

# HEALTHY WORK

Better Health at work award e-bulletin



Better Health  
at Work Award



## Coping with the rising cost-of-living

The price of everyday essentials is going up, inflation and interest rate rises mean that your money might not stretch as far as it used to. Whether you're worried about rising rents, covering higher energy costs, struggling after losing your job or tackling debt, MoneyHelper have brought together their most useful tools, calculators and guides to help you keep on top of your money.



[Cost of Living Guides](#)

[Cost of Living Tools](#)

## Help for Households

See what support is available to help with the cost of living and find out how to save money with energy saving tips. Find information on the cost of living payment, energy saving tips to save money, help with childcare and travel costs and more on the [Help for Households](#) webpage.,

The Money and Pensions Service defines financial wellbeing as feeling secure and in control of your finances, both now and in the future. It's knowing that you can pay the bills today, can deal with the unexpected, and are on track for a healthy financial future. However, there is a lot of evidence to show that money and health are intertwined. Asking someone about their financial wellbeing could not only positively impact on that person's everyday life, but also their health.

In 2020 to 2021, around 9.5 million people were living in poverty in the UK. If you live in a deprived area you can expect to live on average for around 8 years less than someone in an affluent area. Your chances of acquiring a health condition earlier in life, and therefore having to live with that condition for longer, also increases.



Almost 1 in 5 people living with a mental health condition will have problem debt and almost half of people in problem debt will have a mental health condition. The symptoms of some mental health conditions can make managing and making decisions about money more difficult.



## Talk Cancer Training

Feel confident talking to people about ways to reduce the risk of cancer, spotting cancer early and national cancer screening, through Cancer Research UK's, Talk Cancer training programme. The Talk Cancer training is created by nurses, with workshop content always backed up by the latest cancer evidence.



CANCER  
RESEARCH  
UK

There are free individual workshops, group workshops and an online course, you can find out more about each one by visiting the Cancer Research UK website.

## 8th March: International Women's Day IWD



**Celebrate women's achievement. Raise awareness about discrimination. Take action to drive gender parity. IWD belongs to everyone, everywhere.!**

[Download IWD 2023 Event Pack](#)

## March is Ovarian Cancer Awareness Month

Two thirds of those with ovarian cancer are diagnosed too late when the cancer has already spread. Ovarian Cancer Awareness Month aims to fast-forward early diagnosis and stop ovarian cancer devastating lives. There are lots of ways to get involved and help raise awareness...



## 17th March: Sleep Day



[Download toolkit](#)

World Sleep Day 2023 will take place on Friday, March 17 and incorporate the slogan Sleep is Essential for Health. Additional information, messaging, and World Sleep Day logos are included in the toolkit. Follow [worldsleepday.org](https://worldsleepday.org) and sign up for email updates to receive more tips, tools, and resources as Friday, March 17 approaches.

## 13th - 19th March: Nutrition and Hydration Week

Nutrition and Hydration week is an annual event with a shared objective to highlight, promote and celebrate improvements in the provision of nutrition and hydration. Its purpose is to bring people together to create energy, focus and fun in order to highlight and educate people on the value of food and drink in maintaining health and well being in health and social care.



Our next central Health Advocate Training sessions are:

**June 7th 2023**

**July 13th 2023**

**October 18th 2023**

All courses are delivered using Microsoft Teams and run 10.00am-2.30pm approx.

Email Helen to request a place: [hparry@tuc.org.uk](mailto:hparry@tuc.org.uk)

**Next BHAWA Webinar - Save the Date!!**

**Thursday 23rd March 2023 10.00am - 12 noon**  
Block it out in your diary - more details to follow soon!!

If you would like any more information about anything mentioned here, please email either Susanne Nichol [snichol@tuc.org.uk](mailto:snichol@tuc.org.uk) or Helen Parry [hparry@tuc.org.uk](mailto:hparry@tuc.org.uk) and we will get back to you as soon as possible.

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