



WELL@WORK November Bulletin

Dear Colleague

Welcome to the second edition of the **Well@Work** Bulletin. In this edition, find out how our application to become a Time to Change Hub is progressing, secure your place at our next event and have a look at the various ways you can support staff through the festive season and into the New Year. Keep Scrolling!

Lancashire's Bid to become a Time to Change Hub

Our Application to become a Time to Change Hub for Lancashire is in!

[Time to change](#) is a growing social movement working to change the way we all think and act about mental health problems. A Time to Change Panel will review all applications following the 16th November deadline and applicants will be notified if they have been successfully shortlisted by Friday 7th December. We will let you know how we get on. There is no need for you to wait till then though - get your organisation to [Pledge](#) today.

[Book Now](#) for the next event on Monday 4th March

This free event also includes a networking lunch. Focusing on MSK, the event will look at its impact in the workplace and on the economy.





This is your opportunity to help shape this event, so [let us know](#) 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.

Preventing Stress at Work

A new [Preventing stress at work](#) toolkit from the Health and Safety Executive aims to help employers prevent work-related stress. Developed to mark National Stress Awareness Day, the *Talking toolkit* encourages conversations between managers and employees about the causes of stress at work.

Financial Wellbeing

Many people face financial worries that their employers are unaware of which can affect happiness, health and productivity. With only 28 per cent of working age people having some savings to fall back on in a crisis, for many people, money is a constant source of worry and stress.

If you are interested in learning more about financial planning including budgeting and investments there is a [Free Open University Course](#) that you can work through.

Other help is available to help you manage money better including:

[Citizens Advice Debt and Money](#)

[The Money Advice Service](#)

[Stepchange Debt Charity](#)

Campaigns and Resources to Support 'New Year New You'

[One You website here](#) *One You* encourages people to reappraise their lifestyle choices, put themselves first and do something about their own health. It reminds people that it's never too late to improve their health - making small lifestyle changes such as eating well, drinking less alcohol, quitting smoking or being more active can double your chances of being healthy at 70 and beyond.

You can [take the quiz here](#) and view the [One You website here](#).

[Every Mind Matters](#)

Having good mental health can help us feel better, sleep better and support us in doing the things we want to do. It can also help us have more positive relationships with those around us. Click on the link for information about the campaign.

[Time to Talk day 7th February 2019](#)

This year's Time to Talk Day is all about bringing together the right ingredients, to have a conversation about mental health. Whether that's tea, biscuits and close friends or a room full of people challenging mental health stigma, we want you to get talking.

There are lots of free resources available to support you in your activities, take a look and start planning your time to talk events today.



[Help us to help you](#)

This winter, NHS England and Public Health England are introducing a new overarching brand that brings together all the winter pressures campaign activity - 'Help Us, Help You'.

[Fit in 50](#)



There is a cost to this booklet, however it has been specifically developed to get people moving and feeling better in an office based environment by offering some basic nutritional advice and exercises to combat the effects of a sedentary lifestyle.

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 feel free to share this link to any other health and wellbeing leads who would like to receive the Well@Work bulletin.

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