

HEALTHY WORK

Better Health at Work Award e-bulletin



Better Health
at Work Award

Focus on: Healthy Lifestyles

Promoting a healthy lifestyle at work could help to significantly improve employee well-being, reduce sickness absence and boost morale.

Physical Activity at work - fostering a culture of movement through making small changes to encourage activity at work can make a big difference. Active meetings, flexible scheduling, an office design to increase activity (using stairs not lifts), providing standing desks and bike storage are all great examples of how to do this, there are so many others to explore...

Healthy Eating and Nutrition at work - healthy eating at work could boost mood, energy, concentration and performance! Focus on balanced diets and proper hydration...consider providing fridges, microwaves, water coolers and healthy options in canteens and vending machines among others such as healthy recipe sharing and cooking to make a start!

Smoking and Alcohol at work - educating your workforce can be all it takes to improve their health. Facilitating education, information and training, offering support, implementing clear policies and delivering work-based awareness activities can all be effective ways of reducing alcohol and smoke related harms amongst your staff and their families.

Mental Health and Wellbeing at work - a quarter of employees believe work has a negative impact on both their mental and physical health and less than half of employees feel work positively affects their mental health (CIPD 2025). Education and support at work in relation to burnout, working remotely and looking after your staff can contribute positively to all.



Click anywhere to link to resources or more info!

Take the NHS Healthy Choices Quiz: in just 5 minutes, it can help you check key areas of your lifestyle. You'll get a score out of 10, NHS advice and tools, and free apps to help you make changes where they matter most!



Access **BUPA Manager Guides** for supporting health at work and **Employee Resources** for a healthy lifestyle



Coming soon:

Women's Health in the Workplace Toolkit



This Toolkit is designed to help employers, HR professionals, managers - and anyone else who can contribute to creating environments where women feel supported, understood, and empowered. It offers practical strategies to foster open dialogue, implement inclusive policies, and ensure access to appropriate support.

Looking Forward...

March to May Awareness 2026

- March 11th - No Smoking Day  
- March 16th-22nd - Nutrition and Hydration Week
- March 20th - World Oral Health Day 
- April: Stress Awareness Month 
- April: Financial Wellbeing Month 
- April: Autism Awareness Month 
- May: National Walking Month 
- May 11th-17th: Mental Health Awareness Week 

Health Advocate Training

Our next central Health Advocate Training sessions are:

March 12th 2026

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

April 22nd 2026

June 3rd 2026

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

Next BHAWA Webinar

- Save the Date!!



March 31st 2026
10am - 11.30am

More details to follow soon!!

Free 1 hour Gambling Training: Bet You Can Help Now

This is a 1 hour awareness raising workshop, accredited by the Royal Society for Public Health, designed to increase knowledge and understanding of gambling harms and the appropriate levels of support, which are available.

Workshops are available to all BHAWA workplaces on the following dates:

18th March - 10am-11am or **19th March - 2pm-3pm**

Registrations here: [Bet You Can Help Now Workshop Registration](#) - [Fill in form](#)

NB. This is the same session on both days.



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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