

**CURRENT
AWARDS:**

18 **GOLD**

15 **SILVER**

53 **BRONZE**

3 **M H
COMMEN-
DATION**

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DIRECT:

[www.nhsgipc
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-Newsletter at:

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lives.com/subscribe](http://www.healthyworkinglives.com/subscribe)

Workplace Health

APRIL 2011

Forthcoming Campaigns :



Beat the Banana!

[Beat the Banana! own event](#)

Beat the Banana Day : Thursday 12 May 2011



Week : 3rd to 10th May 2011

[Sunscreen factsheet](#) [Early detection leaflet](#) [Prevention leaflet](#)

National Smile Month 2011

May 15th - June 15th



Healthy Working Lives Awards - March 2011

Congratulations to:

**Abermed
Bibby Offshore Ltd**

**Silver
Gold**

New Healthy Working Lives Registrations - March 2011

Welcome to:

**Enquest
AHP Development Ltd**

Forthcoming Campaigns continued:

World TB Day

Throughout the UK, on March 24th, hundreds of individuals and organisations held TB awareness raising events to mark the day, in 1882, when Dr Robert Koch identified the bacteria that cause tuberculosis.

The UK is experiencing a consistent year-on-year rise in cases. The main risk factor for TB infection in Scotland, excluding place of birth, is problem alcohol use. Further information and resources on TB can be found at:

www.hi-netgrampian.org/TB



GET ON YOUR BIKE! At the 12th Moray Great Bike Ride Sunday 26th June 2011

MGBR is a mass participation cycling event that supports the North East Sensory Services (previously Grampian Society of the Blind) that provide services for over 2500 people across Grampian with visual and/or hearing impairments or deafness.

This year we offer cyclists 2 Routes (Cullen to Portgordon and Elgin Loop) of various distances and participants can compete for the most funds raised.

For more information Please contact Graham Stewart on 01343 557146 or e-mail

graham.stewart@moray.gov.uk

HWL Green Fingers 'Veggie' Competition

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Last year Bibby Offshore challenged its employees to a 'vegetable growing competition' as part of the Healthy Eating and Environmental campaign to encourage everyone to 'grow & eat their own veggies'. The competition was received well with 24 participants and in true Bibby Offshore form, it became a competitive affair!

The judging panel viewed all the excellent (and some not so excellent) efforts in the first official Bibby Offshore Veggie Growing Competition.

The panel was very impressed with the quality and presentation of the plants with the innovative use of supporting structures such as rulers, diving manuals and various other dunnage to provide support for the growing veggies.

Following a tough judging session, the winners who shone through with their fine specimens were as follows:

1st Place: Lori Allison 2nd Place: Angela McRae 3rd Place: Claire Duncan



The Judges were particularly impressed with the passion and enthusiasm Lori displayed in realising the talent of her plant. She showed great innovation and achieved significant results. In actually sampling the crop in the presence of the Judges, Lori clinched the top spot on the podium.

In the subsequent recipe competition the Judges were again impressed with the variety and tasty looking recipes downloaded from the internet and one entrant showed originality and great flair in putting together what looks like a very tasty meal.

The winner of a Healthy Recipe Book: Donna Buchan's Cauliflower and Bell Pepper Curry



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01224 596156

We await your call!

IMPROVING HEALTH AND WELL-BEING

MENTAL HEALTH FIRST AID

Mental Health First Aid (MHFA) was first developed in Australia by Betty Kitchener and her husband Professor Anthony Jorm. Like most brilliant ideas it came about in a very ordinary way. Betty and Tony were walking their dog one day when they realised that there was no mental health equivalent of physical first aid. This germ of an idea led to an internationally recognised programme of simple steps that can be used to help a person in distress.

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.

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?

It is aimed at, and has proved successful with, **members of the general public** and different professional groups including **teachers, health workers, front line public sector and care sector workers**.

DELIVERED BY:

Bill Murdoch, Mental Health Practitioner **and/ or** David Adam, Training Coordinator (both SMHFA Instructors since 2005)

Mental Health First Aid Courses have been scheduled as follows:

**25 and 26 May 2011 at The Citadel
Castlegate
Aberdeen, AB11 5BG**

**01 and 02 June 2011 at New Elgin Public Hall
Land Street
Elgin, IV30 6BN**

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

The cost is **£55** per person for the general public, **£65** p.p. for public/voluntary organisations and **£95** p.p. for private sector organisations (inclusive of tea/coffee and delegate pack). A 45 minute lunch break will be allocated, please feel free to bring a packed lunch or there are cafés and shops nearby.

To book a place please contact: *David Adam, Summerfield House, 2 Eday Drive, Aberdeen, AB15 6RE;* david.adam@nhs.net ; 07500 940877 for a booking form.

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

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>