

HEALTHY WORK

Better Health at Work Award e-bulletin



Better Health
at Work Award



Everything is
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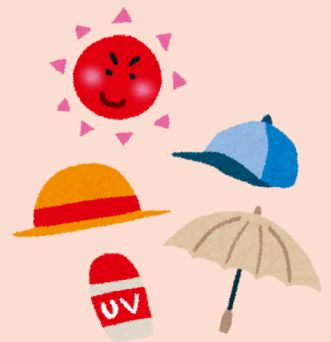
Focus on: Summer Health and Wellbeing

With longer days, Summer brings plenty of opportunities to stay active and focus on health and wellbeing, in the workplace and at home

While sunshine can boost mood and vitamin D levels, too much exposure can increase the risk of skin damage and skin cancer.

Sun safety, top tips:

- spend time in the shade between 11am and 3pm
- cover up with suitable clothing and sunglasses
- stay hydrated: keep a water bottle at your desk, drink regularly and limit sugary drinks
- use at least factor 30 sunscreen - make sure to use enough and re-apply regularly
- check UV index on a weather app - if it's 3 or higher, consider protecting your skin



The direct and indirect effects of hot weather



Increasing temperatures in excess of 25°C are associated with severe illness and excess heat-related deaths in vulnerable people.
Higher temperatures can affect your health in different ways.

Direct effects



- dehydration
- heat cramps
- heat rash
- dizziness and fainting
- heat exhaustion
- heart attacks
- heatstroke
- increased risk of lung illnesses and other diseases

Indirect effects



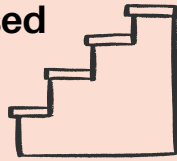
- **Increased demand** on healthcare services
- **Power outages**, affecting homes and healthcare services
- **Wildfires**, and by association smoke inhalation



Regular physical activity can boost energy levels, improve mood, reduce stress and support overall health.

Simple ways to get active:

- Take a walk during your lunch break
- Hold walking meetings where possible
- Stretch regularly if desk-based
- Try cycling to work
- Use the stairs more often



Summer Activity Challenge:

Why not challenge yourself to:



10,000 steps a day



Cycle to work once a week



Explore a new walking route each weekend

Summer can feel positive for many people, but it isn't always easy for everyone.

Take time to recharge and look after your mental wellbeing:

- Spend time outdoors
- Take regular breaks from screens
- Stay connected with colleagues
- Prioritise rest and good quality sleep



Mindfulness Minute:

Take 60 seconds to...

Pause, breathe deeply, notice your surroundings and focus on the moment

Alcohol and Summer: Summer social events, holidays and barbecues can sometimes lead to increased alcohol consumption.

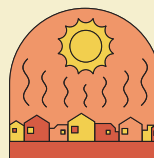
- Have alcohol free days; alcohol free beers, wines and spirits are widely available
- Avoid Drinking alcohol to quench thirst in hot weather
- Alternate alcoholic drinks with water



Sunscreen and sun safety



How to cope in hot weather



Summer and mental health



The soon to be launched BHAWA Women's Health in the Workplace 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.

The overarching aim of the Toolkit is to provide the 'why and how' for employers when it comes to supporting women's health at work.

Health in the Workplace Updates

The Better Health at Work Award website now features an open-access **Workplace Health & Wellbeing Resources Hub**. This is open to all, whether they participate in the BHAWA or not.

You'll find:

- ✓ Practical ideas, interventions and activities
- ✓ Toolkits and implementation guides
- ✓ Template policies and resources
- ✓ Support across a broad range of topics

Summer/Autumn Awareness 2026

- August 1st - 7th: World Breastfeeding Week
- September: Urology Awareness Month
- September 7th-13th: Know your Numbers Week
- September 10th: World Suicide Prevention Day
- September 16th: National Fitness Day
- September 14th - 20th: Recycle Week
- September 14th - 20th: UK National Inclusion Week
- October: Breast Cancer Awareness Month
- October: National Cholesterol Month
- October: Stoptober
- October 5nd - 9th: National Work Life Week
- October 9th-15th: Baby Loss Awareness Week
- October 10th: World Mental Health Day
- October 18th: World Menopause Day

Health Advocate Training

Our next central Health Advocate Training sessions are:

September 10th 2026

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

October 20th 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

Summer Holiday helpers...

Kids eat free (or almost free)



Kids travel for free



Save up to 25% when travelling to days out/ activities by bus



Family (and financial) friendly activities (Local Links)



Full list of summer holidays cost of living help for families - freebies and discounts (Nationwide)



For the emotional health of working parents/guardians and children navigating the summer holidays...

TOGETHERNESS

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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