

HEALTHY WORK

Better Health at Work Award e-bulletin



Better Health
at Work Award








TUC North East, Yorkshire
& Humber (NEY&H)

Spotlight on: Men's Health Week - June 9th to 15th

MEN'S HEALTH WEEK

In the UK, some of the most pressing men's health issues include heart disease, cancer (including prostate, testicular, and bowel cancer), mental health (anxiety and depression), and suicide.

Men are also more likely to be affected by type 2 diabetes, and issues related to sexual health.

-  • Heart Disease: A leading cause of death in the UK and worldwide, affecting men disproportionately
-  • Cancer: Prostate, bowel, and testicular cancers are major concerns for men. Additionally, while less common in men than women, breast cancer is still a concern
-  • Mental Health: Men often struggle with anxiety and depression, and are more likely to die by suicide
-  • Type 2 Diabetes: Men are more likely to experience type 2 diabetes compared to women
-  • Sexual Health: Issues such as erectile dysfunction and sexually transmitted infections can impact men's health and well-being
-  • Incontinence: As men age, incontinence can become a common problem
-  • Obesity: A significant percentage of men in the UK are overweight or obese, which can contribute to various health problems

Statistics show that on average: men's life expectancy is 3.7 years less than females; men go to the doctor less than women, and that men are three times more likely to die from suicide, than women

Find out how your organisation can help support men's health in the workplace...

- [Information and resources](#)
- [Celebrate men's health week in the workplace](#)
- [Improving men's health at work](#)
- [Men's health week over the years](#)
- [Men's Health Strategy for England: call for evidence](#)



There is a lot of support available...

MANHEALTH

Supporting men across County Durham, Tyne and Wear and Northumberland, through difficulties in their mental and physical ill health, ultimately to prevent suicide. ManHealth seeks to be a response to a complex social issue.

Find plenty of advice, details of local support groups and events along with training opportunities and fundraising ideas.

#ANDYSMANCLUB

A men's suicide prevention charity, offering free to attend peer-to-peer support groups across the United Kingdom and online.

They want to end the stigma surrounding men's mental health and help men, through the power of conversation.

#ITSOKAYTOTALK

Men's Health Hub (NHS Professionals)

A Health and Wellbeing hub, offering advice and guidance on men's mental and physical health. Find information on how to do a quick and easy [DIY Man MOT](#), as well as information on essential vitamins and minerals for Men, plus much more.

There is plenty of information available to everyone, plus further support exclusively for NHS professionals.

NHS

Professionals

Ideas for how to celebrate this week in the workplace:

Ask your male colleagues to speak at events to share their experiences with their mental or physical health (if they are comfortable sharing their lived experiences)

Read and share '[The Ultimate Guide to caring for Men's Mental Health](#)' among your colleagues

Take part in the campaign on social media with the [#MensHealthWeek](#) tag and let your Marketing and Communications team know when it is taking place

Promote health awareness, provide resources, and encourage open conversations about men's health



Mates in Mind believe breaking the silence and stigma surrounding mental ill-health is a crucial step towards providing a safe and healthy workplace environment. They are encouraging everyone to start a conversation about mental health, within their own organisations and across the businesses they work with.

Visit their site to read blogs, find information and access resources, not only around men's health week but on promoting positive mental health in general.

Looking Forward...

June - August Awareness 2025

- June: Pride Month
- 2nd - 8th June: Volunteers Week
- 9th - 15th June: Carers Week
- 9th - 15th June: Bike Week
- 9th - 15th June: Men's Health Week
- 9th - 15th June: Diabetes Week
- 17th - 23rd June: Cervical Screening Awareness Week
- 16th - 22nd June: Learning Disability Week
- 3rd July: Cycle to Work Day
- 7th - 13th July: Alcohol Awareness Week
- 19th & 20th July: Northern Pride
- 1st - 7th August: World Breastfeeding Week
- 19th August: World Photo Day



Health Advocate Training

Our next central Health Advocate Training sessions are:

September 9th 2025

Delivered in-person at the TUC offices in Newcastle City Centre

July 17th 2025

October 21st 2025

Delivered using Microsoft Teams

All sessions run 10.00am-2.30pm

Email Helen to request a place:
hparry@tuc.org.uk

You can also contact your local workplace health improvement specialist to check for any local availability

SAVE THE DATE: Workplace Health and Wellbeing Roadshow

Pioneering Care Partnership, the support provider for County Durham for the Better Health at Work Award, kindly extend their invite to all Better Health at Work Award participating workplaces:

Wednesday 23rd July 2025
11.00am - 3.00pm

Bishop Auckland College



They will be joined by organisations, who will host a range of stalls and workshops throughout the day including: Stop Loan Sharks, Barbour Coaching, County Durham's Cancer Awareness Team, Harbour, DCC's Finance Awareness Team, ABL Health, County Durham Drug and Alcohol Service, Durham County Carers, Diabetes UK, British Liver Trust, Sisters of Support, Man Health, Alzheimer's Society, Corporate Personal Wellbeing, Durham Enable, NECA and many more...

We will send details of how to book very soon!

Support and Pre-Assessment Clinics 2025

These clinics offer 1 hour slots for businesses/organisations to discuss any issues they're having, get general information and steerage, or use them as a pre-assessment. They are an opportunity to access 1-2-1 support and tailored guidance with Susanne Nichol, BHAWA Coordinator.

Dates:

25 June

30 July

27 August

17 September

Timeslots:

10am-11am

11am-12noon

2pm-3pm

3pm-4pm



Next BHAWA Webinar - Save the Date!!

8th July 2025 10am - 12noon

Block it out in your diary. More details to follow soon!!

Please email Helen Parry hparry@tuc.org.uk to reserve a timeslot

- Places allocated as first come, first served

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

TUC · 1st Floor, Unite House · John Dobson Street · Newcastle Upon Tyne, Tyne and Wear NE1 8TW · UK

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