

**CURRENT
AWARDS:**

17 GOLD

12 SILVER

47 BRONZE

3 M H
COMMEN-
DATION

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Workplace Health

DECEMBER 2010
& JANUARY 2011

Forthcoming Campaigns :

[Help us raise awareness during Cervical Cancer Prevention Week](#)

[23 - 29 January 2011](#)



Cervical Cancer Prevention Week is a European wide initiative lead by [European Cervical Cancer Association \(ECCA\)](#).

The Week's focus is on all things to do with cervical cancer including information about symptoms and causes of the disease, ways to prevent it and support.

Cervical cancer is a preventable disease. Despite this in the UK last year, 20% of women do not take up their invitation for cervical screening. In addition, only 50% of girls offered the HPV vaccine in the catch-up programme have elected to have this potentially life saving jab. Raising public awareness of cervical cancer prevention is more necessary than ever.

Jo's Cervical Cancer Trust needs your help to run local awareness campaigns to highlight the importance of cervical cancer and the necessity to attend cervical screening but we need your help to do it! Raising awareness in your community is often one of the best and most effective ways of reaching a high number of people.

Would you like to help Jo's Cervical Cancer Trust in promoting our services and increasing public knowledge of cervical cancer during prevention week?

Examples of how you could reach people in your local area include:

- Display our posters/leaflets/postcards in GP surgeries, hospitals or your local library
- Distribute our leaflets at your university or college
- Ask if your employer would allow posters to be put up e.g. in women's toilets
- Run a stand or table with leaflets at your local hospital
- Organise an event on behalf of Jo's Trust
- Tell your story in your local newspaper.

We can send you materials to display and hand out or you can download your own from our [re-source centre](#). If you would like to get involved contact us on info@jostrust.org.uk or 020 7936 7498.

Healthy Working Lives Awards November 2010

Congratulations to:

Conoco Phillips Viking Platform

Silver & Gold

Cosalt

Bronze

Forthcoming Campaigns continued:

February is National Heart Month!

National Heart Month is our annual campaign to increase awareness of heart and circulatory disease and to raise funds for our research, prevention and care services.

This year, we launched the **BEAT**, the first ever national heart health code and lifestyle check...

Be Active
Eat Healthily
Avoid Smoking
Take the lifestyle check



The **BEAT** encourages people to take steps to improve their own heart health by taking the free online lifestyle check.

During **National Heart Month**, we also ask people to be a part of **Red for Heart** and help raise vital funds for our work. You can join **National Wear Red Day** on **Friday 25 February 2011** or choose your own event - anything goes as long as it's red!

To get involved you can pre-order our [free fundraising kit](#) today.



There are lots of other ways individuals and organisations can support **National Heart Month**, from holding your own event to helping us promote the campaign in your workplace, school, university or wherever you can.

To find out more and get involved, please email the **National Campaigns Team** at red@bhf.org.uk - or call **0845 241 0976** .

Got any questions about this page?

[CONTACT US HERE >](#)

Give Kids a Chance

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Not long until Christmas!

Christmas 2010 is not far away and people are making arrangements for Christmas festivities and celebrations. Why not spread this Christmas cheer a little further and think about fundraising for Give Kids a Chance.



Instructions for organising raffles and encouraging staff to make donations are now available from Give Kids a Chance so that you can join with us to raise much needed funds for the project.

You can support us by:

- Assembling Christmas hampers full of treats and goodies to be raffled in offices and workplaces.
- Making donations to Give Kids a Chance instead of sending Christmas Cards.
- Organise a Christmas Concert or a Christmas Quiz.

Last year £7,309 was raised which was used to support young people take part in activities across Grampian. If you would like more information on any of our Christmas Fundraising ideas or want to register to take part please contact

heather.wilson2@nhs.net or visit our website at: www.nhsgrampian.org/gkac

Pssst.....want some extra cash in your pockets in the run up to Christmas?

What about some free help to **quit smoking**....for good?

If you smoke 20 a day, we can help you to save up to **£49 every week!**

Surely that's good news at this time of year?



Call the **Smoking Advice Service** free on **0500 600 332** or log onto <http://nhsgrampian.justfiveminutes.com> to start quitting today!

The Mentally Healthy Workplace Training programme has been developed by the Scottish Centre for Healthy Working Lives in partnership with the Scottish Development Centre for Mental Health.

The course is designed to encourage good practice in promoting positive mental health and wellbeing, thereby contributing to a more open culture that puts mental health on the agenda alongside physical health, social inclusion and productivity. The course is suitable for line managers, supervisors, human resources and occupational health staff and aims to:

- Give employers and line managers a broad understanding of mental health
- Increase awareness of mental health issues in the workplace
- Identify the key factors that contribute to a mentally healthy workplace
- Improve managers' skills and confidence in dealing with mental health and wellbeing in the workplace
- Ensure that managers are aware of their legislative responsibilities in relation to mental health and wellbeing.

These issues and topics will be covered in 4 sessions:

- Why a Mentally Healthy Workplace is important
- Managing a Mentally Healthy Workplace
- Discrimination and Mental Health
- Action Planning for a Mentally Healthy Workplace

The FREE two day training course is delivered by a team made up of NHS Healthy Working Lives Advisers and Jobcentre Plus staff. The varied knowledge and experience of the training team allows for both an organisational and personal perspective to be pursued and enables wider discussion around mental health and employability.

Course Dates and Venues:

Tuesday 8th and 15th February 2011 @ Moray College, Moray Street ,Elgin IV30 1JJ



APPLICATION FORM

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MENTALLY HEALTHY WORKPLACE TRAINING

Title:		Forename:		Surname:	
Position/Job Title:					
Organisation:					
Organisation Address:					
Postcode:		Daytime Tel No:			
E-mail address:					
Dietary/other requirements:					
Date of Course:	8 th and 15 th February 2011				
Venue:	Moray College				

Please note a £60 cancellation fee will be charged for non-attendance on this course. Please advise of any cancellation or delegate change no later than 10 working days before day 1 of the course otherwise the cancellation fee will apply.

In completing this form, you agree to the data being held by (Public Health which is part of) NHS Grampian, as data controller. The information will be held for the purposes of training administration, monitoring and evaluation, and for contacting you to offer future training. This information will be held in confidence and only used by Public Health for the purposes described and not for any other purpose, without your permission. If at any time you wish to be removed from our database, please contact Gemma Mitchell, tel 01224 558677.

Please return this form to:

Gemma Mitchell
Training Administrator
Health Promotion Team
Summerfield House
2 Eday Road
Aberdeen
AB15 6RE
Direct Phone No. 01224 558677
Fax No: 01224 558630
E-mail: gemma.mitchell@nhs.net

KNOW WHO TO TURN TO FOR SELF MANAGEMENT ADVICE

Around 1 in 3 people in the North East of Scotland live with one or more long term conditions – NHS Grampian, in partnership with voluntary organisations, carers and patients have developed a self management campaign to help people living with long term conditions (and their carers) to 'Know Who To Turn to' to find out about the range of local services available to support them.

Self management supports and encourages people living with long term conditions to access information and to develop skills to find out what's right for their condition and, most importantly, right for them. There is a huge amount of help and advice available already and this campaign is about signposting people to these useful resources, whatever their long term condition, or their needs.

Self management is **not** a replacement for services. It does not mean the person and/or their carer has to manage their long term condition(s) alone. It's about working hand in hand with the people who can provide the right support at the right time to enable individuals and their carers to choose how they want to live with a long term condition. There is no 'one-size-fits-all' model of self management. It is not an individual action, specific treatment or service. It has to be tailored to each person's needs, circumstances and wishes. For everyone, the challenge is to get on with life, while dealing with the reality of living with a long term condition.

For more information on self management visit NHS healthpoints at Aberdeen Royal Infirmary entrance concourse, Aberdeen's Indoor Market, Dr Gray's Hospital in Elgin, or The Hot Spot in Peterhead or call NHS Grampian's free healthline on 0500 20 20 30, email healthpoint@nhs.net, or visit www.know-who-to-turn-to.com/selfmanagement

WHEN YOU HAVE A LONG TERM CONDITION, KNOW WHO TO TURN TO...

DIABETES.
COPD.
DEMENTIA.
HEART DISEASE...

TURN TO SELF MANAGEMENT.

If you're living with a long term health condition, additional assistance is available to help you access a range of services that offer the level of support you may need at different stages of your condition including benefits information, stress management and support groups. And most of these back up services are free.

Self management enables you to take greater control of your health and improve your quality of life.

To find out more visit
www.know-who-to-turn-to.com/selfmanagement
or call our free healthline on 0500 20 20 30
or email healthpoint@nhs.net

You can also visit your free NHS healthpoint at:
ABERDEEN ROYAL INFIRMARY
ABERDEEN INDOOR MARKET
DR GRAY'S HOSPITAL, ELGIN
THE HOT SPOT PETERHEAD

To find out more visit
www.know-who-to-turn-to.com/selfmanagement
or call our free healthline on 0500 20 20 30

healthpoint healthline NHS Grampian

FINAL YEAR OF THE HPV CATCH-UP PROGRAMME

SEPTEMBER 2010 –AUGUST 2011

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The National Human Papilloma Virus (HPV) Immunisation Programme started in Scotland in August 2008. The vaccine helps to protect against the 2 main types of HPV that can cause cervical cancer. Three injections are given to girls over a 6 month period.

All girls in Scotland born on or after 1 September 1990 are being offered the vaccine. The programme runs two- fold; in schools, all girls are offered the vaccine (S2 routinely), and in a one-off three-year out of school catch-up programme running from 2008-2011 through GPs.

NHS Grampian is running a campaign targeting girls out of school and who are still eligible (born on or after 01 September 1990) for the vaccine, as it is the last year of catch-up and really the final opportunity the out of school girls have to get this vaccine as part of the national programme.

The campaign includes a TV advert that lets people know more about the vaccine, including who is eligible and where they can get protected. The girls are advised to contact their GP or look out for their own pink invite in the post. GP Practices are issuing invitations to all eligible girls.



If you want to find out more about the HPV programme either the catch up campaign for out of school girls or the schools programme please contact:

Laura Kluzniak

Project Manager Immunisations

Extn: 58595

Email: laura.kluzniak@nhs.net

The TV advert stars local students who have been vaccinated, and brings them together to support the national message: “together we can fight cervical cancer”. It is hoped to boost the number of girls having the immunisation by reassuring their peers and encouraging them to also have the jab.

Cycling Commuter Course

As the days grow shorter and the temperature colder you may be starting to assess your current commuting options. However, winter is perhaps one of the best times to maximise the benefits of cycling as it remains the fastest and most practical way to get around town. That's why Cycling Scotland are promoting a specially tailored Cycle Commuter Course with emphasis on winter riding skills including cycling in the dark. This is an ideal way to equip your staff with the confidence and skills to make their trips by bike, and covers key topics including:

- Practical on-road sessions
- What to wear and personal clothing strategies
- Choice of commuting route
- Lights, bike security and how to carry things
- Using a bike with other forms of transport
- Looking after your bike

Organisations registered with the Cycle Friendly Employer Award will also be eligible for a special rate of £100 for the two module course.

For more information or to book a course contact our Active Travel and Education Officer **Christopher Johnson on 0141 229 5353**



Cycling Scotland

Want to benefit from a happier, healthier, greener workforce?

Additional funding available to help employers get more staff cycling to work:



Interest free loans for private employers

Cycling Scotland has partnered with the Energy Savings Trust to offer interest free loans for cycling infrastructure projects such as cycle parking, showers, changing facilities, improved lighting and upgraded cycle paths. These loans are available to private sector businesses registered with Cycle Friendly Employer. Loans of up to £10,000 are available.

All employers must be registered with the Cycle Friendly Employer award scheme in order to qualify – you can sign up & apply for loans/grants online.

MENTAL HEALTH FIRST AID

One in four people in Scotland experience a mental health problem each year. 15-20% of employees experience mental health problems in any given year, accounting for about one-third of all workplace sickness absence.

AIMS?

Scotland's Mental Health First Aid has been developed as part of a national approach to improving awareness of mental health problems in Scotland. The **2-day course** will teach you to:

- Give initial help to someone experiencing a mental health problem
- Deal with a crisis situation or the first signs of someone developing mental ill health
- Guide people towards appropriate self and professional help

A recent evaluation found that course participants improved their confidence and ability to help others, improved their knowledge and reduced negative attitudes they may have had about mental health problems. It also improved their own mental health.

WHO FOR?

The course is relevant to staff in workplaces and would be particularly beneficial to:

Service providers (eg nursing, housing, social work, police, ambulance, teachers)

Individuals who are responsible for supporting and managing staff (eg line managers, human resources, occupational health, trade union and staff representatives)

First Aiders and buddies/mentors for staff with mental health problems

Mental Health First Aid Courses have been scheduled as follows:

07 and 08 December 2010, The Citadel, 28 Castle St, Aberdeen, AB11 5BG

All sessions will last from 9.30 am to 4.30 pm and attendance on both days is required.

The cost is **£60** per person for public/voluntary organisations and **£90** per person for private organisations (inclusive of sandwich lunch and delegate pack).

To book a place please contact *Gemma Mitchell, Training Administrator, Health Promotion Programme, Summerfield House, 2 Eday Drive, Aberdeen, AB15 6RE. E-mail: gemma.mitchell@nhs.net. Tel: 01224 558677*. She will get a booking form to you, which should be completed and returned to Gemma with your payment.

**Bowel Cancer Week is:
24th—30th January 2011**

For details, click



check it

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>