

January 2023

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Welcome to our January newsletter!

Welcome to our January edition of the Worcestershire Works Well newsletter.

Once again we are pleased to celebrate recent accreditation achievements with you – congratulations to the successful organisations!

Of course, January is the month for going “dry”. Are you running any campaigns in your organisations – we would love to hear from you to share the good ideas!

Worcestershire Works Well has always encouraged the sharing of ideas and best practice. If you would like to support or mentor another business with their health and wellbeing initiatives, please do let us know and we will make the introductions for you.

Finally, February and March are really good opportunities to support national health awareness days and we are featuring some of these to help with your planning.

Congratulations to our New Accredited Companies!

We are delighted to share and celebrate the newly Level 1 accredited companies, Surf Tech and Morgan Motors!



"I've only been with Surf Tech for about 18 months, we are a growing company, at first I thought WWW wasn't for us, however, I found it so interesting and it really helped with putting various policies into place. Hard work but worth it when we were accredited our Level One" - Jane Sidaway



Recent WWW Webinar!

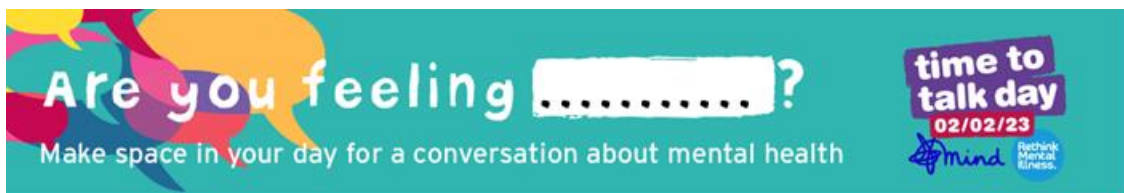
We were pleased to welcome Sarah Baldwin and Agnieszka Kudrej from Morgan Motors as guest speakers at our recent WWW webinar held on Tuesday 17 January. Sarah and Agnieszka gave an insightful presentation about Morgan's Worcestershire Works Well journey to achieving their Level 1 accreditation. Many ideas were shared about the innovative health initiatives they had implemented, leaving us all very inspired!

We also welcomed Charlotte Webb, Financial Consultant, who gave us lots of ideas around implementing financial wellbeing initiatives in the workplace.

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

Save the Date!

Our next webinar will take place on Monday 20 March between 12.00-1.00pm. Further details will follow shortly but please save the date in your calendars!



In partnership with 

Time to Talk Day

Thursday 2 February

You may already be aware that the champions group of what was Time to Change Worcestershire is continuing to campaign as "Stamping Out Stigma." It is now linked to the Experts by Experience group of the Herefordshire & Worcestershire Wellbeing Recovery College.

You can help by getting involved and spreading the word and would be delighted if you joined the SOS social media campaign. This will start 31st January 2023, hosted by Herefordshire and Worcestershire Wellbeing and Recovery College.

What are you doing for Time to Talk Day? Please let us know and we will feature your stories in our next newsletter!

To find out more and see resources visit [Time To Talk Day - Time To Talk Day](#)



**NHS
CHARITIES
TOGETHER**



Herefordshire and Worcestershire

**Wellbeing and
Recovery College**

Social Media Campaign

We would also be delighted if you joined our social media campaign. This will start on 31 January 2023, hosted by our partners at Herefordshire and Worcestershire Wellbeing and Recovery College.

Facebook: @HWWellbeing

Twitter: @HW_Wellbeing

Please also look out for Stamping Out Stigma's new Facebook page which will launch on Time to Talk day and use #TimeToTalk on social media.

If you would like to get more involved with challenging the stigma that still exists around mental health and mental illness, please get in touch by calling 01684 312730

Follow us on Twitter: @StampingOStigma

Email stampingoutstigma@comfirst.org.uk



Brew Monday

Challenging the myth that is "Blue Monday"

On Monday 16 January, the Samaritans encouraged individuals and businesses to challenge the myth of 'Blue Monday' by taking the time to have a conversation over a brew!

The team at Herefordshire & Worcestershire Chamber of Commerce booked out a room at their offices just for their team to take 10 minutes out of their day to have a cuppa, a biscuit and a chat. The Chamber wanted to provide a dedicated space for teams to have a catch up about anything they wanted.

Heart Awareness Month

Currently, there are around 7.6 million people in the UK living with heart and circulatory diseases and 1 in 2 of us will experience a heart or circulatory condition during our lifetime.

Did you know that February is Heart Awareness Month?

The British Heart Foundation (BHF) are asking the nation to take some simple steps to improve their heart health, including checking your blood pressure and moving more. Not to forget the importance of keeping to a healthy and balanced diet.

Why not think about "going red" for February!

Visit [Heart Month 2023 - Learn CPR and Go Red to help us save lives - BHF](#)

Help Us Help You - Early Cancer Diagnosis

NHS England's 'Cancer Earlier Diagnosis' campaign re-launched this week and is running until mid-February. This activity is part of the 'Help Us Help You' campaign.

Like previous phases, this year's goal is to help address some of the key barriers to people seeking help, including the fear around a possible cancer diagnosis. The campaign also seeks to increase awareness of the importance of body vigilance when it comes to noticing bodily changes that could be a sign of cancer.

The campaign will target men and women over the age of 50, with a focus on those from C2DE socio-economic groups, as these people are more likely to experience a cancer diagnosis, as well as Black and South Asian audiences who are already at risk of health inequalities.

A selection of resources available:

1. [Campaign toolkit](#)
2. [Social media assets and copy](#)
3. [Posters](#)

Additionally, we have produced a 'Cancer Earlier Diagnosis - [Employer toolkit](#)' with support from Cancer Research UK. This includes co-branded resources to help employers raise awareness of key symptoms amongst staff and address key barriers to seeking help.

The toolkit is also available for the Help Us, Help You '[Lung Cancer Symptoms](#)' and '[Abdominal & Urological Symptoms of Cancer](#)' campaigns.

All other 'Cancer Earlier Diagnosis' resources, including accessible formats are on the Campaign Resource Centre.



Support for Families with Children up to 3-years old to Stop Smoking

The Starting Well Partnership in Worcestershire have launched a new service to support mums, and others living in households with young children to stop smoking.

The service will:

- Provide 1:1 support with a trained Smoking Cessation Advisor
- Provide point of contact for Nicotine Replacement Therapy (NRT)
- Provide joint family sessions if preferred

To refer a family email: whcnhs.smokefreehomes@nhs.net

Guidance on working in cold and wintry weather

Make sure you protect workers during the upcoming low temperatures and wintry conditions.

[Guidance](#) from the Health and Safety Executive has been refreshed to make it easier to find and understand advice on how to protect workers in low temperatures.



Cost of living: tips for saving money and staying well

The British Heart Foundation have put together a fantastic resource accessible via their website all about the Cost of Living.

They have shared advice and resources on topics including:

- [Get financial support if you have a heart condition](#)
- [Find out how to eat healthily on a budget](#)
- [Discover simple energy saving tips](#)
- [Get fit for free](#)
- [Look after your emotional wellbeing](#)

To find out more visit [Cost of living - Tips for saving money and staying well - BHF](#)



World Cancer Day – 4 February 2023

[Official website of World Cancer Day by UICC | 4 February](#)

Eating Disorder Awareness Week – 27 February to 5 March 2023

Around [1.25 million people in the UK](#) suffer from these illnesses, many in secret. They are of all ages, genders and backgrounds – eating disorders do not discriminate.

[The UK's Eating Disorder Charity - Beat \(beateatingdisorders.org.uk\)](#)

Ovarian Cancer Awareness Month – March 2023

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.

[March is Ovarian Cancer Awareness Month | Ovarian Cancer Action](#)

National No Smoking Day – 8 March

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.

[Smoke Free Homes service for Worcestershire Families | Starting Well \(startingwellworcs.nhs.uk\)](#)



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