

# Workplace Health

May 2010

Healthy Working Lives Award— Registrations in Grampian:

187

**Current Awards:**

- 15 Gold
- 7 Silver
- 34 Bronze
- 3 M H Com-mendation

Order re-sources on-line from -  
Resources Direct:

[www.nhsghpcat.org](http://www.nhsghpcat.org)

## Campaigns in June 2010:

**National Mens' Health Week:**

14th—20th



<http://www.menshealthmonth.org/week/>

**Wrong Trousers Day:**

**FRIDAY 25<sup>th</sup> JUNE**

<http://www.wrongtrousersday.org/main.html>

**Male Cancer Month:**



<http://www.malecancer.org/homes>

**Bike Week:**  
19-27 June



<http://www.bikeweek.org.uk/>

**Walkie Talkies at Countesswells:**

3rd & 10th June  
at **Foggieton:**  
15th June

All from 1900-2100hours



<http://www.forestry.gov.uk/website/ourwoods>

**Food Safety Week:**  
7th-13th June

<http://www.food.gov.uk/safereating/hyg/germwatch/>



## Healthy Working Lives Awards April 2010 Congratulations to:

Amec	Bronze
FMC	Bronze
Shell Nelson	Silver
Shell Tullos+Seafield	Bronze
Petro Canada	Gold
Abermed	Bronze

## Spotlight falls on health & wellbeing in the workplace

BUSINESS leaders were given expert advice on how to look after the wellbeing of their staff at a seminar in Aberdeen yesterday.

Dame Carol Black, the UK's national director for health and work, was keynote speaker at the one-day event at Aberdeen University's King's College Conference Centre. More than 100 people, from the NHS and the business sector, attended the Health and Work: Insights and Inspiration seminar.



**Dame Carol Black with Gordon Roberson and the other Speakers at the Seminar**

## Is Alcohol Ever the Answer?

### Answers to Your Questions about Alcohol:

*How do I approach a member of staff who may have a problem with alcohol?*

*How do I develop an alcohol policy?*

*Can I refer an employee to a service where they can receive treatment and support for an alcohol problem?*

*When an employee is having time off for treatment for an alcohol problem, or is returning to work after treatment, how do I manage the other employees?*

If you have ever asked yourself any of these questions, or would like to find out more about alcohol issues in the workplace, why not attend a **FREE** workshop and have your questions answered. The workshops last from 10.15am – 4pm and a free lunch is included.

*How do I develop an alcohol policy?*

**Wednesday 26<sup>th</sup> May 2010**  
Newmachar Business Centre

**Wednesday 25<sup>th</sup> Aug 2010**  
The Lodge on the Loch Hotel,  
Aboyne

**Wednesday 10<sup>th</sup> Nov 2010**  
The Museum of Scottish Lighthouses, Fraserburgh

If you are a manager, your organisation has less than 250 employees and you would like a place on one of the workshops, please contact Gemma Mitchell via

[grampianhwl@nhs.net](mailto:grampianhwl@nhs.net) for the booking form.

For more information, please contact Jim Clark on [jim.clark@nhs.net](mailto:jim.clark@nhs.net) or 01224 558525.



## Work In Tune With Life

Mental health and well-being is important for business and is essential to the success of your organisation, particularly in today's economic climate. While mental health and well-being is undoubtedly moving up the agenda for employers, more remains to be done.

A Europe-wide workplace mental health promotion campaign: Work. In Tune with Life has been developed to support employers to create mentally healthy workplaces.

Participating in this innovative cam-

paign will provide you with:

A range of resources to help improve mental health and well-being in your workplace.

An opportunity to be part of a Europe-wide employer scheme on best practice.

A network with like minded forward thinking organisations.

Ultimately, participating in this campaign will support you in creating a mentally healthy workforce and many of the activities you can undertake will contribute towards you

gaining the Healthy Working Lives Awards.

### Complete the mental health check:

It will take 15 minutes of your time to assess the quality of the mental health promotion measures in your company or your organisation. Each question requires a YES or NO answer. [click here to complete mental health check-external site](#)

### Take Action:

Contact the HWL advice line for support and advice 0800 019 2211

*Do the Mental Health Check and discover whether your company or organisation can improve mental health promotion at work!*

## Local Services Guide

The workplace team has developed a directory of local and national organisations, websites, services and resources that can help YOU in working towards your HWL Award. To access an electronic copy of the guide please [click here](#).

If you would like a paper copy please contact the workplace team.