

## March 2022

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Welcome to our March newsletter!

Our first webinar of the year took place on 15 March covering Menopause in the Workplace and Domestic Abuse. This proved to be a really popular webinar and was attended by over 40 people from the WWW community. We are now pleased to confirm that our next webinar is taking place on Tuesday 10 May and will cover the important topics of Suicide Prevention in the Workplace and supporting parents and professionals with Child to Parent Abuse. [Book your place/s here.](#)

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



Congratulations!  
Newly accredited businesses

DESIGN IN THE SHIRES

LEVEL 1



This month we were excited to be exhibiting at the Herefordshire & Worcestershire Chamber of Commerce Business Expo, as part of the new Health and Wellbeing Zone. Many thanks to Faizal and Chris from the Public Health team who worked tirelessly carrying out blood pressure and lifestyle checks throughout the day.

It is so important to have our blood pressure checked regularly; the British Heart Foundation offers a wealth of advice and guidance. To find out more visit [High blood pressure \(Hypertension\) \(bhf.org.uk\)](https://www.bhf.org.uk)



Great to be featured in the latest edition of Business Direction Magazine! Take a look at what local businesses did in aid of Time to Talk Day and read Worcester Bosch's Worcestershire Works Well case study. Read it on page 48 [Business Direction Previous Issues - Herefordshire & Worcestershire Chamber of Commerce \(hwchamber.co.uk\)](https://www.hwchamber.co.uk)

## Suicide prevention in the workplace – free online awareness session



Aimed at businesses working across Herefordshire and Worcestershire, delivered by Worcestershire County Council Public Health Suicide Prevention Team find out how to reduce stigma around mental health in the workplace and promote help seeking behaviour, increase awareness of support available and embed suicide prevention within company culture and promote the use of tools and resources to help maintain good emotional wellbeing. Find out more here [Suicide Prevention in the Workplace \(office.com\)](https://www.office.com)

### Finding Out About Herefordshire and Worcestershire Wellbeing and Recovery College



With two years' funding from NHS Charities Together, Herefordshire and Worcestershire are developing a gold standard wellbeing and recovery college to increase awareness and understanding of the value of self-care, wellbeing and recovery while breaking down the stigmas relating to mental health. To find out more about the college join the online Introduction Sessions on 5th April from 12.00-1.00pm. Find out more here [Introduction to Herefordshire & Worcestershire Wellbeing & Recovery College Tickets, Tue 5 Apr 2022 at 12:00 | Eventbrite](#)

### Can you help to challenge mental health stigma in Worcestershire?



Time to Change Worcestershire is launching the next round of its Champions Fund to support activities for Mental Health Awareness Week 9-15th May 2022. The theme for Mental Health Awareness Week this year is Loneliness and there is a real resonance with this for the thousands of people who feel lonely as a result of the stigma that surrounds mental health conditions. Each applicant can apply for up to £500 to set up activities that spark conversations between people who have experienced mental health problems and those who may have not. To find out more email [timetochangeworcestershire@comfirst.org.uk](mailto:timetochangeworcestershire@comfirst.org.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](#)

## Stress Awareness Month 2022



Stress Awareness Month has been held every April since 1992 to raise awareness of the causes and cures for our modern stress epidemic. The last two years have been the most challenging we have faced and in 2020 our services were overwhelmed by people that are struggling and seeking support. This year the theme is Community.

### Worcester Bosch utilising the scheme to support their staff



With 1 in 4 people experiencing a mental health problem this year and a 75% job burnout rate due to the COVID-19 pandemic, the health and wellbeing of employees at Worcester Bosch has been a huge focus for them. Read our latest case study to find out what wellbeing initiatives have been put in place by the team. Find out more here [Worcester Bosch utilising Wellbeing scheme to support their staff - Herefordshire & Worcestershire Chamber of Commerce \(hwchamber.co.uk\)](#)

### Parkinson's Awareness Week



This year Parkinson's Awareness Week will take place between Sunday 10th April and Saturday 16th April, focussing on the many fun ways in which we can keep physically active. Exercise and keeping active is extremely important for people with Parkinson's and sadly many people view exercise as a chore or boring activity. Find out more here [Parkinsons Awareness Week - Parkinson's Care and Support UK \(parkinsonscare.org.uk\)](#)

### HSE Musculoskeletal Disorders (MSDs) information



This web page contains information on the digital MSD assessment tools now available free of charge, as well as guidance on managing the health and safety of home workers. There are also details about MSD training courses that you can book online. Find out more here [Musculoskeletal disorders in the workplace - HSE](#)

## Free, gentle Rural Health Walks



Would you like to be more sociable and active? Onside Advocacy have organised their Rural Health Walks group to provide an age-friendly and easy way to get out in the fresh air, improve physical and mental wellbeing and help people enjoy their local and natural environment. Find out more here [Onside-Health-Walks-in-Rural-Worcestershire.pdf \(hwchamber.co.uk\)](#)

## Carer Friendly Employer Network



Many staff are caring for others. 1 in 7 employees in the UK is in a caring role and this number is set to rise dramatically by 2030. The peak age for caring is between 45-64, which means some of your most experienced staff will also be in a caring role. Local charity, Worcestershire Association of Carers, hosts the Carer Friendly Employer Network which brings liked minded employers together to enable them to develop their working carer support. Find out more here [Worcestershire Association of Carers \(carersworcs.org.uk\)](#)



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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