

February 2023

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Welcome to our February newsletter!

There is a lot to include in this newsletter as so much is happening! Not least of which are preparations for our last WWW Webinar taking place on Monday 20 March. If you haven't already booked your place, details are given below.

On Wednesday 1 March, we are holding our stakeholder event where your views are going to be invaluable regarding the future and scope of our next health and wellbeing workplace program. Further details on both events are given later in this newsletter – don't forget to book your place!

There is currently a lot of activity around new accreditations, with many of you submitting your Level 1 accreditations to our panel to meet the end of March deadline. Good luck to all of you who are applying.

We are looking forward to being able to congratulate those businesses in our next newsletter!

We have also included our usual sections on forthcoming health awareness days which you may wish to become involved with in your own organisations.

Finally, if you have any inspirational stories about your own health and wellbeing initiatives, we would love to hear from you to include in our March (and final) newsletter. Please send to dawnh@hwchamber.co.uk

Congratulations to our New Accredited Companies!

We are delighted to share and celebrate the newly accredited companies!



WWW Stakeholders Event
Wednesday 1 March 2023 | 1:00-3:30pm



This is an event to share with you further information regarding the exciting next steps in revising the Worcestershire Works Well programme. We are currently working closely with key stakeholders and businesses to help shape the programme. If you would like to attend the event to share your thoughts and views, please contact mwhistance@worcestershire.gov.uk

Please note places for the event are limited so will be allocated on a first come first serve basis.



Book Your Place at the Next WWW Webinar
Monday 20 March | 12:00-1:30pm

The next WWW Webinar will take place on Monday 20 March and is free for all WWW members to join.

Jess Wade, Public Health Practitioner at Worcestershire County Council, will be joining us to talk about the impact of loneliness on working adults. We are looking forward to this thought-provoking session which will provide valuable guidance to employers about how we can best support our teams.

We will also be hearing from Jenny Wickett who will be presenting “Mental Health in the Workplace – a personal journey”. Jenny will be sharing her very personal experience of coping with her own mental health challenges and how support from employers can affect actual outcomes. We look forward to welcoming Jenny and Jess!

To book a place visit [Maintenance - Herefordshire & Worcestershire Chamber of Commerce \(hwchamber.co.uk\)](https://www.hwchamber.co.uk)

Stay Connected
Putting an end to loneliness
Stay Connected in 2023

Sign up to the Stay Connected pledge

We are relaunching the Stay Connected pledge initiative and we need your help to start the conversation. Please forward this information to your contacts around the county.

Stay Connected is a pledge by organisations to tackle loneliness by being welcoming, inclusive and pro-actively supporting people.

Tackling Loneliness has always been a priority in Worcestershire, but it is now more important than ever. Loneliness is a serious issue which can have a harmful effect on our physical and mental health.

This year, we intend to see Stay Connected grow and encourage as many organisations as possible across Worcestershire to actively bring people together.

Any organisation, of any size can join Stay Connected. The pledge is available for any Worcestershire based organisation to sign up to, whether they are commercial businesses, public sector organisations, volunteer groups or social groups. All groups are welcome!

To find out more about Stay Connected and how your organisation can get involved visit [The Stay Connected pledge | Worcestershire County Council](#)



Act F.A.S.T

NHS England, in association with the Stroke Association relaunched the Act F.A.S.T. stroke campaign this week. The campaign highlights that a stroke is a medical emergency and urges the public to call 999 immediately if they notice any single one of the signs of a stroke in themselves or others.

The primary audience for the campaign is people aged 50+, as this age group are more likely to experience a stroke, but the campaign also targets a wider all adult audience of 'stroke savers' who may witness somebody showing one of the stroke signs, be it a loved one or a friend.

The Act F.A.S.T. (Face, Arms, Speech, Time) acronym provides a memorable way of identifying the most common signs of a stroke and emphasises the importance of acting quickly by calling 999.

A selection of the resources available to support the campaign are below:

- [Campaign toolkit](#)
- [Social media assets and copy](#)
- [Posters](#)



Are you an employer based in Herefordshire or Worcestershire looking to do more to support your staff?

Do you have staff that are working and looking after a family member or friend who needs help because of illness, age, disability, or addiction? If yes – then you have working carers in your workforce!

Did you know 1 in 7 employees in the UK is in a caring role, outside of work, and this number is set to rise dramatically. Working carers often have busy family lives as well as juggling work and caring. Often staff are struggling to balance these demands but there is help available.

Our Carer Friendly Employer Network is a network of likeminded employers striving to do more to support working carers . Becoming a Carer Friendly Employer Network member demonstrates a company's positive attitude towards staff members with caring responsibilities outside of work. Employer members are able to access a range of resources and opportunities designed to enable them to support their working carers more effectively. This includes:

- Regular carer clinics for staff in their workplace
- Invites to a range of member events and meetings
- Unlimited access for Line Managers and HR staff to Carer Awareness e-learning
- Discounts for workplace carers seminars on legal, financial and health and wellbeing
- Access to a private members resources library
- Bespoke development support to grow your businesses approach to carer support
- Access to a dedicated carer support helpline for both managers and staff
- Regular e-newsletter with updates, tips and interesting articles

Find out how you can join by contacting Jane Taylor : jtaylor@carersworcs.org.uk

For more information, click here to visit their website [Worcestershire Association of Carers \(carersworcs.org.uk\)](http://Worcestershire Association of Carers (carersworcs.org.uk))



Family Hubs Surveys - Redditch and Wychavon

Worcestershire Early Help Partnership are wanting to hear from Redditch and Wychavon families and young people about what is important to them and the help and support they need in order to shape future services and the creation of Family Hubs.

- For the Redditch Family Hubs survey, visit [\(Ref A1\) Family Hub Consultation with Families, Children and Young People - Redditch \(office.com\)](#)
- For the Wychavon Family Hubs survey, visit [\(Ref B1\) Family Hub Consultation with Families, Children and Young People - Wychavon \(office.com\)](#)

Family hubs aim to provide joined-up help, support and services to children, young people and families from pregnancy through to the age of 19 years old (or 25 for young people with special educational needs and disabilities). They focus on bringing services together and changing the way family help and support is delivered locally. Services may be delivered from a mixture of locations such as children's centres, libraries, schools etc as well as delivered online/ virtually or in the home.

The survey is anonymous and confidential, we will not be able to identify you from your response. The information you provide will be used by Worcestershire Early Help Partnership only for the purpose of consultation and research in order to help shape the family hub support in your area.

There is also an opportunity to be entered into the draw to win 1 of 4 £50 supermarket shopping vouchers.

If you require a Word version of the survey or need this information in another format, language or easy read, please email your details to TaCT@worcestershire.gov.uk. The survey closes at midnight on Sunday 30 April 2023.



No Smoking Day

In preparation for No Smoking Day on Wednesday 8 March 2023, ASH (Action on Smoking and Health) has created a new [communications toolkit](#) to support your local quit smoking marketing activity.

The theme for No Smoking Day this year is brain health and the link between smoking and dementia. ASH has been working with Alzheimer's Research UK in development of the toolkit whose research demonstrates low awareness amongst smokers of the increased risk of dementia caused by smoking. The campaign will encourage smokers to 'never give up giving up' and signpost them to the [NHS Better Health Quit Smoking website](#) which includes a wealth of information and support to help smokers on their quitting journey.

ASH will launch their PR and social media activity on 22 February, running through to No Smoking Day on 8 March. Additional materials will be added to the toolkit in the next few weeks including the national press release (with regionalised versions which you can use locally) along with a video featuring a dementia expert.

There's also a range of free quit smoking resources available on the DHSC Campaign Resource Centre to support ongoing quit smoking activity.

Please send any queries or examples of No Smoking Day activity directly to ASH: enquiries@ash.org.uk



National No Smoking Day – 8 March 2023

Help encourage as many smokers as possible to quit on No Smoking Day! There is specific support available for mums with children under 3 years old. To find out more visit [Stop smoking support | Worcestershire County Council](#)

Sign Language Week – 13-19 March 2023

Did you know that British Sign Language (BSL) was recognised as a language in its own right in 2003! To find out more visit [Home SLW 2023 - Sign Language Week](#)

Debt Awareness Week - 20-26 March 2023

This Debt Awareness Week focuses on what people need to know if they're looking into how to get debt help for the first time. To find out more visit [Debt Awareness Week 2023. StepChange Debt Charity](#)

Ovarian Cancer Awareness Month – March 2023

March is Ovarian Cancer Awareness Month | Ovarian Cancer Action. Every year, 295,000 women around the world are diagnosed with ovarian cancer. Do you know that 90% of women don't know the four main symptoms of ovarian cancer? Knowing this information could be lifesaving, as an early diagnosis can make all the difference. To find out more visit [March is Ovarian Cancer Awareness Month | Ovarian Cancer Action](#)

Brain Tumour Awareness Month - March 2023

One in three people know someone affected by this devastating disease. This March, we will once again be leading the way with a programme of activities to raise vital awareness and funds to get closer to our vision of finding a cure for all types of brain tumours. To find out more visit

<https://www.braintumourresearch.org/info-support/brain-tumour-awareness-month>

Endo the Night - March 2023

Endometriosis affects 1 in 10 women and those assigned female at birth in the UK. To find out more visit

[Ending endometriosis starts by saying it | Endometriosis UK \(endometriosis-uk.org\)](#)

Parkinson's Awareness Week - 11 April 2023

11 April is World Parkinson's Day. Parkinson's is different for everyone. Different symptoms, different experiences. Shine a light on Parkinson's by writing a poem or lighting up blue. To find out more visit

[Homepage | Parkinson's UK \(parkinsons.org.uk\)](#)

National Stress Awareness Month - April 2023

April is National Stress Awareness Month to raise awareness of the negative impact of stress. There is no single definition for stress, but the most common explanation is physical, mental, or emotional strain or tension. While not all stress is bad, long-term stress can have harmful impacts on physical and mental health. It's critical to recognize what stress and anxiety look like, take steps to build resilience and manage job stress, and know where to go for help. To find out more visit [Stress Awareness Month 2023 - The Stress Management Society](#)



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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