

WELL@WORK October Bulletin

Dear Colleague

Welcome to your first edition of the **Well@Work** Bulletin. As our network is growing you have asked us to keep you updated on the topics we have, or will be covering at future events. We hope you find this bulletin useful, keep scrolling for the latest updates and event details.

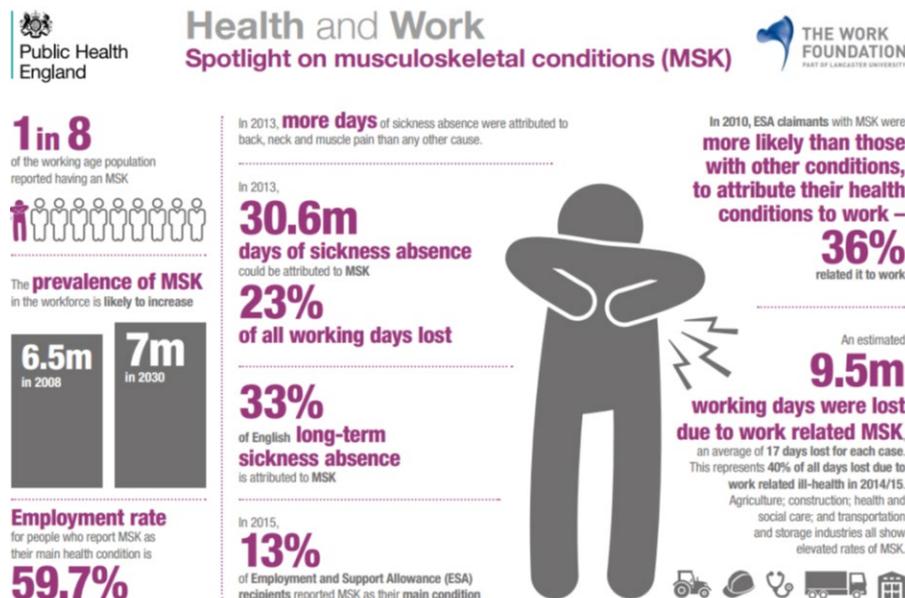
Lancashire's bid to become a Time to Change Hub

As we heard from speakers at our June event, it's never been more important to tackle mental health stigma in the workplace. Following your great support for this collaborative approach across our workplaces, the Lancashire Health and Wellbeing Board have agreed to act as Hub Sponsor for a Lancashire Time to Change funded Hub. [Time to Change](#) is a growing social movement working to change the way we all think and act about mental health problems.

We are now busy completing the application process for the 16th November deadline. We want you as members of the Well@Work collaborative to be involved and we will be in touch soon with how you can feed into this process.

Well @ Work event, 12th November

As its National Back Awareness Week it's timely to tell you about the next Well@Work event taking place on Monday 12th November, 9.30am – 1pm at County Hall Preston. This free event also includes lunch. Focusing on MSK, this event will look at its impact in the workplace and on the economy. To book onto this event please email: Supportingme@lancashire.gov.uk



This is your opportunity to help shape this event, what you would like to hear about on the day or if you have any good practice you want to share. We are particularly interested in hearing about Innovative ways and approaches that support both employees and managers to manage MSK related conditions in work or to improve return to work outcomes. Please email your feedback and suggestions: supportingme@lancashire.gov.uk

Campaigns Information

[National Back Awareness Week](#) 8th – 12th October

This year's theme is back pain in older adults.

[World Mental Health Day](#) Wednesday 10th October

World Mental Health Day is taking place on 10 October to help raise public awareness about mental health issues.

[National Stress Awareness Day](#) Wednesday 7th November

The theme of National Stress Awareness Day 2018 is '**Does Hi-Tech cause Hi-Stress?**' And it will look at the negatives and positives of the lifestyle that aspects of computers, internet and automation have brought.

Keeping up to Date with all the Well@work news is easy, you can [view our web page](#) and [Sign up to receive the Well@Work bulletin](#). Please pass this link on to any other health and wellbeing professionals who would like to receive the well@work bulletin.

Next Edition

Your next edition will have a focus on **New Year, New You**. [Send us your ideas and info](#) by 12th November for inclusion in our New Year Bulletin.

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