

## Appendix 1

### Calendar of wellbeing initiatives

2023

January

#### 1-31 Dry January

Challenging you to go alcohol free for 31 days and aims to raise the awareness of the effects of alcohol

Dry January is the UK's one month alcohol free challenge. It isn't about giving anything up. It's about getting something back. Get your fun back. Get your energy back. Get your calm back.

86% of participants save money, 70% of participants have better sleep, 66% have more energy

A month alcohol free has a lot of health benefits; lower blood pressure, reduces diabetes risk, lowers cholesterol, reduces levels of cancer related proteins in the blood

[Dry January | Alcohol Change UK](#)

**Warning** – Stopping drinking suddenly can be very dangerous if you are dependent on alcohol. If, after a period of drinking, you experience any of the following symptoms, you may be dependent on alcohol and you should not suddenly stop drinking completely.

- Seizures
- Hand tremors
- Sweating
- Seeing things that are not actually real
- Depression or anxiety
- Insomnia

But you can still take control on your drinking so speak to your GP.

Did you know that the My Healthy Advantage app, which forms part of our membership with our EAP provider includes advice on a range of health and wellbeing topics which can be tailored to individual preferences. This includes alcohol guidance and support including tips on reducing alcohol consumption, alcoholism, drinking wisely etc.

#### 1-31<sup>st</sup> January      Love your liver month awareness campaign

The liver is the largest organ inside your body and does hundreds of essential jobs:

- Fighting infection and disease
- Destroying poisons and drugs (including alcohol)
- Cleaning the blood
- Controlling the amount of cholesterol
- Processing food once it has been digested

Three steps to love your liver:

- 1 Cut down on alcohol, drinking no more than 14 units of alcohol per week
- 2 Keep to a health weight
- 3 Protect yourself from hepatitis

Click the link for further information [Love Your Liver - British Liver Trust](#)

### **10<sup>th</sup> to 16<sup>th</sup> January 2023 National Obesity Awareness Week**

Whether it's cooking more healthily, avoiding snacks, or being a little more physically active, join in National Obesity Awareness week and make your health New Year's resolution now.

[Our EAP provider offers support on nutrition, fitness advice and our private health scheme includes discounted gym/spa membership.](#)

### **16th January Blue/Brew Monday**

The third Monday in January is sometimes referred to as the most difficult day of the year. But this is a myth. We all have our good and bad days and those aren't for the calendar to decide.

Samaritans is reminding everyone to reach out for a cuppa and catch up with the people you care about.

Some little tips for helping someone open up when something's up

[Brew Monday 2020 tips leaflet.pdf \(samaritans.org\)](#)

Samaritans is there for anyone who needs someone to listen on 116 123 or [jo@samaritans.org](mailto:jo@samaritans.org)

[Did you know that the My Healthy Advantage app, which forms part of our membership with our EAP provider includes advice on a range of health and wellbeing topics which can be tailored to individual preferences. This includes mental health, bereavement, and loneliness. We also have internally trained Mental Health First Aiders and a free confidential counselling service.](#)

### **23<sup>rd</sup> – 29<sup>th</sup> January 2023 - Cervical Cancer Prevention week**

Jo's Cervical Cancer Trust is the UK's leading cervical cancer charity. The website contains information about the cervix, HPV, cervical screening, cervical cancer and living with cervical cancer. It contains stories from people affected with cervical cancer as well as videos.

[Cervical Cancer Prevention Week | Jo's Cervical Cancer Trust \(jostrust.org.uk\)](#)

## **February**

### **National Heart month**

The British Heart Foundation has information and support about how your heart works, risk factors, tests, heart conditions and treatments

[Information for those affected by heart and circulatory diseases | BHF.](#) Our EAP provider offers advice on nutrition and fitness.

## **2<sup>nd</sup> February 2023 - Time to talk day**

Time to Talk day is run by Mind and Rethink Mental Illness, in partnership with the Co-op. The day is all about supporting communities by have conversations with family, friends or colleagues about mental health. Mental health affects one in four of us, yet too many people are made to feel isolated, ashamed and worthless because of this. Time to Talk Day encourages everyone to be more open about mental health, to talk, to listen and change lives.

Mind has a wealth of information covering information and advice, support and your legal rights.

### [Time to Talk Day - Mind - Mind](#)

Did you know that the My Healthy Advantage app, which forms part of our membership with our EAP provider includes advice on a range of health and wellbeing topics which can be tailored to individual preferences. This includes mental health. We also have a confidential counselling service and internally trained Mental Health First Aiders.

## **4<sup>th</sup> February – World Cancer Day**

This is observed worldwide, it's aim is to inform and encourage people on its prevention, early detection and treatment.

[21 Days to Impact Challenge | World Cancer Day](#) The website includes daily challenges on getting you moving more, eating well and living thoughtfully.

## **27<sup>th</sup> February – 5<sup>th</sup> March - Eating disorder awareness week**

Around 1.25 million people in the UK suffer from an eating disorder, many in secret. They are of all ages, genders and backgrounds. Eating disorders include bulimia, binge eating disorder, avoidant/restrictive food intake disorder, other specified feeding or eating disorder and anorexia.

Beating Eating Disorders has a national helpline to encourage and empower people to get hold quickly, because the sooner they start treatment, the sooner their recovery.

The website provides information and support to help yourself or to support someone else.

[Eating Disorders Awareness Week 2023 - EDAW 2022 \(beateatingdisorders.org.uk\)](#)

## **March**

### **Ovarian Cancer Awareness month**

Do you know the symptoms of ovarian cancer? 90% of women don't know the four main symptoms are bloating, stomach pain, weeing more and struggling to eat. Knowing this information could be lifesaving as early diagnosis makes all the difference. The website covers what is ovarian cancer, am I at risk and what next after diagnosis.

### **Prostate Cancer Awareness Month**

Organised by Prostate Cancer UK, this month aims to raise awareness of prostate cancer, as well as raise money so the charity can provide even better support to both sufferers and their families.

The prostate is a gland, it is usually the shape and size of a walnut and grows bigger as you get older. It sits beneath the bladder and surrounds the urethra, which is the tube that carries urine out of the body. The prostate's main job is to help make semen.

Symptoms of prostate cancer include; difficulty in starting to urinate, straining or taking a long time while urinating, weak flow, feeling that the bladder has not emptied fully.

[Prostate Cancer UK | Prostate Cancer UK](#) provides information on who is at risk, about prostate cancer and treatments

### **1<sup>st</sup> March Self injury awareness day**

LifeSiGNS is the Self Injury Guidance & Network Support. They provide guidance and support as well as fact sheets covering self-injury, how to react when your friend says they self-injure, helping a partner or a loved one, a personal account of self-injury and telling your friends and family you self-injure.

[Guidance for others – LifeSiGNS](#)

### **4<sup>th</sup> – 11<sup>th</sup> March National Salt Awareness Week**

The Department of Health estimates that if we can reduce our average salt intake from 8g per day to 6g per day, we could prevent more than 8,000 premature deaths (i.e. deaths before the age of 70) from heart attacks and stroke.

[Awareness Weeks - Action on Salt](#)

### **8<sup>th</sup> March No smoking day**

The first no smoking day was on Ash Wednesday in 1984 and it now takes place on the second Wednesday in March.

Stopping smoking brings immediate health benefits including for people with an existing smoke related disease.

Physical benefits to stopping smoking

- After 20 minutes pulse rate starts to return to normal
- After 8 hours oxygen levels are recovering and harmful carbon monoxide in the blood is reduced by half
- After 48 hours the body has flushed out all carbon monoxide, lungs start to clear mucus and ability to taste and smell is improved

- After 72 hours bronchial tubes begin to relax, breathing becomes easier and energy levels increase
- After 2-12 weeks blood is pumping to the heart and muscles better because circulation has improved.
- After 3-9 months coughs, wheezing and breathing problems improve as lung function increases by 10%

#### Mental health benefits to stopping smoking

- Evidence shows that once people have got past the short-term withdrawal stage of quitting, they have reduced anxiety, depression and stress, and increased positive mood compared with people who continue to smoke
- For symptoms of anxiety and depression, stopping smoking is as effective as taking antidepressants. After just 6 weeks of quitting, people start feeling happier as well as healthier.

#### Financial benefits of quitting

On average, smokers in England spend £38.59 on tobacco per week. Therefore you could save ...

- £38.59 per week
- £167.22 per month
- £2,006.68 per year

#### Quitting tips

1. List your reasons to quit
2. Tell people you're quitting
3. If you have tried to quit before, remember what worked
4. Use stop smoking aids
5. Have a plan if you are tempted to smoke
6. Listen to your smoking triggers and how to avoid them
7. Keep cravings at bay by keeping busy
8. Exercise away the urge
9. Join a Facebook page for advice and support

#### **13<sup>th</sup> -19<sup>th</sup> March Nutrition and Hydration Week**

A shared objective to highlight, promote and celebrate improvements in the provision of nutrition and hydration

#### How to observe nutrition and hydration week

- 1 Adopt a healthy diet.
- 2 Stay hydrated
- 3 Form healthy habits

Did you know that the [My Healthy Advantage app](#), which forms part of our membership with our EAP provider includes advice on a range of health and wellbeing topics which can be tailored to individual preferences. This includes healthy eating and recipes.

## **17<sup>th</sup> March 2023 – World Sleep Day**

Sleep is a foundation pillar of health and the quality of your sleep can impact not just your physical energy in the morning but your mental and emotional health too.

This is a celebration of sleep and raises important issues related to sleep including medicine and education.

Did you know that the My Healthy Advantage app, which forms part of our membership with our EAP provider includes advice on a range of health and wellbeing topics which can be tailored to individual preferences. This includes a sleep zone which includes why sleep is essential, sleep sounds and sleep stories.

## **20<sup>th</sup> March World Oral Health day**

Oral diseases can negatively impact people throughout their lives. Oral diseases lead to pain and discomfort, social isolation and loss of self-confidence and they are often linked to other serious health issues. And yet there is no reason to suffer, most oral health conditions are preventable and can be treated in their early stage.

Did you know our private health insurance scheme can be used for £60 per annum towards check-ups, fillings, hygienist fees, x-rays and dentures as well as dental injury as a direct result of accidental impact.

## **20<sup>th</sup> March International day of happiness**

In 2011, the General Assembly of the United Nations proclaimed 20<sup>th</sup> March the International Day of Happiness, recognising the relevance of happiness and wellbeing as universal goals and aspirations in the lives of human beings.

It is a chance for everyone to take steps to make themselves and others happier, to reflect on what makes them happy and explore new ways to be happy.

## **April**

### **National Pet month**

Throughout April, a campaign to celebrate pet ownership and its benefits.

[National Pet Month - promoting responsible pet ownership across the UK](#)

Do you own a pet? Why not post a photo on the Teams channel.

### **Stress Awareness Month**

Most people will experience stress at some point in their life, but constant or extreme stress is bad for both the mind and body. Stress can be caused by a sudden traumatic event or even just the expectations of daily life.

April is Stress Awareness Month. What could you do for Stress Awareness Month?

- Talk about stress and its effects openly and freely with family, friends and colleagues
- Share your coping mechanisms
- Be nice to those who are stressed and anxious
- Look after yourself. Take time out of your day to relax or do something that you enjoy. Don't forget to exercise and eat well.

<b>10 steps stress solution</b>				
Prioritise your health	Get a good night's sleep	Practice deep breathing	Stay hydrated	Eat for wellbeing
Get moving to combat stress	Adopt a positive mind set	Master your time	Don't be a slave to tech	Learn to say no

Did you know: the Council's EAP provider, Health Assured, has an app which includes information and support for stress management. You can also claim up to £50 per annum from our private insurance scheme for health and wellbeing treatments. For example; homeopathy, reflexology, aromatherapy, remedial massage. Health & Safety staff can undertake stress risk assessments and we have internally trained Mental Health First Aiders and our EAP provider offers confidential counselling.

### **Bowel Cancer Awareness Month**

Symptoms of bowel cancer include a change in your normal bowel habit or blood in your poo. They can also be symptoms of other conditions so it is important to see your doctor. Bowel cancer can start in the large bowel (colon cancer) or back passage (rectal cancer).

The symptoms of bowel cancer can include:

- Bleeding from the back passage or blood in your poo
- A change in normal bowel habit such as looser poo or constipation
- A lump that your doctor can feel in your back passage or tummy
- Losing weight
- Pain in your abdomen or back passage
- Tiredness and breathlessness caused by a lower than normal red blood count

[Symptoms of bowel cancer | Cancer Research UK](#)

### **29<sup>th</sup> April 2023      On Your Feet Britain**

This encourages desk bound workers to convert sitting time to standing time by following some simple changes - Wiggle it, Waggle It, Don't Just Sit on It!

The On Your Feet initiative encourages workers across Britain to unite together and participate in simple activities #SitLess and #MoveMore at work by converting sitting time to standing time.

Research shows that regular movement throughout the day leads to better health, increased motivation, improved concentration and many more wellbeing and performance benefits. Ideas to increase movement include;

- Use the stairs instead of the lift
- Stand up and take a break from your computer every hour
- Eat lunch away from your desk
- Stand during phone calls
- Have standing or walking meetings
- Go for a lunchtime walk

## **May**

### **National Walking Month**

As we step into Spring, May is National Walking Month. It aims to encourage people to walk more throughout the month and to get outside for at least 20 minutes a day.

A brisk walk everyday reduces the risk of a number of preventable health conditions including certain cancers, depression, heart disease and Type 2 diabetes. More information can be found on [National Walking Month | Living Streets](#)

6 reasons to go on a walk

1. Connect with nature
2. Space to let your mind wander
3. Act of self-love
4. Be away from your screen
5. Moving your body
6. Vitamin D

The Anatomy of walking

- Boost endorphins
- Reduces glaucoma risk
- Improves heart health
- Improves blood pressure
- Strengthens legs
- Burns more fat
- Improves balance
- Builds bone mass

Did you know that the [My Healthy Advantage app](#), which forms part of our membership with our EAP provider includes advice on a range of health and wellbeing topics which can be tailored to individual preferences. This includes walking for health and 6 ways to boost your step count. Our private health insurance scheme offers discounted gym membership.

### **Action on stroke month**

The website covers what is a stroke, living with a stroke and knowing your risk. The main risks are; age, high blood pressure, diabetes, atrial fibrillation and high cholesterol.



## **National Osteoporosis Month**

A healthy diet, one rich in fruits and vegetables, calcium and vitamin D, as well as weight bearing and muscle-strengthening exercise are critical elements in building peak bone mass and maintaining bone strength throughout our lives.

[National Osteoporosis Month 2021: Take Steps to Help Achieve Good Bone Health - Bone Health & Osteoporosis Foundation \(bonehealthandosteoporosis.org\)](#)

Did you know that the My Healthy Advantage app, which forms part of our membership with our EAP provider includes advice on a range of health and wellbeing topics which can be tailored to individual preferences. This includes fitness advice and nutrition.

## **1<sup>st</sup> – 7<sup>th</sup> May Deaf Awareness Week**

Deaf Awareness week is an annual event, taking place on the first full week in May. In the UK alone, there are over 10 million people living with some form of hearing loss, whether it is mild or pronounced. Deaf Awareness Week is all about promoting aspects of living with deafness. How can you be more deaf aware?

- Make sure you have the person's attention before speaking
- Stand or sit in a place with good lighting so that you can be lip-read
- Try to find a quiet place to communicate with little background noise as this can be distracting
- Use your usual voice level. If a deaf person uses a hearing aid it can be very uncomfortable for them and seem as though you are shouting.

Further information is available on the UK Council on Deafness website. [UK Council On Deafness – UK Council On Deafness \(deafcouncil.org.uk\)](#)

## **3<sup>rd</sup> to 9<sup>th</sup> May Sun Awareness Week**

The dangers of too much exposure of the sun include skin changes, skin cancer and a lowered immune system. Sun Awareness Week offers guidance on how to enjoy the sun safely.

With almost half of British people having been sunburnt last year, sun awareness week highlights the importance of looking after your skin in the sun.

UV radiation from the sun is the main cause of skin cancer. UV light from sunbeds is just as dangerous.

Why is it important?

It's a fact that exposure to the sun and using sunbeds increase your likelihood of getting skin cancer. The first sign of non-melanoma skin cancer is usually the appearance of a lump or discoloured patch on the skin that persists over a few weeks and slowly progresses over months or sometimes years. It is important to see a GP if you have any skin abnormality. Other reasons to avoid UV radiation are it:

- Speeds up ageing
- Causes blisters, headaches and sunstroke
- Weakens your immune system
- Causes permanent damage to your eyes
- Leads to dehydration and heat exhaustion

#### 5 myths about sun exposure

- People with dark skin don't need to wear sunscreen
- Tanning is always safe if you don't burn
- You can only burn in summer when the weather is warm
- You can't burn through glass
- Sunbeds are safer than exposure to the sun

#### 5 ways to stay safe in the sun

- Wear protective clothing
- Use sun cream – the more protection the better and apply it throughout the day
- Limit your time in the sun between 10am and 4pm
- Wear sunglasses
- Sit in the shade at regular intervals.

### **8<sup>th</sup> May                      Mental Health Awareness Week**

Mental Health Awareness Week provides an opportunity to focus on achieving good mental health.

Did you know that the [My Healthy Advantage app](#), which forms part of our membership with our EAP provider includes advice on a range of health and wellbeing topics which can be tailored to individual preferences. This includes mental health. They also provide a confidential counselling service. We also have a number of inhouse trained Mental Health First Aiders.

### **June**

#### **World Infertility Awareness**

An estimated 3.5 million people in the UK are affected by fertility issues. One in five people who struggle to conceive reduce their working hours or leave their jobs during fertility treatment.

Tamworth Borough Council recognises the physical and emotional demands of in vitro fertilisation (IVF) treatment which is hard to balance with work. Our new Annual Leave and other leave policy now gives up to 3 days paid leave to attend fertility clinic appointments for treatment or for the employee to accompany their partner.

#### **6<sup>th</sup> -12<sup>th</sup> June National Carers week**

Raising awareness of caring by highlighting the challenges that carers face and recognise the contribution they make.

According to Carers UK, 5 million people in the UK are juggling caring responsibilities with work, that is 1 in 7 of the workforce. However, the significant demands of caring means 600 people give up work every day to care for an older or disabled relative.

Did you know that we have a carer's leave within our Annual Leave & Other Leave policy to support employees with caring responsibilities and help them stay employed. This is available on Infozone.

[Home | Carers Week](#)

### **12<sup>th</sup> -16<sup>th</sup> June      British Nutrition Foundation Healthy Eating Week**

The British Nutrition Foundation Healthy Eating Week is an annual event that highlights what we can all do to have healthier lifestyles. Each day of the week has a different theme. Last year it was

Monday – focus on fibre for meals and snacks

Tuesday – get at least 5 a day

Wednesday – vary your protein, be more creative

Thursday – stay hydrated, fill up from the tap

Friday – reduce food waste, know your portions

Check out [Healthy Eating Week - British Nutrition Foundation](#) for when 2023's plan is announced. The website also gives lots of advice on how to improve our diets to become healthy and balanced.

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### **10<sup>th</sup> -17<sup>th</sup> June      Men's Health Week**

Every year, Men's Health Forum has a Men's Health Week. Previous years have covered; mental wellbeing and COVID19, Men and COVID19, Men's Health by Numbers, Diabetes, Hazardous Waist, Beating Stress and Healthy Living. The topic for 2023 is yet to be announced. Check out the website for details [Time for your MOT | Men's Health Forum \(menshealthforum.org.uk\)](#)

Did you know: Our private insurance scheme with UK Healthcare includes well man screening which up to the cost of £100.

### **14<sup>th</sup> June      World Blood Donor Day**

Safe blood and blood products and their transfusion are a critical aspect of care and public health. They are key in treating people suffering from a range of diseases and as a result of accidents, natural disasters and armed conflict. Becoming a regular blood donor is a simple but selfless step that most people can take to support local health systems and save lives.

To donate blood you will need to be generally fit and well, aged between 17 and 65, weigh between 7 stone 12 lbs and 25 stone, have suitable veins and meet all donor eligibility criteria. Check out the NHS Blood and Transplant website for more detail [Who can give blood - NHS Blood Donation](#)

Did you know our new Annual Leave and Other Leave Policy provides paid time off for blood donation.

### **20<sup>th</sup> -26<sup>th</sup> June            Cervical Screening Awareness Week**

Around 3,200 women are diagnosed with cervical cancer in the UK each month. Cervical screening prevents 75% of cervical cancers from developing yet one in four women don't attend. It's time to talk about how to make the test better. See Jo's Trust [Cervical Screening Awareness Week | Jo's Cervical Cancer Trust \(jostrust.org.uk\)](#)

Did you know 1 in 5 women and people with a cervix who work say they haven't been able to book a convenient appointment for their cervical screening? TBC is flexible to allow employees to attend cancer screening appointment during working hours if appointments can't be offered outside of working hours.

### **12<sup>th</sup> – 18<sup>th</sup> June            Diabetes week**

Diabetes week is observed in the 3<sup>rd</sup> week of June every year. The week-long event creates awareness about the disease and encourages individuals to be open and talk about their experience. Diabetes can be type 1 or type 2. Insulin is used to treat type 1 diabetes. Research suggests that lifestyle changes can reduce type 2 diabetes by 50%

[Diabetes Week 2022](#)

Good foot health is extremely important for diabetics.

Did you know our private insurance scheme provides £20 towards chiropody or podiatrist treatment.

## **July**

### **12<sup>th</sup> July            National Simplicity Day**

Pausing your life for a brief moment and taking a breath can do wonders for your emotional wellbeing. Here we have a few tips on how to observe National Simplicity Day in a way that is meaningful to you:

- Educate yourself
- The important things – what's important in your life? Make a note of all the things that are the most meaningful e.g. family, friends, pets. Then think about how much time you dedicate to those things versus the time you spend on less rewarding activities such as browsing through social media.
- Impulse buying - do you tend to buy non-essential items on a whim? If so, write a list before a shopping trip
- Unplug yourself - How long do you go without checking your phone or personal device? Embrace the simple life by putting down your phone and explore the outdoors. Even

an afternoon in the garden can help you detach yourself from the stressors of the normal routine.

The simpler you make your life, the less likely you will become stressed.

National Simplicity Day isn't about completely changing your life. It's an opportunity to reflect on what's important to you and to explore the lifestyle alterations you can make to get the most out of these parts of your life.

## **24<sup>th</sup> July      Samaritans Awareness Day**

Samaritans Awareness day is on 24<sup>th</sup> July (24/7) because they are there to listen 24/7. Every year in July, Samaritans branches hold local events to raise awareness that they are there to listen to anyone who struggles to cope, at any time of the day or night. If you are interested in becoming a Samaritans listening volunteer details are on the link [Become a Samaritans listening volunteer | Volunteer for Samaritans](#)

Did you know that the My Healthy Advantage app, which forms part of our membership with our EAP provider includes advice on a range of health and wellbeing topics which can be tailored to individual preferences. This includes mental health and loneliness. The EAP service also provides free confidential counselling.

## **August**

### **8<sup>th</sup> – 14<sup>th</sup> August National Allotments Week**

Organised by the National Allotment Society, the event promotes the role allotments play in helping people to live a healthier lifestyle.

Do you own an allotment? Why not post a photo on the council's Team channel.

## **September**

### **5<sup>th</sup> to – 11<sup>th</sup>      Know your numbers week**

#### [Blood Pressure UK](#)

Encouraging adults to know their blood pressure numbers and take the necessary action to reach and maintain a healthy blood pressure.

High blood pressure is significant risk factor for heart disease and stroke, so it's important to know your blood pressure to live a long and healthy life.

Blood pressure is measured in millimetres of mercury (mmHg) and is given as 2 figures:

- Systolic pressure – the pressure when your heart pumps out
- Diastolic pressure – the pressure when your heart rests between beats

For example, if your blood pressure is 140 over 90 or 140/90mmHg, it means you have a systolic pressure of 140mmHg and a diastolic pressure of 90mmHg

As a general guide:

1. Ideal blood pressure is considered to be between 90/60mmHg and 120/80mmHg
2. High blood pressure is considered to be 140/90mmHg or higher
3. Low blood pressure is considered to be 90/60mmHg or lower

High blood pressure can often be prevented or reduced by eating healthily, maintaining a healthy weight, taking regular exercise, drinking alcohol in moderation and not smoking.

Further information can also be found on [www.nhs.uk](http://www.nhs.uk)

### **10<sup>th</sup> September                      World Suicide prevention day**

The theme for World Suicide Prevention Day is 'creating hope through action'. [World Suicide Prevention Day - Mental Health UK \(mentalhealth-uk.org\)](http://www.mentalhealth-uk.org)

The website provides information to learn more about suicide, highlight the facts and misconceptions that surround it and signpost to support and resources.

The Samaritans are there to listen, no judgement, no pressure and help you work through what is on your mind. Call 116 123

[Did you know we have an EAP provider, available 24/7 to offer free confidential counselling.](#)

**12<sup>th</sup> -16<sup>th</sup> September Pension Awareness** – a week of raising awareness on the importance of preparing and savings for retirement . It provides an opportunity to raise awareness of pensions and help members to plan for their financial future.

[If you are nearing retirement, we host regular pre-retirement course and Staffordshire Pension fund issue the annual pension statement at the end of August. Their portal allows you to view your records and use calculators to calculate your indicative pension payment and lump sum.](#)

### **19<sup>th</sup> -25<sup>th</sup> September National Eye Health Week**

National Eye Health Week is a campaign run to raise the profile of optics as it encourages the public to be eye aware. Routine sight tests can detect early signs of conditions like glaucoma and diabetic retinopathy, which can be treated if found soon enough. To maintain good eye health, you need to ensure you are eating well, not smoking, and wearing eye protection in the sunlight.

National Eye Health Week encourages more people to have regular sight tests and make lifestyle choices that benefit their vision, reduce avoidable blindness and enhance everyday lives.

[Did you know you can claim £60 per annum from our private health scheme for eye tests, glasses, contact lenses, repairs and laser eye surgery.](#)

## **26<sup>th</sup> September – 2<sup>nd</sup> October NHS Organ Donation Register week**

Almost 10,000 people in the UK are in need of a lifesaving transplant. During the Organ Donation Week NHS Blood and Transplant is urging people to register their donation decision and talk to their families about organ donation.

In 2021 4,324 people waiting for organ transplant had their lives saved by the generosity of 1,397 deceased organ donors and their families who gave the gift of life. Over half of those had recorded their decision on the NHS Organ Donor Register.

To register your decision, tell your family your wishes or better still, simply click on the link [Donate - NHS Organ Donation](#)

## **29<sup>th</sup> September World Heart Day**

Cardiovascular disease is one of the world's leading causes of death, claiming 17.9 million lives each year. Poor cardiovascular health can cause heart attacks and strokes

## **30<sup>th</sup> September Macmillan coffee morning.**

Get baking cakes to raise funds for Macmillan Cancer support , Tamworth Assembly Rooms normally host this.

## **October**

### **Domestic Violence Awareness month**

- 25% of women are affected by domestic violence during their adult lifetime
- 16% of men are affected by domestic violence during their adult lifetime
- 58% of abused women miss at least 3 days of work a month

Did you know we have a Domestic Abuse policy for staff which clearly sets out the roles and responsibilities the organisation has to support victims and survivors of domestic abuse. The policy can be found on Infozone under the HR policy tab. Support can also be provided by our EAP service.

If you need support, there are a range of contact details at the end of the policy. Furthermore the National Domestic Abuse helpline offers free and confidential advice, 24 hours a day on 0808 2000 247

## **Stoptober**

This Stoptober join thousands of people who are stopping smoking this October. Stopping smoking brings immediate health benefits including for people with an existing smoke related disease.

### **Physical benefits to stopping smoking**

- After 20 minutes pulse rate starts to return to normal
- After 8 hours oxygen levels are recovering and harmful carbon monoxide in the blood is reduced by half

- After 48 hours the body has flushed out all carbon monoxide, lungs start to clear mucus and ability to taste and smell is improved
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- 7 Keep cravings at bay by keeping busy
- 8 Exercise away the urge
- 9 Join a Facebook page for advice and support

Stoptober offers a range of free quitting support and advice including a Quit Smoking Support Group on Facebook, a personal quit plan and daily email support. [Stoptober Stop Smoking - Stoptober \(thestoptober.co.uk\)](https://www.thestoptober.co.uk)

Did you know that the My Healthy Advantage app, which forms part of our membership with our EAP provider includes advice on a range of health and wellbeing topics which can be tailored to individual preferences. This includes smoking cessation.

#### **Sober October**

Get involved in sober October by going alcohol free in October to raise money for people with cancer



## [Go Sober for October - Go Sober 2022](#)

Taking a break from drinking is a great way to give your body a break from alcohol, and it has lots of benefits. Benefits of going sober include; a clearer head, more energy, sleeping better, weight loss, you save money, a sense of achievement and raising money for Macmillan Cancer!

Alcohol misuse is when you drink in a way that's harmful, or when you're dependent on alcohol. To keep health risks from alcohol to a low level, both men and women are advised not to regularly drink more than 14 units per week and to have several drink free days a week.

A unit of alcohol is 8g or 10ml of pure alcohol, which is about:

- Half a pint of lower to normal strength lager/beer/cider (ABV 3.6%)
- A single small shot measure (25ml) or spirits (25ml, ABV 40%)

A small glass (125ml, ABV 12%) of wine contains about 1.5 units.

Did you know that the [My Healthy Advantage app](#), which forms part of our membership with our EAP provider includes advice on a range of health and wellbeing topics which can be tailored to individual preferences. This includes alcohol guidance and support including tips on reducing alcohol consumption, alcoholism, drinking wisely etc.

**Breast Cancer Awareness month** – to raise awareness for the disease and to raise funds for research

## [Breast Cancer Awareness Month | Breast Cancer Now](#)

The link provides a wealth of information including;

- Signs and symptoms of breast cancer
- What to expect at appointments
- Benign breast conditions
- Diagnosis
- Treatment
- Life after treatment
- Secondary breast cancer

## **National Cholesterol Month (Heart UK)**

### [National Cholesterol Month In October | HEART UK](#)

Heart UK will be running 4 weekly challenges throughout October showing how to make a big difference to your cholesterol levels and heart health.

Cholesterol is often tragically dubbed the silent killer because for most people there is no obvious symptoms, which is why October is dedicated to raising awareness.

High cholesterol is when you have too much of a fatty substance called cholesterol in your blood. It's mainly caused by eating fatty food, not exercising enough, being overweight, smoking or drinking alcohol. It can also run in families.

You can lower your cholesterol by eating healthily and getting more exercise. Some people also need to take medicine.

Too much cholesterol can block your blood vessels and makes you more likely to have heart problems or a stroke.

High cholesterol does not cause symptoms, you can only find out if you have it from a blood test.

Your doctor or nurse will be able to advise what your levels should be but indicative good levels are:

Result	Healthy Level
Total cholesterol	5 or below
HDL (good cholesterol)	1 or above
LDL (bad cholesterol)	3 or below
Non-HDL (bad cholesterol)	4 or below
Triglycerides	2.3 or below

### **October (date to be confirmed)    Back care awareness week**

#### [2022 Back Care Awareness Week - BackCare](#)

The website provides information including prevention, treatment and information sheets.

Back pain is one of the most common causes of sickness absence and 80% of the population will suffer from back pain at some point in their lives.

- Use a chair which has good back support
- Vary your work position
- Move every hour and stretch
- Set a routine to stretch daily and move your work position
- Follow Manual Handling guidance carefully

If you are experiencing persistent back pain or mobility issues in your lower back, you should seek the advice of your GP or chiropractor. You should also ask for a DSE assessment from Health and Safety.

[Did you know our private health insurance scheme includes £150 towards physiotherapy, osteopathy, chiropractic or acupuncture if recommended by a GP.](#)

### **10<sup>th</sup> October - World Mental Health day**

#### [World Mental Health Day | Mental Health Foundation](#)

The theme for 2022's World Mental Health day is 'Make Mental health and wellbeing for all a global priority'. The link includes podcasts with people that have experienced mental health problems, campaigners and mental health experts and free to download publications.

[Did you know that the My Healthy Advantage app, which forms part of our membership with our EAP provider includes advice on a range of health and wellbeing topics which can be tailored to individual preferences. This includes mental health. Support can also be provided via their counselling service.](#)

### **12-20<sup>th</sup> October    - Bone and Joint Week – musculoskeletal health**

If your back and joints hurt, you are not alone. Bone and joint ailments are some of the most common problems facing millions of people. Did you know you were born with 300 bones, but as you age, they fuse together leaving you with 206 bones. Every seven years you develop a new skeleton because the collagen in bones constantly replenishes itself.

Did you know our private health insurance scheme includes £150 towards physiotherapy, osteopathy, chiropractic or acupuncture if recommended by your GP.

### **18th October - World menopause awareness day**

World Menopause Day is observed on 18<sup>th</sup> October every year to raise awareness about the impact the condition has on the lives of women around the world. Despite affecting half of the world's population, menopause isn't talked about as much as it should.

Tamworth Borough Council recently drafted a Menopause Policy which will be implemented in coming months.

Did you know that the My Healthy Advantage app, which forms part of our membership with our EAP provider includes advice on a range of health and wellbeing topics which can be tailored to individual preferences. This includes breaking to taboo of menopause.

### **November**

#### **Movember**

##### [Movember - Movember](#)

Focuses on mental health and suicide prevention, prostate cancer and testicular cancer. Why not grow a moustache for charity?

Did you know our private insurance scheme with UK Healthcare includes well man screening, up to the cost of £100.

#### **2<sup>nd</sup> November National Stress Awareness Day.**

##### [Stress Awareness Day \(rethink.org\)](http://rethink.org)

The website provides valuable advice and guidance about mental illness and living with mental illness.

Did you know our private health insurance scheme contributes up to £50 towards complementary therapies (homeopathy, reflexology, aromatherapy, remedial massage if recommended by a GP) and My Healthy Advantage app, which forms part of our membership with our EAP provider includes advice on a range of health and wellbeing topics which can be tailored to individual preferences. This includes stress awareness. Health & Safety are also able to undertake Stress Risk Assessments.

## **11-16<sup>th</sup> November Alcohol Awareness Week, Alcohol Change**

The Alcohol Change website provides fact sheets, alcohol statistics, how alcohol affects our relationships, 8 top tips for healthier drinking and happier relationships and alcohol and domestic abuse, alcohol and calories and alcohol and fitness.

The guidelines for both men and women state that you are safest not to drink more than 14 unit per week. 14 units means roughly six pints of lager and one and a half bottles of wine. It is best to spread this drinking over three days or more.

Alcohol is linked to more than 60 medical conditions including liver disease, at least six forms of cancer and depression.

A standard glass of wine, 175ml, contains 2.1 units and 158 calories

A large glass of wine, 250ml, contains 3 units and 225 calories.

Beer, lager, cider, 1 pint, contains 3 units and 222 calories

Spirits (neat), 25ml. contains 1 unit and 50 calories

Did you know that the [My Healthy Advantage app](#), which forms part of our membership with our EAP provider includes advice on a range of health and wellbeing topics which can be tailored to individual preferences. This includes alcohol guidance and support including tips on reducing alcohol consumption, alcoholism, drinking wisely etc.

## **19<sup>th</sup> November International Men's Day**

- Making a positive difference to the wellbeing and lives of men and boys
- Promoting a positive conversation about men, manhood and masculinity
- Raising awareness and/or funds for charities supporting men and boy's wellbeing

Did you know: Our private insurance scheme with UK Healthcare includes well man screening up to the cost of £100 per annum.

Did you know that the [My Healthy Advantage app](#), which forms part of our membership with our EAP provider includes advice on a range of health and wellbeing topics which can be tailored to individual preferences. This includes podcasts on men's mental health.

## **December**

### **Decembeard**

Throughout December involved ditching the razor and growing a beard for the month of December to raise money for bowel cancer.

### **Date to be confirmed but normally the first week of December awareness week**

### **National grief**

The purpose of national Grief Awareness Week is to purge the stigma that grieving should have a time limit or be viewed as an emotion that should be quickly resolved or dismissed.

The Good Grief Trust provides support information including contact details of support groups, including;

Grief Talk – 0808 802 0111

Survivors of bereavement by suicide – 0300 111 5065

Child death helpline – 0800282 986

Bereavement Advice Centre – 0800 634 9494

Did you know we have an Employee Assistance service that provides advice and support for bereaved employees. Their free confidential service can be accessed on 0800 028 0199, full details are on Infozone. Their My Healthy Advantage app, also looks at bereavement.

## **Key Contacts**

**Mental Health First Aiders:** [Mental Health First Aiders | Infozone \(tamworth.gov.uk\)](#)

Mental Health First Aiders are trained to spot the early signs of mental ill health in their colleagues and point them towards further sources of help and to support them in their recovery.

**UK Healthcare** [UK Healthcare | Infozone \(tamworth.gov.uk\)](#)

UK Healthcare cover is designed to help cover your day to day healthcare expenditure such as; dental, optical, health screening, wellbeing, complementary therapies, chiropody, hospital in patient, day case allowance, 1 prescription, discounts in gym membership, savings on holidays, theme parks and retail discounts. This is available to all employees once they have completed their probationary period.

**Health Assured** [Counselling | Infozone \(tamworth.gov.uk\)](#)

Health Assured are our Employee Assistance provider. They offer free confidential counselling, as well as support via their website and My Healthy Advantage app.

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