

LONDON HEALTHY WORKPLACE CHARTER

in Royal Borough of Kensington and Chelsea



Bulletin December 2017

A selection of resources and updates from your local healthy workplace advice team

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London Healthy Workplace Charter Accreditations 2017

Congratulations to all the local employers who gained London Healthy Workplace Charter accreditation in 2017! The Greater London Authority (GLA) hosted their annual Healthy Workplace Charter awards ceremony at City Hall on 13 Nov 2017 where the commitment of these businesses and organisations to employee wellbeing was celebrated.



Chelsea Football Club

(Achievement accreditation), H&F

Fulham Good Neighbours

(Commitment accreditation, H&F)

K West Hotel & Spa

(Achievement accreditation, H&F)

Landmark FM Ltd

(Commitment accreditation, H&F)

Shepherds Bush Housing Group

(Commitment accreditation, H&F)

St Mary Abbots Primary School

(Commitment accreditation, RBKC)

St Mungo's

(Achievement accreditation, H&F)

The Design Museum

(Commitment accreditation, RBKC)

(See www.rbkc.gov.uk/healthyworkplace for all accredited employers in RBKC)

Alcohol

Dry January: 1 in 6 people in the nation do some variation of it! Taking part is a chance to ditch the hangover, reduce the waistline, and save some serious money by giving up alcohol for 31 days. So how many of your employees might consider taking part in 2018? [Register for your free workplace resources.](#) To help, the **ClubSodaGuide** lists the UK's best pubs, bars and restaurants for mindful drinkers: places with the best low and no alcohol beer and wine and soft drink ranges.

Club Soda want to create a world where nobody has to feel out of place if they are not drinking alcohol. Anyone can join their FREE online community to set goals, track progress and get motivational emails. [Read more about Club Soda.](#)



Let's talk turkey! With Christmas fast approaching and two thirds of UK households choosing to have roast turkey for their Christmas dinner, the Food Standards Agency (FSA) is offering [tips on how you can safely prepare turkey at home.](#)

Healthy Eating

MANvFAT "In 14 weeks you will be fitter, healthier and beating fat. The only thing you have to lose is weight." Two FREE leagues ([Westway](#) and [Pimlico](#)) are launching in January for male residents of Kensington and Chelsea, Westminster and Hammersmith & Fulham. [Check out the website](#) for other leagues.



"Promoting fulfilling lifestyles by providing sport and leisure opportunities to the public sector"



Is your organisation in the public sector? CSSC is a not-for-profit member [benefits scheme](#) open to organisations in the public sector. Their main aim is to promote health and wellbeing and reward your staff at [no cost to the employer](#). [Contact **Aris.Giannakou@cssc.co.uk**](#) for more information on making these benefits available.

Physical Activity



Is your workplace taking part in the 2018 Active Workplace Challenge?

Employees can visit the [Workplace Challenge website](#) and track their activity through the eight-week challenge and beyond, easily comparing activity levels to other participating individuals and organisations. [Find out why](#) and [how](#) your workplace can get involved (8 Jan – 4 March 2018) and make every minute count at [www.workplacechallenge.org.uk/2018challenge](#).

Hire to Buyer

With RBKC's new [Hire to Buyer scheme](#), you can have a [brand new bike](#) and accessories, plus a session with a cycling instructor to help you get started, for just [£20 per month](#). Return the bike at any time, or continue until you pay off the value of the bike and it becomes yours! Just 40 bicycles are available under the pilot scheme to anyone who lives, works or studies in Kensington and Chelsea. See: [www.peddlemywheels.com/hire-to-buyer](#).



Health and Wellbeing @ Work Conference 2018 (6-7 March 2018)

Corporate Support for Wellbeing



This conference and exhibition will be packed with ideas for your healthy workplace. [Click here to view the programme](#). [Register before 5 January 2018](#) for the early booking rate of £40.00 + VAT for both days.

Britain's Healthiest Workplace is a free resource that any employer with 20+ staff can [use to understand the health and wellbeing profile of your employees](#). You will receive an organisational health report and each participating employee will receive a personal health report. [Find out more](#).

**Corporate
Support
for
Wellbeing**

No one likes missing a delivery at home, but having online shopping sent to your work address adds to traffic congestion and air pollution. www.clickcollect.london is on hand to reduce the number of vans on our streets, making central London a nicer, safer and healthier place. [Is your workplace aware of www.clickcollect.london?](#)

The deliverBEST programme from Cross River Partnership is offering [free support to reduce delivery emissions](#). Recommended actions save time and money while reducing traffic congestion and improving local air quality. **Start by completing a quick online questionnaire** at www.deliverbest.london. The [deliverBEST team](#) is then available to provide bespoke support, provide implementation insights, measure your results.

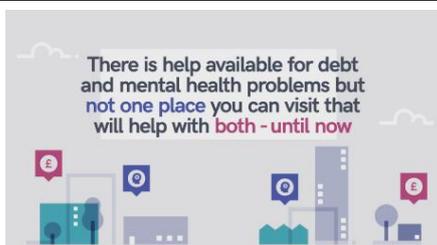
Heavily subsidised mental health & wellbeing training for managers

- [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 a small number of managers onto our upcoming course on **21 February 2018**.

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



Hammersmith
and Fulham



Mental Health & Money Advice, the first [UK-wide online advice service](#) designed to help people understand, manage and improve their financial and mental health launched last month. [Watch and share the short video introducing the Service's new website](#).

**Mental
Health**

Thriving at Work The independent review into workplace mental health, commissioned by the Prime Minister, contains [key recommendations for employers](#). [Read the report and the government response here](#).



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 Craig Hobart](#) at Take Time To Talk for more information or to book.

Do you have a workplace choir? [Please contact the RBKC Arts Team to discuss opportunities](#). Singing can help to relieve stress, boost confidence,



encourage a feeling of belonging, and improve overall mood. [Sing to Live, Live to Sing](#) choirs are open to people who live or work in Kensington and Chelsea. To get involved: [check the website](#), or contact arts@rbkc.gov.uk /

020 7361 3844.

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.

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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www.rbkc.gov.uk/healthyworkplace