

**CURRENT
AWARDS:**

17 **GOLD**

14 **SILVER**

53 **BRONZE**

3 **M H
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[www.nhsghcp
at.org](http://www.nhsghcp.at.org)

Workplace Health

FEBRUARY 2011

Forthcoming Campaigns :



Wear something yellow to work

Brighten up your workplace in support of the Great Daffodil Appeal

Friday March 4, 2011

Join offices and workplaces across the country on Friday March 4 and wear something yellow to work to raise money for our Marie Curie Nurses.

Put the date in the diary for your colleagues to donate £2 towards the Great Daffodil Appeal and dress up or down in something yellow to show their support. You can also ask anyone to pay penalty if they're not wearing yellow.

Not only will it brighten up the office and team spirit, it will also raise much-needed funds to help us provide more free care to people with terminal cancer and other illnesses.

Register today and we'll send you fundraising ideas and activities for your day. We'll also include a box of daffodil pins to help you raise more money for our vital work.



Register now ▶

Healthy Working Lives Awards February 2011

Congratulations to:

Petrofac Heather Platform
Petrofac Thistle Platform
Grampian Fire & Rescue Service
Premier Oil
Aberdeen Foyer
Capita Health Solutions Energy
Aberdeenshire Council

Silver
Bronze + Silver
Bronze
Bronze
Bronze
Bronze
Bronze

Forthcoming Campaigns continued:



March is **Ovarian Cancer Awareness Month!** Get involved today.

www.ovarian.org.uk

Welcome to No Smoking Day
Wednesday 9th March 2011

<http://www.nosmokingday.org.uk/index.htm>

March 2011

**[PROSTATE CANCER AWARENESS MONTH:
MARCH 2011- TIME TO DECLARE 'I'M AWARE'](#)**

The Prostate Cancer Charity is staging its third annual Prostate Cancer Awareness Month this March.
[read on](#)

Is Alcohol Ever the Answer?

Answers to Your Questions about Alcohol

PAGE 3

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.

Thursday 24th February 2011 at The Heugh Hotel Westfield Rd
Stonehaven, Kincardineshire AB39 2EE

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

Alcohol Problems in the
Workplace—A guide to
services and help

[Click here to download](#)

Prostate Cancer Awareness Month: March 2011- Time To Declare 'I'm Aware'

The Prostate Cancer Charity is staging its third annual Prostate Cancer Awareness Month this March when thousands of people will join together and declare 'I'm aware' to support men and their families affected by the disease.

Lending their support to the month-long campaign is a range of recognisable faces, including television presenter, Julia Bradbury, actor, Max Beesley, and Texas singer, Sharleen Spiteri, all of whom have seen family members affected by prostate cancer. They will be urging people to get involved and show their support for the awareness month.

Also joining the charge is Marks & Spencer, which has already raised £700,000 for the Charity in five years. The High Street retailer will be raising funds through a specially-designed range of men's underpants, designed by mystery celebrities, to be sold in stores nationwide.

Numerous events and activities from information days to the Real Man Cup, a five-a-side football tournament, a mass sky-dive day and blue fun runs will be taking place across the country with the universal aim of raising awareness of the most common cancer in men in the UK.

The Prostate Cancer Charity's Chief Executive, John Neate, said: "This March we are hoping to make sure that everyone knows about prostate cancer and we are calling on people up and down the country to join us in declaring 'I'm aware'. There are 250,000 men living with the disease in the UK, yet many of them are still facing difficulties in accessing the support and information that they need to cope with the disease. We want to galvanise people in calling for the improvements in men's experience of prostate cancer that we urgently need to see."

Anyone wanting to participate in Prostate Cancer Awareness Month can request an information pack. Please call 020 8222 7141 or email aware@prostate-cancer.org.uk or visit the campaign website www.prostateaware.org.uk

Prostate cancer is the most common cancer diagnosed in men in the UK. Every year in the UK 36,000 men are diagnosed with prostate cancer. One man dies every hour of prostate cancer in the UK.

African Caribbean men are three times more likely to develop prostate cancer than white men.

The Prostate Cancer Charity is striving for a world where lives are no longer limited by prostate cancer. The Charity is fighting prostate cancer on every front - through research, support, information and campaigning.

For further information contact: Vivienne Francis, Nikki Nagler or Claire Blackburn on 0208 222 7136/7670/7687. Out of hours contact: 0798 432 5001. Email: Vivienne.Francis@prostate-cancer.org.uk or Nicola.Nagler@prostate-cancer.org.uk or Claire.Blackburn@prostate-cancer.org.uk

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

(for ideas for fundraising and volunteering)

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>