

# LONDON HEALTHY WORKPLACE CHARTER

in Royal Borough of Kensington and Chelsea



**Bulletin March 2018**

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

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## FREE Level 1 Quit Smoking Champion Training

Wednesday 14 March, 9-10.30am, Lyric Hammersmith W6 0QL



This **FREE workshop** is for people who are keen to promote quit smoking support in their workplace, **delivered by experts from Kick It**. **Find more information and book your free places [here](#)**.

**Quit Smoking**

**[Stop Smoking London](#)** provides a one-stop portal for Londoners looking to quit, with a website and telephone service. Anyone can call the Stop Smoking London Helpline **0300 123 1044** 9am – 8pm (Mon – Fri) and 11am – 4pm (Sat – Sun) to speak to a specially trained advisor.

**Salt Awareness Week (12-18 March)** In the UK, we currently eat more salt than is recommended, and a big part of that is due to the high amounts hidden in the food we buy. Salt Awareness Week will remind people about the harmful effects of eating too much salt and highlight how **the salt present in everyday foods can really add up**. To help you promote Salt Awareness Week, **[Download free posters](#)**, and **[a leaflet](#)** promoting **[Foodswitch](#)**, **[a free app](#)** to help us make healthier purchases.

**Healthy Eating**



**Healthy Eating Week (11-15 June 2018)** is another opportunity to promote healthier food choices in the workplace. **[Register](#)** with the British Nutrition Foundation to receive lots of **free resources** to help your teams complete the week's challenges...

**On Your Feet Britain, 27 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 **free resources** to bring **On Your Feet** to your workplace...

**Physical Activity**



**May: National Walking Month** [Living Streets](#) are asking us to [#Try20](#) – that's walk for 20 minutes every day throughout May. Promote the **free ONE YOU Active 10 app** to help people get walking.

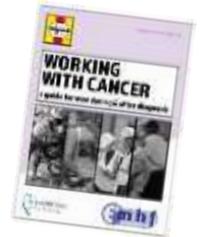


**Bike Week (9-17 June 2018)** Save the date for this annual opportunity to promote cycling, and show how cycling can easily be part of everyday life. Check the [Bike Week website](#) nearer the time for resources.

Make sure that colleagues are aware of the [free cycle training](#) on offer to anyone who works in Kensington and Chelsea. Visit Kensington and Chelsea's [Bikeminded website](#) for local cycling information, including the [Hire to Buyer scheme](#).

### Men at work - with cancer

The European Men's Health Forum has produced [a guide to help men keep working after a cancer diagnosis](#). [It's free to download](#).



**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](http://www.deliverbest.london). The [deliverBEST team](#) is then available to provide bespoke support, provide implementation insights, measure your results.

### Corporate Support for Wellbeing

#### Sleep and Recovery Toolkit



Business in the Community, in partnership with Public Health England, have produced the first ever [sleep and recovery toolkit](#). Working in partnership with employees, you can take a positive, preventative and pro-active approach to support sleep and recovery. [Download the free toolkit](#) for insight and advice.

#### Official website and leaflet to support victims of terrorism

Visit <https://victimsofterrorism.campaign.gov.uk/> for information on where to seek advice and assistance following a terrorist attack. Find details of official helplines and support services available to victims, survivors, witnesses, family members, and all those affected.

### Health and Safety

#### Free-to-download Safety Wizard app

A developer has launched a free-to-download health and safety app to help small to medium-sized (SME) businesses manage common workplace risks. The [SME Safety Wizard app](#) is structured around [Health and Safety Executive \(HSE\)'s Toolbox guidance](#).

## Book now for courses before 31 March 2018! 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

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



**Mental Health Awareness Week** (14-20 May 2018) is focussing on **stress** this year. Find [ideas and information](#) for raising awareness from the [Mental Health Foundation](#).

Looking to review what you do to minimise the risk of work-related stress? See the Health and Safety Executive's [management standards](#) for work-related stress and associated tools.

### Mental Health

**Interested in finding out about other mental health awareness campaigns to promote in the workplace?** Check out [Time to Change's calendar](#).

### Do people in your workplace know about 'Good Thinking'?

**Good Thinking** is an easy to use online service to help you find tools and information to build resilience and prevent mental health problems worsening. Finding resources is simple – [browse topics on the homepage](#) to find useful apps, websites and services that could help us feel better.



**Community Living Well** deliver **free wellbeing workshops** in local workplaces on topics such as sleep, assertive communication and stress management. [Contact Luke Perkins](#) at Community Living Well (previously known as Take Time to Talk) for more information, or to book.



**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.

**Twitter** Keep an eye out for **Kensington and Chelsea's #healthyworkplace** tweets

**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.

**Free support and recognition** **Free support and recognition for commitment to employee wellbeing** is available through the [London Healthy Workplace Charter](#). To find out more, visit [www.rbkc.gov.uk/healthyworkplace](http://www.rbkc.gov.uk/healthyworkplace) or [book](#) an introductory meeting or phone-call with a healthy workplace business advisor.

**You have received this bulletin 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:**

**Anna Brown**

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