

LONDON HEALTHY WORKPLACE CHARTER

in Royal Borough of Kensington and Chelsea



Bulletin May 2018

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

e: healthyworkplace@rbkc.gov.uk t: 07584 389 249

Healthy Workplaces Drinks Tasting & Networking Event

Wednesday 13 June, 4.30-6.30pm at K West Hotel & Spa

Save the date and book your free place!

You are warmly invited to **meet like-minded local employers and key partners** as the Kensington and Chelsea healthy workplace support scheme celebrates its ongoing service to local businesses and organisations.

There will be a **speed-networking session**, an **opportunity to quiz** healthy workplace business advisors and local wellbeing services, and **alcohol-free wines, beers and Seedlip and tonic cocktails** curated by Club Soda to sample! We hope you can join us.

[RSVP and book your free ticket here by 5 June](#)



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...

Healthy Eating



Nutrition on the go

When we're out and about it's easy to eat more than we should – on average we're eating an extra 200-300 calories every day! Public Health England have a simple tip: **[aim for 400-600-600](#)**. That's around 400 calories for breakfast, 600 calories for lunch and 600 for dinner – leaving room for a couple of healthy snacks and drinks.

Looking for up-to-date guidance on e-cigarettes?

Tobacco

[Public Health England \(PHE\)'s 2018 evidence review](#) states that vaping poses only a small fraction of the risks of smoking and switching completely from smoking to vaping conveys substantial health benefits over continued smoking. Current knowledge suggests that **[vaping is at least 95% less harmful than smoking](#)**. *It should be noted that this does not mean e-cigarettes are safe.* **For guidance on including e-cigarettes in your smoking policy**, see **[PHE's 5 point guide](#)**.

Wednesday 13 June: 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

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



Mental Health Awareness Week (14-20 May 2018) focused on **stress** this year. The [Mental Health Foundation](#) have produced a [short video](#) to raise awareness, and there is a wealth of [themed resources](#) on the [Mental Health First Aid England website](#). You might also like to share [Time to Change's video of tips for supporting friends](#) experiencing a mental health problem.



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

Free return to work toolkit A team of researchers have developed a [free toolkit](#) to help employers navigate the return to work process following mental health sickness absence. [The toolkit](#) includes employee and manager guides, conversation frameworks, checklists and self-led activities to help improve communication throughout absence and on return. Visit the toolkit website: www.returntoworkmh.co.uk.

Zero Suicide Alliance training

[Thrive LDN](#) is promoting the Zero Suicide Alliance's [suicide prevention training](#) as a practical and straightforward step everyone can take to help prevent suicides. The [free 20 minute training](#) provides direct advice on how to save lives by preventing suicide. To access the training, see: <http://zerosuicidealliance.com/>

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.



Health and Safety

The **London Ambulance Service's defibrillator accreditation scheme** offers you **FREE** formal guidance and support in buying, storing and using a defibrillator, which is easy and safe to use and gives people experiencing cardiac arrest the best chance of survival. [Could your workplace be part of this life-saving scheme?](#) For more information, [contact Sam Wilcox, Community Debrillation Manager](#): samantha.wilcox@lond-amb.nhs.uk / 0208 285 4530.

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.

**Physical
Activity**



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](#).

**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 or [book](#) an introductory meeting or phone-call with a healthy workplace business advisor.

Keep an eye on www.rbkc.gov.uk/healthyworkplace for links to resources and services to help you to support employee wellbeing; the webpages will be updated soon.

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

Healthy Workplace Business Advisor, Royal Borough of Kensington and Chelsea

e: healthyworkplace@rbkc.gov.uk **t:** 07584 389 249

www.rbkc.gov.uk/healthyworkplace