Borough of Kensington and Chelsea

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

