

HEALTHY WORK

Better Health at Work Award e-bulletin



Better Health
at Work Award



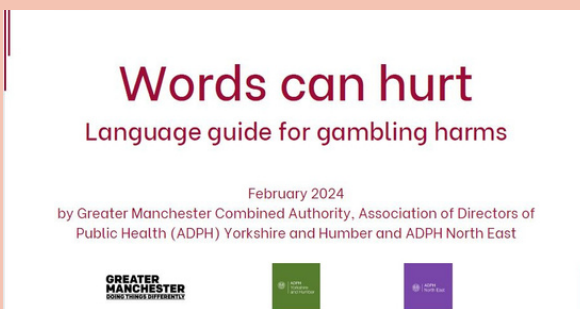
Health Literacy in the Workplace Guide



Health literacy is about a person's ability to understand and use information to make decisions about their health; those with lower levels of health literacy are more likely to have poorer health outcomes.

In the resources section of our portal, you will find a practical BHAWA guide to applying health literacy in the workplace. It is a guide to building an accessible and inclusive approach to facilitate health and wellbeing in the workplace, for everyone.

Gambling Harms Awareness



Gambling related harms are the impacts from gambling that can affect the health and wellbeing of individuals, communities and wider society, and are a key public health concern. Everyone who gambles is at risk of addiction and is at risk of experiencing harms relating to gambling.

The regional team have developed a language guide which is useful when communicating on the topic.

Join us for one or all our free workshops via the QR code or visit our website at

RecoveryFriendlyWorkplaces.co.uk/workshops



Recovery Friendly Workplaces are an organisation that helps employers to create positive recovery cultures that remove barriers for those affected by addiction and are offering some FREE recovery workshops to offer support.

Sessions are currently scheduled for July and August. Scan the QR code above, click the logo or watch our last webinar https://youtu.be/blfCm_0HQwU (8 minutes in) to find out more about what's on offer for BHAWA workplaces.



July - September Awareness 2024

- July: Plastic free July
- July: Sarcoma Awareness Month
- 7th July - Thank you Day 2024
- 7th July - World Chocolate Day
- 24th July - Samaritans Awareness Day
- 1st August - Cycle to Work Day
- 1st-7th August - World Breastfeeding Week
- 19th August - World Photo Day
- September: Urology Awareness Month
- 9th-15th September - Know Your Numbers Week
- 10th September - World Suicide Prevention Day
- 18th September - National Fitness Day
- 23th-29th September - Organ Donation Week



Our next central Health Advocate Training sessions are:

September 10th 2024

Delivered in-person at the TUC Northern offices in Newcastle

October 22nd 2024

Delivered using Microsoft Teams

10.00am-2.30pm

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

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

Social Media and Web content

As you know, we like to celebrate and highlight the amazing work you deliver in your workplaces! We are always on the lookout for pictures and video clips that show Better Health at Work Award workplace activity and would love to see more of what you do! We hope to showcase more of what BHAWA in practice looks like on the portal and share your amazing efforts on our socials, too.



Please email any pictures and videos (montages/reels) you are happy to be shared with other Award participants, prospective participants and the general public!



Support and Pre-Assessment Clinics 2024

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:

16 July
20 August
19 September
24 October

Timeslots:

10am-11am
11am-12noon
2pm-3pm
3pm-4pm

Next BHAWA Webinar - Save the Date!!

Wednesday 18th September 2024 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 will be allocated on a first come first served basis

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.

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