

**CURRENT
AWARDS:**

16 **GOLD**

10 **SILVER**

43 **BRONZE**

3 **M H
COMMEN-
DATION**

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[www.nhsghcp
at.org](http://www.nhsghcp.at.org)

Workplace Health

OCTOBER 2010

Forthcoming Campaigns :



National Stress Awareness Day



12th NATIONAL STRESS AWARENESS DAY 2010 TAKE PART IN THE STRESS MANAGEMENT EVENT OF THE YEAR ON 3RD NOVEMBER 2010

Stress Management has never been more relevant than it is today. According to recent research by Insurance Company **AXA**, stress levels have doubled in 4 years.

There are numerous solutions available to help people manage Stress levels and ISMA^{UK}'s **National Stress Awareness Day** is the ideal opportunity to get involved. This year, our theme is:

Start Living - Stop Stressing

Resources and news of events will be constantly updated, so keep checking back to catch up on the latest news on NSAD. Use the links below on this page and on the left hand side of the page. Meanwhile, here is how you can get involved:

Companies and Organisations

Healthy Working Lives Awards September 2010

Congratulations to:

Endeavour Energy	Bronze
Nexen Buzzard	Bronze
NHS24 North Contact Centre	Bronze
RAF Lossiemouth	Bronze
BIS Salamis	Silver
Shell Upstream Europe	Silver
Castlehill Housing	Silver
Moray CHSCP	Gold

Forthcoming Campaigns (contd.) :

Diabetes education and prevention

Let's take control of diabetes. Now.

2010 marks the second year of the five-year focus on 'Diabetes education and prevention', the theme selected for World Diabetes Day 2009-2013. The campaign calls on all those responsible for diabetes care to take control of diabetes. Now. For the general public and people at high risk of diabetes, the campaign aims to raise awareness and disseminate tools for prevention. For people with diabetes, the focus will be on disseminating tools to improve knowledge of the disease in order to better understand it and prevent complications. For governments and policy-makers, efforts will go towards communicating the cost-effective implications of diabetes prevention strategies and promoting diabetes education as a core component of diabetes management and treatment.

[Read more about this year's campaign](#)

[Know the diabetes warning signs](#)

[Know the diabetes risk factors](#)



World Diabetes Day - November 14

World Diabetes Day (WDD) is the primary global awareness campaign of the diabetes world.

It was introduced in 1991 by the International Diabetes Federation (IDF) and the World Health Organization (WHO) in response to the alarming rise in diabetes around the world. In 2007, the United Nations marked the Day for the first time with the passage of the United Nations World Diabetes Day Resolution in December 2006, which made the existing World Diabetes Day an official United Nations World Health Day.

[Read more about World Diabetes Day](#)

[About the logo](#)

[Previous campaigns](#)



JUST 5 MINUTES

This is a new aspect of our Smoking Advice Service and is based on a successful self-help model.

It compliments our existing team of community advisers who can see people for 6 sessions to help them stop smoking and the National Pharmacy Scheme which can provide them with 12 weeks of support and Nicotine replacement Therapy.

The local smoking cessation provision is very successful having a 70% success rate and we will come to any workplace and run a group for 6 weeks if there are a group who want to quit. Evidence shows that smoking cessation in the workplace is most successful where the employer supports and rewards success in some way.

The Just Five Minutes website is intended to help people who are finding it difficult to attend these types of support but who need help to stop. However, anyone who is trying to quit can use it to support themselves. It may be particularly useful to people working away from home.

It is also available as a free booklet which we will send to anyone who requests it.

Could you also add the SAS contact details for anyone wanting to have smoking cessation support in their workplace? 0500 600 332 or email:

rona.hamilton@nhs.net

Just Five Minutes
... helping you stop smoking

NHS
Grampian

STOP SMOKING IN 5 MINUTES
BY DR CHRIS WILLIAMS

**Want to stop?
We can help you!
Get help on-line Today
Easy to use.
Free Local Face-to-Face
service too.
0500 600 332**

Forthcoming Campaigns (contd.) :



Mouth cancer is diagnosed in **5,000** people annually and kills almost **2,000** people each year - that's one death every five hours.

Yet better awareness and early detection save lives – early diagnosis improves survival chances to **more than 90%**

IF IN DOUBT, GET CHECKED OUT

Early detection transforms survival chances to 90%

WARNING SIGNS:

Ulcers which do not heal within 3 weeks

Red and white patches in the mouth

Unusual lumps or swellings in the mouth

The appearance of any of these signs should prompt an immediate call to a dentist or doctor.

Knowing the **key risk factors** is crucial:

Smoking – Still considered to be the leading cause of mouth cancer in the UK.

Alcohol – Drinking to excess can increase mouth cancer risks by four times. Those who smoke and drink to excess are up to 30 times more likely to develop the disease.

Poor diet – Around a third of cases are thought to be linked to an unhealthy diet. It is recommended that people eat a healthy balanced diet including five portions of fruit and vegetables each day.

Chewing tobacco – Although some people believe this is safer than smoking, the reality is that it is much more dangerous. Chewing paan, guthka and areca nut should be avoided and discouraged.

HPV – The human papilloma virus, transmitted via oral sex, has recently been identified as a risk factor, particularly in younger people with no other apparent risk factors. Experts suggest it may rival tobacco and alcohol as a key risk factor within 10 years. People with multiple sexual partners are more at risk.



! MORAY !

walkmoray

Getting fit in Moray is about to get a lot easier. Walk Moray has introduced short evening walks throughout September. Whatever your level of fitness, health walks can help you step out on the road to regular, healthy activity. A team of trained volunteers will lead you on safe walks to improve your fitness. Walking regularly with a group not only improves physical and mental health but introduces a whole new circle of potential friends to walk with!

For further details contact:

Debbie Barron
Health Walk Coordinator –
Moray
Email: debbie.barron@nhs.net
Tel No: 01343 567172

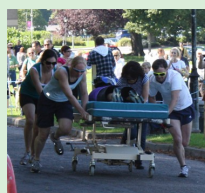
Elgin Rotary Club and Moray Healthy Working Lives Partnership organised a Bed Push event on Sunday 16 August at Cooper Park, Elgin to raise money to buy lighting and water fountains for the sensory garden at Dr Gray's Hospital.

The winning team "Shades" is pictured below.

The event was a great success and a good crowd of people turned out to cheer on the teams.

For further information on HWL, contact:

Laura Sutherland
Health Improvement Officer NHS
Email: laura.sutherland@nhs.net
Tel No: 01343 567143



17th November 2010 at Elgin Library - Cooper Park IV30 IHS 10:00am-13:30pm WORKPLACE DRUG & ALCOHOL WORKSHOP

On completion of the training course, participants will have:

- Increase knowledge of the impact of alcohol and drugs on the workforce
- Increased knowledge of all forms of substances and their impact on the individual and workplace
- Increased awareness of the legal framework within which to implement workplace alcohol and drugs policies
- Increased awareness of development and implementation of alcohol and drugs policies

Increased confidence in dealing with staff issues around alcohol and drugs

Did you know that the 'sickies' people take because of hangovers total around 640,000 lost working days each year?

Or that around 25% of workplace accidents are thought to involve alcohol?



If you would like to book a free place for this workshop please contact grampianhwl@nhs.net

GRAMPIAN ALCOHOL & DRUG PARTNERSHIPS LAUNCH UNIQUE ONLINE ALCOHOL DIARY

The Scottish Government have announced the return of **Alcohol Awareness Week (AAW)** taking place **4th – 10th October 2010**.

The theme of this year's campaign is **'How do you measure up?** which aims to raise awareness amongst Scots that making positive lifestyle choices, changing drinking habits and drinking more responsibly will enable them to get more out of their day, week and weekend; at home, at work and with friends or family.

Locally, the three Grampian Alcohol & Drug Partnerships (ADP's) are supporting the campaign by reinforcing this key message through a series of public engagement events across the Grampian area, and by the development of

a Grampian specific initiative

"Howmuchdoidrink.com" a confidential online drinks diary.

This innovative project will launch on the 4th October 2010 and be available until September 2011. Findings from last years successful 4 week pilot, showed that the majority of those participating were clearly surprised by their results showing most people underestimate units, time, calories and money spent on alcohol. As a result of participating, some 62% were ready to change their drinking habits and overall 33% of all those participating had made a change at a 3 month follow up."

The project will involve members of the public being invited to sign up to participate in a unique 4

week online alcohol diary where not only consumption, but calories, time and money spent on alcohol, will be collated and fed back to provide individuals with confidential detailed feedback on how alcohol affects their lifestyle generally. Respondents will be able to have an overview of their relationship to alcohol, and importantly be able to compare this to recommended guidelines and will of course, be encouraged to *'get more out of life'* through the adoption of moderate and responsible alcohol consumption. To this end, feedback will be tailored with helpful information including advice and tips for each participant. The diary will also record reactions to the feedback including indications of behaviour change.

To participate please register now at www.howmuchdoidrink.com

For further information please contact Leah Dawson, Corporate Communications Officer, NHS Grampian on 01224 558701 or l.dawson@nhs.net

**HOW
MUCH DO
I DRINK?**

www.howmuchdoidrink.com
A confidential online drinks diary

Through the "How Much Do I Drink" online diary find out the effect your alcohol consumption has on your health, weight, finances and lifestyle. You will receive detailed confidential feedback with information, hints, tips and advice.



The Equality Act will become law in October 2010. It replaces previous legislation (such as the Race Relations Act 1976 and the Disability Discrimination Act 1995) and ensures consistency in what you need to do to make your workplace a fair environment and to comply with the law.

The Equality Act covers the same groups that were protected by existing equality legislation – age, disability, gender reassignment, race, religion or belief, sex, sexual orientation, marriage and civil partnership and pregnancy and maternity – but extends some protections to groups not previously covered, and also strengthens particular aspects of equality law

Equality Act 2010 – Acas Quick Start Guide for Employers:

<http://www.acas.org.uk/CHttpHandler.ashx?id=2833&p=0>



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.

ABERDEEN COUNCIL OF VOLUNTARY ORGANISATIONS

The ACVO E-Bulletin is an excellent communication tool for Grampian and is used to increase meaningful communication and consultation across all sectors.

To view current and past editions of their newsletter, as well as to potentially link your own newsletter to theirs, click on the link below:

<http://www.aberdeencn.info/MiscPages/news.asp>