



Gloucestershire Healthy Workplace Roundup March 2021

In this month's issue we focus on pandemic recovery for workplaces and the impact that this period of change could have on employee health and wellbeing.

For employers there are many factors that will need to be considered in the coming months that are likely to have a significant impact on health and wellbeing of the working population. We have pulled together a range of resources and latest local and national information that we hope will be useful to employers moving forward that will help you become better equipped for the many challenges ahead.

In this issue

- **Healthy Lifestyles Corporate Challenge** – as home working continues, this could be just the opportunity to bring your team together with refreshed energy and motivation.
- **Gloucestershire Skills Portal** – if you are having to make redundancies this is an excellent one stop shop for advice, information and help finding new opportunities.
- **Coping with Post-Covid Syndrome (Long Covid)** - local support available and where to go for more advice on Covid recovery
- **On your Feet Britain** - get your workplace involved in #thebigwiggle with Gloucestershire's 'we can move' campaign
- **Upcoming National Health and Wellbeing Campaigns – Spring 2021**
- **The Impact of the Covid Pandemic on Mental Health** - with local and national resources to support employers moving forward



Register Now for the Healthy Lifestyles May 2021 Corporate Challenge

Do you want to get more active, lose weight or stop smoking to become a healthier happier you this summer? Do you have colleagues who would love some free coaching from our Healthy Lifestyles specialists?

Our corporate challenge invites you to work as a team, with your colleagues, to support and encourage each other to improve your health and fitness with new healthy habits this spring.

The beauty of this challenge is that anyone can take part and accomplish goals at a level that is right for each individual. Whether you are a marathon runner, or brand new to exercise and need some support to take those first steps, you can take part and earn points for your company.

Compete against other Gloucestershire businesses to win **and** have the opportunity for your employees to work with one of our dedicated coaches for 12 weeks **for free** to help achieve personal health and wellbeing goals.

Register or enquire now by email workplaces@hlsghs.org



Focus on Mental Health and the Impact of the Covid-19 Pandemic

The Society of Occupational Medicine (SOM), ACAS, The Charlie Waller Trust, Chartered Institute of Personnel and Development (CIPD), the mental health charity Mind, and many others have launched a Consensus Statement on Mental Health in the Workplace.

SOM patron, Sir Norman Lamb said: "*Mental ill health is the leading cause of workplace absence in the UK. With the psychological impact of COVID-19 clear, it has never been more important to champion mental health and wellbeing in the workplace - and enlightened and wise employers are increasingly doing so. Not only do they have a moral duty to look after their employees, but the economic benefits are clear; employees enjoy improved wellbeing with reduced sickness absence and presenteeism, fewer fall out of employment and onto benefits, and the state pays out less and sees reduced pressure on the NHS.*"

Find out more and how you can get involved [here](#)



Be Well Gloucestershire - When life gets tough, find the support

Be Well Gloucestershire is a New Campaign supported by the county's NHS and care organisations to help and encourage individuals to access mental health support when they need it. This year-long local campaign is designed to help when stress, anxiety, isolation and other challenges become hard to deal with. We want to encourage anyone who is having a hard time in the county to access the support that is available and break the social stigma attached to mental ill-health. This site is the start of what will be a central hub for anyone who needs help or support for themselves or a loved one. Working alongside local organisations, charities and communities, we will develop information and resources to enable more people who live in the county to talk openly about their wellbeing and access mental health and wellbeing support.

www.bewellglos.org.uk

Spring National Campaigns



Stress Management Society
from distress to de-stress

April is Stress Awareness Month

Stress in the workplace can affect every aspect of an organisation, from absenteeism rates to interpersonal relationships.

Have a look at the great resources to support workplaces from [The Stress Management Society](#)



World Health Day 7th April 2021

This year the focus is on building a fairer healthier world. As COVID-19 has highlighted, some people are able to live healthier lives and have better access to health services than others - entirely due to the conditions in which they are born, grow, live, work and age. WHO is committed to ensuring that everyone, everywhere, can realize the right to good health. They are calling on leaders to ensure that everyone has living and working conditions that are conducive to good health. Find out more here [World Health Day \(who.int\)](http://who.int)



Looking ahead to May - National Walking Month

Get involved in promoting National Walking Month with Living streets this May. Download free resources and ideas for your workplace from their website [National Walking Month | Living Streets](#)



Get involved in the Big Wiggle with 'we can move' from Active Gloucestershire

Do you want to take part in the #bigwiggle? This is an event co-ordinated by **On Your Feet Britain**, taking place on **Thursday 29th April 2021** in offices (and home offices) around the world. It is the national **activity** awareness day when **2 MILLION desk-based workers** across Britain participate in a variety of fun and simple activities to #SitLess and #MoveMore at work.

On Your Feet Britain day is a FREE and FUN way to reboot and energize your workplace habits. Can we inspire Gloucestershire's workers to get active for the #BigWiggle – wherever their desk may be?

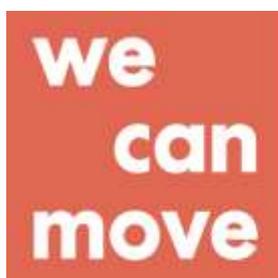
On Your Feet Britain day is your chance to get the ball rolling and encourage your employees, co-workers or even your boss to take a stand.

Find out more at [On Your Feet Britain \(onyourfeetday.com\)](https://onyourfeetday.com)

If you would like more tips and ideas on how to get your desk-based team moving, then have a look at the short video from we can move changemaker Kirsty demonstrating some simple exercises that everyone can get involved in.

[A few desk exercises from Changemaker Kirsty - YouTube](#)

Find out more from [We Can Move - Inspiring People To Get Active - Health and Wellbeing](#)



Active
Gloucestershire

Long Covid and the impact on employee Health and Wellbeing

Do you have employees who contracted Covid and are now struggling to recover? It could be 'Post Covid Syndrome' and the good news is that local support is available. A new community-based service has been established in Gloucestershire to support people affected by ongoing COVID-19 symptoms, often referred to as Long COVID.

The Post-COVID Syndrome Assessment Service, provided by Gloucestershire Health and Care NHS Foundation Trust, brings together skilled healthcare professionals who can provide physical, cognitive (the mental processes involved in gaining knowledge and understanding) and psychological assessments for people experiencing suspected Post-COVID Syndrome. Individuals can then receive help from the service or be referred to other services to meet their specific needs.

The Gloucestershire Post-COVID Syndrome Assessment Service is available to all affected patients who need it, whether or not they have been previously hospitalised, and patients can be referred following a discussion with their GP ' *Find out more about this service and read the full article from Gloucestershire NHS [here](#)*

You can learn more about recovering from Covid at www.yourcovidrecovery.nhs.uk

Gloucestershire Skills Portal from GFirst LEP

GFirst LEP have set up a Skills portal for anyone looking for work.

If you are having to make redundancies, you can signpost individual to this website where they can access a wide range of support to help them make the next step.

Whether you're out of work, keen to learn new skills or want to start your own business. Choose a starting point and find out more about national support, local support and learning opportunities that'll work for you [here](#)



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