

# LONDON HEALTHY WORKPLACE CHARTER

in Royal Borough of Kensington and Chelsea



**Bulletin September 2017**

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

e: [anna.brown@lbhf.gov.uk](mailto:anna.brown@lbhf.gov.uk) t: 07584 389 249

## Event

You are warmly invited to a **workplace health & wellbeing event** at Southbank University on Wed 18 October 2017. [View your invitation and book your place.](#)



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 for all local employers working towards London Healthy Workplace Charter accreditation. Please [contact me](#) to find out more or to book.

## What do you have planned for World Mental Health Day on 10 October?



Mental health problems can affect anyone, any day of the year, but **10 October** is a great day to show your support for better mental health.

[Time to Change](#), [Mind](#) and [The Mental Health Foundation](#) are all good places to go for a wide [range of communication materials, tips and ideas](#) to raise awareness and open up conversations around this year's theme, 'workplace wellbeing / mental health in the workplace'.

10 October might be your day to make a [public commitment](#) to change how we think and act about mental health in the workplace and make sure that employees who are facing these problems feel supported. [Find out about signing a Time to Change pledge.](#)



**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.

## Sing to Live, Live to Sing!

Did you know that singing can help to improve breathing, relieve stress, develop core muscles and improve posture? It also boosts confidence and improves overall mood! **Sing to Live, Live to Sing!** run [free workshops](#) at a number of locations around Kensington and Chelsea. Check out [www.rbkc.gov.uk/singtolive](http://www.rbkc.gov.uk/singtolive) for further details.



## Health and Safety

**The Royal Borough of Kensington and Chelsea's Public Health Training Service** has introduced the Level 2 Award in Healthier Foods and Special Diets course. They are also offering a **20% discount** on **Health and Safety in the Workplace** courses. [Contact Euan Macauslan](#), or visit [www.rbkc.gov.uk/publichealthtraining](http://www.rbkc.gov.uk/publichealthtraining).

**Stoptober** is back!

**Resources for Stoptober**, promoting support available to quit smoking, can be ordered/downloaded free of charge at [Public Health England's resources website](#).



## Tobacco

**Stop Smoking London** provides a [one-stop portal](#) for Londoners looking to quit, with a website and newly launched 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.

**NHS Smokefree** has a wide range of information and free materials to help anyone wanting to quit. [With a range of options including a smokefree app, texts and emails](#) everyone can find the right support.

**Local quit smoking service, Kick-it**, is on hand too for professional support. [Contact Jimmy Rushworth](#) for information or promotional leaflets.

## Alcohol Awareness Week: 13–19 November

Run by *Alcohol Concern* in partnership with *Adfam* this year, the theme is 'Alcohol and Families'. Join the discussion at #AAW2017 #SupportingFamilies. Alcohol Concern will be producing [resources](#) to help you promote Alcohol Awareness Week.

## Alcohol

This is also a great opportunity to start promoting [Dry January](#).

Alcohol-free wines may have a bad reputation, but is this all about to change? Check out this [guide to the best alcohol-free wines](#) on the market! Or looking for a pub which offers good alcohol-free options? Club Soda's [mindful drinking guide](#) might be able to help.

## 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** and **signposting** to relevant resources
- **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:**

**Anna Brown**

Healthy Workplace Business Advisor [Royal Borough of Kensington and Chelsea](#)

**e:** [anna.brown@lbhf.gov.uk](mailto:anna.brown@lbhf.gov.uk) **t:** 07584 389 249