



April 2022

[Find out more](#) | [Follow us on Twitter](#) | [Follow us on LinkedIn](#)



Welcome to our April newsletter!

We hope that you continue to find these useful to help plan for your health and wellbeing activities and to raise awareness across your organisations.

We are also pleased to announce that Webbs Garden Centres were the winners following our recent WWW survey and will be receiving a selection of health and wellbeing books. Thank you and well done! The survey gave us some really insightful information about how Worcestershire Works Well is benefiting your businesses as well as your favourite topics and the current challenges being faced. We were pleased to see that the provision of information and campaigns from WWW featured high on the list of benefits.

You also told us that you would be interested in more information and support around “parents and supporting families” so would like to remind you of our forthcoming webinar:



TUESDAY 10 MAY

9.00-10.30AM

Via Zoom



Mark Billau

Public Health Practitioner
*Suicide Prevention in
the Workplace*



Michelle John

Founding Director of PEGS
*Supporting parents and professionals
with Child to Parent Abuse*

[Book your place/s here](#)



Welcome!

New businesses to the scheme



AZTEC
adventure

Carers Week



Carers Week, taking place from 6-12 June, is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. To find out more visit [Home | Carers Week](#)

National Asparagus Day



This might be a strange item to include in our newsletter this month! However, not only is Worcestershire and the Vale of Evesham in particular famous worldwide for Asparagus, and are celebrated each year at the Asparagus Festival in Evesham, asparagus itself is one of our superfoods; it's high in antioxidants and packs a powerful punch of healthy vitamins and minerals: fibre, vitamins A, C, E and K and folate. It's also a great source of copper, an essential trace mineral that aids in collagen formation, energy production and iron absorption.

Diabetes Week 2022



Your blood sugar won't always be in range. Figuring out food labels and menus might have you tearing your hair out. This Diabetes Week (13–19 June), Diabetes UK are celebrating living with diabetes, juggling the ups and downs. To find out more visit [Diabetes Week 2022](#)

Garden Wildlife Week 2022



Garden Wildlife Week 2022 is running from the 6th till the 12th of June. 'Take notice' is one of the Five Ways to Wellbeing and how better than to take a close look at the wildlife in your garden! To find out more visit [Garden Wildlife Week 2022 - Awareness Days Events Calendar 2022](#)

SANDS (Stillbirth and neonatal death charity) Awareness Month 2022



SANDS (Stillbirth and neonatal death charity) Awareness Month 2021 is in June, and is an annual event to raise awareness of the facts and impacts relating to neonatal deaths and stillbirths. The loss of a child in pregnancy or childbirth affects parents for life, but the wider public are not always aware of the full impact of such a tragedy. To find out more visit [Sands | Stillbirth and neonatal death charity](#)

Bike Week 2022



Your health, your climate, your pocket and your community are all better by bike. Take part in Bike Week from 6-12 June 2022. This year Bike Week is all about you and your local community, we want to encourage as many people as possible to get out there and enjoy their community by bike. To find out more visit [Bike Week 2022 | Cycling UK](#)

Volunteers' Week 2022



Volunteers' Week is an annual celebration of the contribution millions of people make across the UK through volunteering. Did you know that volunteering is one of our additional WWW standards for Levels 2 and 3? Please contact your WWW rep if you would like further details or support. To find out more visit [Volunteers' Week – Volunteers' Week is a chance to say thank you for the fantastic contribution volunteers make. \(volunteersweek.org\)](#)

Manual handling at work



As an employer, you must protect your workers from the risk of injury from hazardous manual handling in the workplace. Manual handling means transporting or supporting a load by hand or bodily force. It includes lifting, putting down, pushing, pulling, carrying or moving loads. A load can be an object, person or animal. To find out more visit [Manual handling at work - Musculoskeletal disorders - HSE](#)

FREE Wellbeing Opportunity - 'Understanding Your Brain to Support Your Mental Health'



DSJ Hypnotherapy

As a Hypnotherapist and Psychotherapist, Donna Jones works with clients to help them understand how their brain works and how they can take steps to allow them to take back the control of their lives. She would like to offer a FREE of charge, one-hour session for your staff. To find out more visit [FREE Wellbeing Opportunity - 'Understanding Your Brain to Support Your Mental Health' - Herefordshire & Worcestershire Chamber of Commerce \(hwchamber.co.uk\)](#)

What does 'being well' in Worcestershire mean to you?



The Health and Wellbeing Board want to know your views on their proposed 2022-23 Strategy, to understand what being well means to you. To find out more visit [Health and Wellbeing Strategy Consultation | Worcestershire County Council](#)



[Twitter](#) [LinkedIn](#) [Website](#)

Copyright © 2021 Herefordshire & Worcestershire Chamber of Commerce. All rights reserved.
You are receiving this email because you opted in via our website or via an account manager at the Chamber.

Our mailing address is:
Herefordshire & Worcestershire Chamber of Commerce
Warndon Bus., Severn House, Prescott Drive,
Worcester, Worcestershire WR4 9NE
United Kingdom