

May 2022

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Welcome to our May newsletter!

We were pleased to host our second webinar this month which covered the important topics of Suicide Prevention in the Workplace and Child to Parent Abuse. Mark Billau from the Suicide Prevention team at Worcestershire County Council and Michelle John from PEGS (Parental Education Growth Support) were speakers on the day and gave two very thought-provoking presentations.

You may be interested to know that free online training is available from the Suicide Prevention team and further details are given below together with an overview from Michelle at PEGS and an introduction to the Employer Covenant.

In addition, there are a number of health awareness days coming up in June and we're pleased to be able to highlight some of these below together with useful links, which include Cervical Cancer Screening Week, Loneliness Awareness Week and National Growing for Wellbeing Week.

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



PEGS presents at WWW Webinar

Michelle John, Founding Director of PEGS, said:

We were delighted to get the opportunity to speak at the Worcestershire Works Well webinar, and to share information about PEGS with businesses across the region – as well as highlighting the impact of Child to Parent Abuse.

We know at least 3% of households are impacted by CPA, and 70% of the parents we work directly with tell us they have either had to reduce their hours or give up work altogether as a result of the abuse they are experiencing. That's why we have partnered with the Department for Work and Pensions to launch our free Employer Covenant which provides training and advice for companies wanting to support any staff and service users experiencing CPA.

We also provide training for frontline professionals to help equip them with the skills and knowledge they need to effectively and empathetically respond when CPA is either suspected or confirmed.

Visit www.pegssupport.com or search PEGS Support on social media for more information.



National Loneliness Week 13 - 17 June 2022

This year's Loneliness awareness week will take place between the 13 – 17 June 2022. This week will aim to highlight the serious consequences loneliness can have on our mental health and the actions we can take to diminish it.

To help people connect with others, the Tackling Loneliness in Worcestershire Steering Group has developed the [Stay Connected Pledge](#). The pledge aims to enable residents to identify what opportunities are available across the county and show them that organisations and business are committed to tackling loneliness and isolation by ensuring the groups, activities and services they provide are inclusive, welcoming and supply an equal opportunity for genuine, warm social connection.

[People Like Us \(PLUS\)](#) is another service that works across Worcestershire to help combat loneliness and isolation. PLUS enables residents to connect with a trained volunteer who provides one to one support and encouragement for them to feel happier and become more active and engaged in their community.

The service is delivered by ONSIDE with their two delivery partners Worcester Community Trust and Simply Limitless.



Suicide prevention in the workplace

Free online session with guidance around training and sources of support. 🖥️ 📅 Friday 10 June 2022, 10:00-11:30am. Aimed at businesses working across Herefordshire and Worcestershire, delivered by Worcestershire County Council Public Health Suicide Prevention Team. Find out:

- what suicide prevention training is available locally (including free options) and how to embed this within company culture
- tools, local services and resources to help maintain good staff emotional wellbeing
-

To find out more visit [Suicide Prevention in the Workplace \(office.com\)](#)



Carers Week 6 - 12 June 2022

Are you looking after a family member, neighbour or friend who needs help because of illness, age, disability or addiction? Then you are a carer! Worcestershire Association of Carers is a local charity offering a range of free support to carers and will be running a range of events for National Carers Week, June 6 - 12. More information may be obtained from www.carersworcs.org.uk.



Cervical Screening Awareness Week

220,000 women and people with a cervix every year are told they have cervical cell changes after their screening, and many more are given a HPV diagnosis. This can mean more tests and treatments, and for some it can be incredibly hard time. Did you know that one in three don't attend cervical screening and we can do something to change that by raising awareness within our organisations.

To find out more visit [Cervical Screening Awareness Week | Jo's Cervical Cancer Trust \(jostrust.org.uk\)](http://Cervical Screening Awareness Week | Jo's Cervical Cancer Trust (jostrust.org.uk))



Healthy Eating Week

Everyone is invited to get involved in the British Nutrition's Foundation 10th healthy eating week from 13 - 17 June 2022. The theme this year is, Eat well for you and the planet! Each day of the week will have a different theme.

To find out more visit Healthy Eating Week - British Nutrition Foundation



National Growing for Wellbeing week 7 - 13 June 2022

There is strong evidence highlighting the health benefits of gardening and growing your own in particular, including improved confidence, communication, concentration and ultimately self-belief.

Here are a few ideas – which you don't even need a garden for – to help get you started:

- Houseplants can be a cheap and easy way to experiment with growing things.
- Try local car boot sales or ask a friend for some cuttings.
- Most garden centres sell seeds and beans for sprouting – try growing your own beansprouts, which will be ready for eating in a week. Or try radish or cress. These quick growing plants can give you a real boost.
- A chilli plant and herbs will also thrive on a sunny windowsill.

To find out more visit [National Growing for Wellbeing Week – Life at No.27 \(lifeatno27.com\)](http://National Growing for Wellbeing Week – Life at No.27 (lifeatno27.com))



Smoking survey

Help us to support people to stop smoking- join a focus group or take part in the survey...

We are considering better ways to support people to stop smoking across Herefordshire and Worcestershire and we need your help to reach residents. To find out more visit [Help us to support people to stop smoking | Help us to support people to stop smoking | Worcestershire County Council](#)

We want to hear from smokers, ex-smokers and/ or vapers to understand attitudes and behaviours associated with smoking and what support may be useful...please take part in the short survey or sign up to a focus group by contacting Madeleine at Data Orchard - Email: takingpart@dataorchard.org.uk | Phone: 07800 633363



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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