



## HAPPY NEW YEAR to you all...

### Welcome to the first Workplace Health Newsletter.

January 2012! Many of us will think about making a New Year's resolution; a pledge to improve an aspect of our health and lifestyle and the aspiration that this year we will succeed.

There are many things that you can do to improve your health; eating healthily, stopping smoking, being physically active, drinking sensibly and looking at ways to reduce stress. There is an ocean of information and support available for all areas of health and wellbeing from many organisations both local and national and over the coming months I will be sharing this with you.

### Stop smoking



If you are a smoker, the most important thing you can do to greatly improve your health, is quit. NHS Bedfordshire has a first class Stop Smoking Service with highly trained specialist advisors. We can offer free and confidential 7 week group support sessions in your workplace. The first week is 1 ½ hours and the following 6 weeks are for 1 hour. If anyone would prefer one to one sessions, this can also be arranged. Nicotine replacement therapy (NRT) products or Champix/Zyban are offered on prescription for a 12 week period. Evidence has shown that quitting with others makes a big difference and that people are 4 times more likely to quit with NHS support.

If you would like to set up a group in your workplace, please call Carol Wells on 01525 636864.

If anyone would like to book a one to one session outside of the workplace, please call the NHS Bedfordshire Stop Smoking Service on free phone number 0800 013 0553 to make an appointment.

For further information, please see our website: [www.smokefreebedfordshire.nhs.uk](http://www.smokefreebedfordshire.nhs.uk)

### Eating healthily



As a nation, we are getting fatter. Many people over estimate a proper portion size and snack food products are sold in giant sized bags making it very easy to overeat. An unhealthy diet can lead to all kinds of health problems including high cholesterol, heart disease, Type 2 diabetes, joint problems and some cancers. A healthy diet combined with physical activity also improves your mood.

NHS Choices, Change for life, British Heart Foundation, Diabetes UK and Cancer Research UK all offer excellent advice on their websites, with many of them also offering free literature (see websites below).

<http://info.cancerresearchuk.org/healthyliving/obesityandweight/>

<http://info.cancerresearchuk.org/healthyliving/dietandhealthyeating/>

<http://www.nhs.uk/Livewell/Goodfood/Pages/Healthyeating.aspx>

<http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx>

<http://www.bhf.org.uk/heart-health/prevention/healthy-eating.aspx>

[http://www.diabetes.org.uk/Guide-to-diabetes/Food\\_and\\_recipes/](http://www.diabetes.org.uk/Guide-to-diabetes/Food_and_recipes/)

<http://www.nhs.uk/Change4Life/Pages/change-for-life-adults.aspx>

## Financial Support



When all the celebrations of Christmas and New Year are over, many of us realise that we may have overspent on the bank card, but even if that is not the case, with the current economic climate, it is a time for us all to watch the pennies!

According to a recent report by the Royal College of GPs, money worries may be fuelling a rise in depression in England. This follows an earlier survey (AXA Money Sickness Syndrome) which revealed that as many as 42 million employees are suffering physical and mental fallout from financial stress. This is where the Money Advice Service may be able to help.

This is a new nationwide service that provides free, unbiased advice to help everyone make the most of their money. Whatever your age, however much money you have or don't have, they can help you work out what's right for you. It's all free, independent and unbiased - so they won't recommend any particular products or try to sell you anything.

You can contact them online at [www.moneyadvice.org.uk](http://www.moneyadvice.org.uk) or by telephone on 0300 500 5000. There are also face-to-face money advisers across the UK. And if you're interested in having the Money Advice Service come into your place of work to deliver a one-hour group presentation on managing your money or you want to access any of the free resources, handbooks and guides, please contact:

[mary.graham@moneyadvice.org.uk](mailto:mary.graham@moneyadvice.org.uk)  
<http://www.moneyadvice.org.uk/>

## February is Heart Month

Find out how the British Heart Foundation can help you, and how you can help fight heart disease. There are lots of competitions and games that you and your



colleagues can be involved in to help raise money for the BHF plus tons of information on healthy living.

For your free Heart Information Pack visit:

[bhf.org.uk](http://bhf.org.uk)  
<http://www.bhf.org.uk/get-involved/fundraising/red-for-heart.aspx>

## Training for Workplace Health Champion

The next Public Health Improvement Level 2 training is scheduled to take place in February with additional training for Stop Smoking, Brief Intervention for Alcohol and Healthy Eating to follow. If you would like more information about the course or are interested in attending this training please contact Aruna Sharma-Balls on 01234 897158.

If you have any queries regarding the newsletter, would like to see any particular articles included or would like to let other workplaces know what you are doing to improve health and wellbeing in your workplace, please let me know.

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