

LONDON HEALTHY WORKPLACE CHARTER

in Royal Borough of Kensington and Chelsea & London Borough of Hammersmith and Fulham



News March 2016

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

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Mental health

Interested in heavily subsidised mental health awareness training for your managers? Please [contact me](#) for more information. Open to all local employers working towards London Healthy Workplace Charter accreditation.

Mental Health Awareness Week: coming soon... Healthy relationships are key to good mental health, and The Mental Health Foundation would love your support to raise awareness this year: **16-22 May 2016**. To keep updated with event tips and to find out when free materials are available, [sign up to the mailing list](#).

'Walking out of Darkness' in London on 14th May 2016 is a great opportunity for people, businesses and organisations across the UK to unite as one to show support and understanding for people suffering with mental illness, in crisis or distress, as well as to end the stigma around mental illness and seek to increase suicide prevention. [Find out more](#) or encourage staff to [register to walk](#).

Health & Safety

If you or your staff see or hear anything that could be terrorist-related, trust your instincts and call the [Anti-Terrorist Hotline](#) on **0800 789 321**. Specially trained officers will take it from there. Your call could save lives. In an emergency always call 999.

ONE YOU

[Take the ONE YOU quiz](#) and see how you score – and then encourage staff to do the same!

Our lifestyles can be more unhealthy than we think. Public Health England are urging us start the fight back with their recently launched **ONE YOU**, which includes a one-stop website providing a wide range of support on healthy lifestyles issues (including stress, moving, smoking, eating, alcohol).

ONE YOU resources for employers can be downloaded / ordered from the [PHE campaign resource centre](#).

Smoking

We are four times more likely to quit smoking with help.

Are your staff aware of local stop-smoking service Kick-it?

Contact **020 3434 2500** or Kilele.Allam@thrivetribe.org.uk (LBHF) / Angela.Frost@thrivetribe.org.uk (RBKC) for promotional leaflets or more information on hosting an on-site stop smoking programme for staff.



Healthy eating

Is the healthy choice the easy choice in your workplace?! This blog outlines the London Healthy Workplace Charter's steps to [create a healthy eating workplace.](#)



What does healthy eating actually look like? The government's refreshed [Eatwell Guide](#), hot off the press, keeps things simple.

Corporate support for wellbeing

The [National Living Wage](#) becomes law in April.

What's the difference between the National Living Wage and the London Living Wage? The Living Wage Foundation [explain it all.](#)

Physical activity

Whether you're a HR officer, health coordinator or a general manager, the [Workplace Challenge Champion training](#) is for you. Delivered for £50pp by the British Heart Foundation Health at Work team and County Sports Partnership Network, it will give you the skills, confidence and resources to promote better health and increase participation in sport and physical activity in your organisation. [Check the website](#) or [contact Femina Makkar](#) to find out when the next London session will run.

Wiggle it, Waggle it, Move it, Groove it, just don't sit on it!

On Your Feet Britain, 29th April 2016: challenge yourself and colleagues to sit less and move more at work. [Find out more!](#)



London Healthy Workplace Charter news

FREE support to review, develop and gain recognition for all that you do to create a great place to work is on offer through the [London Healthy Workplace Charter.](#)

[Join the growing number of businesses](#) in a wide range of sizes and sectors (including hospitality, construction, health, entertainment, retail, property) who are benefiting in Hammersmith & Fulham and Kensington & Chelsea.

[Book an introductory meeting or phone-call:](#) There is no obligation following an initial discussion, though of course we would be delighted to work with you!

Dates to aim for: Are you preparing for 'Achievement' level accreditation? The upcoming 'verification days' are: 25th July and 28th Sept. Please [let me know](#) if you'd like to aim for one of these.

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:

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