

**CURRENT AWARDS:**

20 **GOLD**

18 **SILVER**

63 **BRONZE**

3 **M H**  
**COMMENDATION**

**ORDER  
RESOURCES  
ON-LINE FROM  
RESOURCES  
DIRECT:**

[www.nhsghcpat.org](http://www.nhsghcpat.org)

Register for the HWL

National e-Newsletter at:

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

[Health Events Calendar 2011](#)

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## Healthy Working Lives Awards - July / August 2011

### Congratulations to:

Aberdeen Airport	Bronze
Tyco Fire and Integrated Solutions	Bronze
Premier Oil Balmoral Platform	Bronze
Milltimber School	Silver
CNR	Silver
Shell Nelson Platform	Gold

## New Healthy Working Lives Registrations - July / August 2011

### Welcome to:

Cameron Mars  
Mental Health and Learning Disabilities Service NHS Grampian  
Schlumberger Oilfield UK PLC (Wireline)  
Munros Travel Group

## Breast Cancer Awareness Month October 2011

**Every year 50,000 people in the UK hear the devastating words  
YOU HAVE BREAST CANCER**

October is Breast Cancer Awareness Month, so why not get your workmates together and have a Pink Friday?

A Pink Friday can be whatever you want it to be – as long as it's pink, it's fun and it raises money for [Breast Cancer Care](#). And if a Friday doesn't work for you, just pick a day that does. Breast Cancer Care have lots of ideas to get you started and downloadable materials to help you promote your event. But before you go any further, please sign up for your free fundraising kit, packed with stickers, posters, balloons and much more.

[www.pinkfridays.org.uk](http://www.pinkfridays.org.uk)

By unleashing your inner pink for one day this October, you can help make a difference to those living with breast cancer 365 days a year.



# Alcohol Awareness Week

## 14-20 November 2011

Alcohol Awareness Week 2011 will focus on the social and hidden cost of alcohol misuse. Working in collaboration with regional and national health groups Balance (North East), Our Life (North West), [Alcohol Focus Scotland](#) and Alcohol Action Ireland, Alcohol Concern and Alcohol Concern Cymru (Wales) will be encouraging debate and conversation on how excessive drinking impacts not just on drinkers but on others too.

It is in everyone's interest that alcohol misuse is minimised and Alcohol Concern want a national conversation on how to achieve this.

For more information and campaign materials visit the Alcohol Concern Website <http://www.alcoholconcern.org.uk/alcohol-concern-in-action/>

### Resources available from [RESOURCES DIRECT](#) to promote this campaign:



**Alcohol and Stress**  
and a range of other leaflets

**Alcohol Calorie Calculator:**  
calculates the calorie content of drink servings



**What is a Unit?** Activity resource featuring a range of typical drinks visually demonstrating the alcohol unit content.



To register contact [grampianhwl@nhs.net](mailto:grampianhwl@nhs.net)

## Drug and Alcohol Awareness for staff

The inappropriate use of drugs and alcohol can have a significant effect on the people, performance and productivity of an organisation. The inappropriate use of substances can impair judgement and ability to perform tasks and can present a serious risk to the health and well being of staff.

Has your health needs assessment flagged this topic?

Do you plan to address Drug and Alcohol with staff in the course of working on your portfolio?

We can provide a “manned stand” at a central location within your workplace over a lunchtime period to engage with staff.

We can also deliver a 60/ 90 min workshop for your staff on your premises on either or both of the topics mentioned above.

The aims of the session include:

### Alcohol

Raise awareness of the risks to health from the hazardous and harmful use of alcohol including binge drinking

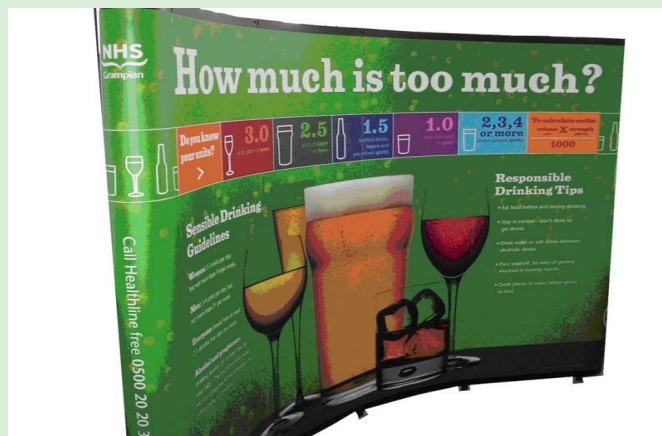
Provide top tips to enjoy a good night out without harm or hangover

### Drugs

Explore attitudes to drugs and those who use them

Provide up to date information on the appearance, effects and health risks of drugs

For a quotation please contact your advisor or Jim Clark on 01224 558 525



## ENJOY SPORT?

Do you have a physical, sensory or learning disability? .... then come along to our open day and try out some paralympic sports

**SATURDAY 17TH SEPTEMBER**

**ELGIN HIGH SCHOOL 1.30—3.30 PM**

**FREE TO ATTEND FOR ALL AGES 8YRS TO ADULTS**

- ◆ Qualified coaches will be on hand to deliver sessions in athletics, football, boccia and new age curling.
- ◆ Accessible facilities.
- ◆ Information will be regularly available on a wide range of sports activities.

Please contact **Graham Stewart, Assistant Leisure Officer**, for more information on **01343 557146** or [graham.stewart@moray.gov.uk](mailto:graham.stewart@moray.gov.uk)



## Join the Smoke Free Homes and Cars Project!



NHS Grampian are also providing short training sessions for professionals who are in a position to raise awareness amongst parents and families of the effects of second-hand tobacco smoke on children and other adults. If you would like information on training or would like to order promotional materials for your workplace health board, please contact Irene Fraser, Smoke-Free Homes and Cars coordinator [irenefraser@nhs.net](mailto:irenefraser@nhs.net) or 01224 555336

NHS Grampian are calling on workplaces to ask their employees to sign up to the Smoke-Free Homes and Cars Project! NHS Grampian, in partnership with Grampian Fire and Rescue Service and Aberdeen City Council has developed a pilot project to reduce children's exposure to second-hand smoke (previously called passive smoke).

Second-hand smoke is the involuntary breathing in of other people's tobacco smoke and is made up of two types:

**Mainstream smoke** - the smoke exhaled by the smoker

**Sidestream smoke** – the smoke from the end of a burning cigarette

Children of all ages are especially vulnerable to second-hand smoke, owing to their smaller lungs and underdeveloped immune systems, making them more susceptible to respiratory and ear infections. Second hand smoke also causes and makes asthma worse and increases the risk of cot death or Sudden Infant Death Syndrome (SIDS). Children see adults as role models and are more likely to become smokers if they have seen adults smoke around them.

The Smoke-free homes and cars project is looking to get parents and relatives to make a pledge to reduce their children's exposure to second-hand smoke.

**The Silver promise is:** to restrict smoking to only one well ventilated room in the home and never to smoke in front of children in the home or car.

**The Gold promise is:** to make your home and car totally smoke-free at all times.

**To sign up to the Smoke-Free Homes and Cars promise, receive a free information pack and request a home safety visit from Grampian Fire & Rescue Service, please call 01224 555336**

## Green Travel news

Sustrans now offer an online mapping service where workplaces (or others) can create their own routes and look up nearby facilities and services.

For more information visit:

<http://www.sustrans.org.uk/what-we-do/national-cycle-network>

The Choose Another Way website promotes sustainable transport choices- this website has lots of information including news items and case studies. It also has regular 'webinars' on a variety of topics such as travel planning in rural locations. The web address is: <http://www.chooseanotherway.com/>

And the webinar section can be found at:

<http://www.chooseanotherway.com/tools-webinars.php>



Cycling Scotland are pleased to announce the return of the popular Workplace Grant schemes. Organisations working towards achieving Cycle Friendly Employer Status can apply for up to £2,000 to help put in place measures aimed at promoting and increasing staff cycling. For more information visit <http://www.cyclingscotland.org/>

Sustrans also host the Route to Ride website which offers information on the National Cycle Network across Scotland:

<http://routes2ride.co.uk/scotland/>

Getting into the great outdoors is a fantastic way to become more active and lead a happier, healthier life. A map pack has been put together by NHS Grampian and the Aberdeen City Council Ranger Service to encourage people to walk more and explore green space around Aberdeen.

The project has been jointly funded by the Forestry Commission and NHS Grampian and includes walks from nine areas across the City and no fewer than twenty-seven walks in total. To make walks accessible they all begin in local communities and interconnect with local woodlands. The routes are graded according to difficulty, varying in length from 2 to 4 miles.

Available at local NHS Grampian healthpoints, this map pack can also be downloaded at the Resources Direct catalogue website under the subject 'Physical Activity'. <http://www.nhsghcpat.org/HPAC/>



# Training

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2<sup>nd</sup> November 2011 at Elgin Library, Cooper Park,  
Elgin IV30 1HS  
10:15am-1:45pm  
**WORKPLACE ALCOHOL AND DRUGS WORKSHOP**

The Scottish Centre for Healthy Working Lives in partnership with Alcohol Focus Scotland and Scottish Drugs Forum has developed a half-day training programme which is designed to give information and guidance to employers to help deal with workplace issues on both alcohol and drugs.

The sessions will enable **employers/ managers** to create a greater awareness around alcohol and drugs in their workplace and provide them with the knowledge and skills to deal with issues as they arise.

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

The sessions are delivered by Alcohol Focus Scotland trainers and co-ordinated by the Grampian Healthy Working Lives Team.



If you would like to book a place, for this workshop please email to [grampianhwl@nhs.net](mailto:grampianhwl@nhs.net)  
If you would like further information please contact Jim Clark on 01224 558525

Refreshments available to purchase in the library café.

## **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>

# Healthy Working Lives Bronze Award Training Session



**Tuesday 1<sup>st</sup> November 2011 at Summerfield House Seminar Room,  
9.15am -1.30pm.**

We are organising our next Healthy Working Lives (HWL) Award training event for workplace clients who may be new to the programme or new to the organisation or perhaps who have not managed to progress with the award programme. Therefore, this event could assist you to 'Kick Start' your HWL Award programme. The primary purpose of the event is to assist workplaces to complete the Healthy Working Lives Bronze Award Programme.

Organisations will have an opportunity to learn about the Healthy Working Lives criteria through practical sessions and to share ideas and experience with other workplace representatives who are participating at the same award level.

Also, your own HWL advisor is able to support you throughout the whole the award programme.

There is no charge for the training session however, as places are limited to 20 people for each session we expect 3 days advanced notification of any cancellation so others can be allocated a place. One place is available for each workplace but if space allows we can reserve a second place.

The sessions will run as follows:

HWL Bronze Award Level	9.15 – 1.30pm
Sandwich Lunch & Refreshments	1pm

If you cannot make this session you can 'drop in' between 2—3pm for queries. Just let us know.

To book a place on the above training session please email [GrampianHWL@nhs.net](mailto:GrampianHWL@nhs.net) Please respond by Monday 10th October 2011.

Any Queries Contact: [Julie.phillips@nhs.net](mailto:Julie.phillips@nhs.net) 01224 558530 and [Jim.clark@nhs.net](mailto:Jim.clark@nhs.net) 01224 558525.



## 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.