

**CURRENT
AWARDS:**

16 **GOLD**

10 **SILVER**

44 **BRONZE**

3 **M H
COMMEN-
DATION**

**ORDER RE-
SOURCES
ON-LINE
FROM -**

**RE-
SOURCES
DIRECT:**

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

Workplace Health

NOVEMBER 2010

Forthcoming Campaigns :

ACT AWARE

This World AIDS Day - 1 Dec - take action to tackle HIV prejudice and to protect yourself and others from HIV transmission.

Over 90,000 people are living with HIV in the UK and new infections continue every year. Explore this site to ensure you understand the facts about HIV and find out what you can do to ACT AWARE.

ACT AWARE is about taking action. It's about making commitments to help improve understanding about HIV in the UK, prevent HIV transmission and stop prejudice.

Tell us how you are going to ACT AWARE by placing a pledge now.

For example you could pledge: 'I'm going to organise an assembly in my school to teach my classmates about HIV' Vicky, 15.

[Read suggestions of what people living with HIV would like you to do to make a difference](#)

If you are living with HIV why not make a suggestion of what other people can do to make a difference?

[Click here to submit your suggestion of what people can pledge to ACT AWARE](#)

**HIV PREJUDICE IS STILL
AN ISSUE IN THE UK**



Healthy Working Lives Awards October 2010

Congratulations to:

Conoco Phillips Viking Platform **Bronze**

Wood Group Hummingbird **Bronze**



**UNIVERSITY
OF ABERDEEN**

Registered Charity Sco 13683

How do fruit and vegetables keep you healthy?

Version 3

We are looking for volunteers for a research study investigating whether eating fruit and vegetables really does help maintain a healthy heart and gut.

We are looking for men and women,

- *aged 38-60 years, with no chronic illnesses*
- *non smokers*
- *not taking any medication or supplements*



For more information please contact:

Mr David Bremner

*Research Assistant,
Human Nutrition Unit*

Tel: 01224 712751 ext. 6287

e-mail: d.bremner@abdn.ac.uk

or

Dr Vanessa Rungapamestry

Study Coordinator

Tel: 01224 716618

e-mail: v.rungapamestry@abdn.ac.uk

The University of Aberdeen
Rowett Institute of Nutrition and Health,
Greenburn Road, Bucksburn,
Aberdeen, AB21 9SB

 **Rowett Institute
of Nutrition and Health**



A total of 31 organisations from across the City, Shire, Moray, and Off-shore, employing more than 26,000 people were presented with HWL award at the annual award ceremony during October.

Aileen Simpson, Assistant Director of the Scottish Centre for Healthy Working Lives, said:

“Encouraging workplace health should never be a chore or a second thought – a healthy workforce is the key to success for organisations in all sectors. The Healthy Working Lives Award programme provides a clear framework to creating better workplaces, and our nationwide network of Advisers is always on hand to provide all the help and support organisations require to achieve the Award.”



The gold award winners are pictured, left with Dr Lesley Wilkie, Head of Public Health and Planning:

GOLD

Moray Community Health and Social Care Partnership,
Talisman Claymore Platform, Off-shore,
Scottish Enterprise Grampian, Aberdeen,
Petro-Canada UK, Aberdeen,
Moray Council

Is Alcohol Ever the Answer? Answers to Your Questions about Alcohol

Events

Find out about forthcoming **Events** and book a place



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 workshop will last from 10.15am – 3:30pm and a free lunch is included.

Wednesday 10th November 2010 at The Lighthouse Museum Fraserburgh

If you would like more information contact Jim Clark on jim.clark@nhs.net or 01224 558525

To book a place contact gemma.mitchell@nhs.net or 01224 558677

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>