

February 2022

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Welcome to our February newsletter!

We do hope that the information provided on current health awareness days and other activities taking place within the county will be of use to you and support your workplace health and wellbeing activities. This month we're pleased to launch the first of our health webinars and will be covering two very important topics – menopause and domestic abuse. We hope to see many of you on the day.

In the meantime, please do remember to share news of your health and wellbeing activities with us to feature in our future newsletters. We always love to hear about new ways to promote workplace health and wellbeing and share those success stories with others!



Welcome!

New businesses to the scheme



surftech IT
Expect better. Experience better.

Worcestershire Works Well Webinar



We are pleased to launch the first of our webinars focussing on key health topics. Our first webinar includes The Menopause Revolution is upon us – now is the time!

As a Solution Focused Therapist, Donna Jones has dedicated her practice to working on a one to one basis with ladies suffering the symptoms of Menopause. In addition, as part of her work, Donna is passionate about supporting a positive culture around Menopause in the workplace. So many women find themselves suddenly struggling to cope in their role whilst juggling the challenges of Menopause, often due to a lack of awareness and understanding both personally and from Managers. Donna will be joining us for an insightful presentation.

We are also delighted to be joined by Carolyn Ball, Training and Participation Officer at West Mercia Women's Aid. Carolyn will be talking about the very important topic of "Domestic Abuse in the Workplace". Carolyn will be offering advice to employers and the type of support which could be offered to help those experiencing difficult times. Visit [Worcestershire Works Well Webinar - Herefordshire & Worcestershire Chamber of Commerce \(hwchamber.co.uk\)](https://www.hwchamber.co.uk) to book your place.

Worcestershire Works Well Survey 2022



This survey aims to gather feedback on your views about Worcestershire Works Well Scheme as well as your approach, initiatives and impact. The survey should take no longer than 15 minutes and the results will help improve the scheme. Business details and responses will remain confidential. To find out more visit [Worcestershire Works Well Survey 2022 \(surveymonkey.co.uk\)](https://www.surveymonkey.co.uk)

Wellbeing and Recovery college



The aim of the Herefordshire and Worcestershire Health and Wellbeing College is to give people over the age of 18 living in Herefordshire and Worcestershire the tools, skills and understanding that they need to drive forward their own wellbeing and recovery journey whilst breaking down the stigmas relating to mental health. To find out more visit [Herefordshire and Worcestershire Wellbeing and Recovery College | Recovery College \(hwellbeingandrecoverycollege.org.uk\)](http://www.hwellbeingandrecoverycollege.org.uk)

New Walking with Friends scheme



This new scheme offers free walks with a friendly volunteer, interested individuals will be matched with a local volunteer that can meet on a regular basis for a short walk. To find out more visit [Walking-friends-flyer.pdf \(hwchamber.co.uk\)](http://www.hwchamber.co.uk)

Lift Someone Out of Loneliness



A new campaign 'Lift Someone Out of Loneliness' has recently launched which is part of Every Mind Matters. This campaign will encourage people to 'Lift Someone Out of Loneliness', by carrying out small acts of kindness to help someone who may be feeling lonely, knowing that this is likely to help them feel less lonely too. To find out more visit [Loneliness - Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Creative Friends Intergenerational project



Age UK Worcester and Malvern Hills invites you to join an exciting FREE project that allows you to connect creatively with others. Whether you are an individual, community group, care home or school, everyone can become a Creative Friend. To find out more visit [Creative Friends | Age UK Worcester & Malvern Hills](http://www.ageuk.org.uk)

10 Days of Happiness



The Covid-19 pandemic brings big challenges for our mental health, whether you're isolating at home or trying to live with the new restrictions. This program can help you cope and find a little more happiness in these difficult times. To find out more visit [10 Days of Happiness](#)

Enter the Chamber Health & Wellbeing Award



This award recognises that the health and wellbeing of your employees is embedded in your businesses culture, that the activities that your organisation undertakes to promote and encourage the positive health and wellbeing of your staff, and the impact of this on your employees and the wider business. To find out more visit [Business Awards - Herefordshire & Worcestershire Chamber of Commerce \(hwchamber.co.uk\)](http://hwchamber.co.uk)

Children's Mental Health Week



This week is Children's Mental Health Week (7-13 February 2022). This year's theme is Growing Together. We're encouraging children (and adults) to consider how they have grown and how they can help others to grow. To find our more visit [Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](http://childrensmentalhealthweek.org.uk)

Tinnitus Week 2022



Tinnitus Week is taking place from 7-13 February. Take a look at the downloadable assets available for you to share on social media, helping raise awareness. To find out more visit [Tinnitus Week 2022 | British Tinnitus Association](#)

Sexual abuse and sexual violence awareness week



This week has been Sexual Abuse & Sexual Violence Awareness Week is the UK's national week to raise awareness of sexual abuse and violence and to provide an opportunity for any organisation or individual to engage in dialogue. To find out more visit [#ITSNOTOK - SEXUAL ABUSE AND SEXUAL VIOLENCE AWARENESS WEEK - Sexual Abuse and Sexual Violence Awareness Week](#)

Open Carer Awareness session



Unpaid carers pushed to breaking point and may be forced to quit work, warns Carers UK as new figures reveal devastating impact of COVID-19. Join the CFEN Member Carer Awareness Training on February 16th at 9.30am. To join visit [Launch Meeting - Zoom](#)

Strong and Steady Exercise Classes



Strong and Steady Exercise Classes are designed to help if you feel unsteady on your feet or have had a fall. The classes aim to improve your strength and balance and will help you to feel more confident when you are out and about. To find out more visit [Active Herefordshire & Worcestershire - Strong & Steady \(activehw.co.uk\)](#)

We're exhibiting at the #HWExpo



We're excited to be hosting a stand in the new Health and Wellbeing Zone at the Herefordshire & Worcestershire Chamber of Commerce Business Expo. The team will be offering free lifestyle checks so come along and say hello! To find out more visit [Business Expo - Herefordshire & Worcestershire Chamber of Commerce \(hwchamber.co.uk\)](http://hwchamber.co.uk)

Latest advice on keeping workplaces safe from COVID-19



The Health and Safety Executive is continuing to carry out spot checks and inspections by calling, visiting and inspecting all types of businesses to ensure they are working safely. This page is up to date with working safely guidance in England. To find out more visit [Health and safety spot checks and inspections during the coronavirus \(COVID-19\) pandemic \(hse.gov.uk\)](https://www.hse.gov.uk/coronavirus/)

Suicide Prevention in the Workplace



Tuesday 5 April 10.00 - 11.30am. Delivered by Worcestershire County Council Public Health, Suicide Prevention Team, join this workplace awareness webinar. To find out more visit [Suicide Prevention in the Workplace \(office.com\)](https://www.office.com)

Health and Wellbeing Strategy Consultation



Worcestershire Health and Wellbeing Board (HWB) is required to develop a strategy including a vision and priorities for improving the health and wellbeing of people who live and work in Worcestershire. For the 2022 - 2032 Strategy, the Worcestershire Health and Wellbeing Board would like to identify good mental health and wellbeing as the main priority, supported by action in areas that we all need to **'Be Well in Worcestershire'**.

We want to know if you agree with our vision, priority and supporting areas, and to understand what being well means to you. There will also be space to tell us where there are gaps and anything else that is important to you. This is your chance to make a difference to the health and wellbeing of people in Worcestershire. To have your say visit [Health and Wellbeing Strategy Consultation | Worcestershire County Council](#)



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