

June 2022

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Welcome to our June newsletter!

Welcome to our June edition of our Worcestershire Works Well newsletter. This month we are pleased to be able to share information about forthcoming health awareness days and also showcase the health and wellbeing activities which St Richard's Hospice ran for their staff.

It would be great to hear your stories of how you have supported health awareness days in your own organisations for us to share. Please send details (and photographs if you have them) to dawnh@hwchamber.co.uk.

We're very excited to be able to confirm the date of our WWW Conference and bookings will open shortly. We look forward to seeing you there!



WWW Conference 2022

Thursday 29 September

Save the Date for the WWW Conference!

It's time to mark your calendars for the next Worcestershire Works Well Conference taking place on **Thursday 29 September 2022.**

The theme this year will be 'Men's Health', following a successful awareness week around the same topic in June. This conference will be an opportunity to explore this important subject and take time to consider how your business can support your workforce.

We will be releasing lots of exciting information about this event over the coming months, but until then we would love for you to save the date - we can't wait to see you there.

In the meantime, there is a wealth of information on the [Men's Health Forum \(menshealthforum.org.uk\)](http://menshealthforum.org.uk) website.



Hula Hooping, Yoga Poses and Reflexology

St Richard's Hospice have been leading the way with health promotional activities across the departments throughout June. With lots of fun and relaxing opportunities for staff to get up from their desks and enjoy some much-needed time to move, the team at St Richard's have taken inspiration from national initiatives including 'On Your Feet Britain' Day and Stress Awareness Month.

Hula hoop wiggle in The Green: Staff from across departments took a quick, 10 minute break for a hula hoop wiggle in The Green. The session was arranged by Claire Watkins, Staff and Volunteer Engagement Officer, and inspired by 'On your Feet Britain' day. This national campaign is aimed at getting workplace staff to sit less and move more.

Yoga and Walking Events: To round-off Stress Awareness Month, the monthly walk and a special yoga session were held for all staff and volunteers.

Chance to Relax with Reflexology: Linzi, who is a trained reflexologist, has been supporting staff and volunteers with hand and foot reflexology. Jamie, In-patient Unit Manager, said the session was a great success and is looking forward to future sessions for the team.

SUTCLIFFE & CO.
INSURANCE BROKERS

FREE Mental Health Wellbeing Toolkit Provided by Sutcliffe & Co. Insurance Brokers

Longstanding members of the WWW scheme, Worcester-based insurance brokers Sutcliffe & Co. have produced a Wellbeing Toolkit which they will be using within their organisation to support their staff. Understanding the importance of wellbeing in the workplace, they have shared this toolkit with us so that it can be used in other companies across Worcestershire for free.

The document serves as an introduction to workplace mental health and provides several ways that employers like you can help promote a stigma-free environment and support employees' mental health. To download visit [here](#)



Congratulations, Webbs!

Congratulations to Webbs who were the lucky winners following our recent WWW survey. Lorenne Amphlett, HR, chose copies of "Take a Moment: Activities to Refocus, Recentre and Relax Wherever You Are" produced by MIND and "Mental Health and wellbeing in the workplace: A practical guide for employers" to share with staff at all three of their locations.



Talk To Us Campaign

Samaritans Awareness Day is taking place on 24th July. On this date and throughout July, the Samaritans will be running their awareness-raising campaign Talk to Us, to remind people that they are here for anyone who needs someone to listen. To find out more visit [Talk To Us Campaign | Samaritans Campaigns](#)



National Schizophrenia Awareness Day

In England, approximately one adult in every 100 will live with a diagnosis of schizophrenia. National Schizophrenia Awareness Day, marked on 25 July every year by the charity Rethink Mental Illness, explores what it means to live with this much misunderstood and often stigmatised mental health condition. To find out more visit [National Schizophrenia Awareness Day \(rethink.org\)](#)



Alcohol Awareness Week

The next Alcohol Awareness Week will now take place from 3-9 July 2023 with the aim of helping more people to take part. Each year, over 5,000 public health teams, workplaces, GP surgeries, pharmacies, hospitals, charities and other community groups across the UK sign up to take part in Alcohol Awareness Week using resources provided by Alcohol Change UK. To find out more visit [About Alcohol Awareness Week | Alcohol Change UK](#)



New MSD Digital Assessment Tool Available

HSE have launched a new digital MSD assessment tool which may be accessed for free. Employers can use this tool to easily assess the risk posed by strenuous physical activity at work. To find out more visit [MSD Assessment Tool \(hse.gov.uk\)](#)



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