



Welcome to the February 2012 newsletter...

I hope you have all had a good start to the New Year.

There was a good response to the first newsletter. Enquiries were made about the Health Trainer course; one workplace held a mini health event and four workplaces have started stop smoking groups. Great stuff!

Each newsletter will feature some National Health Events for that particular month. This month includes 'National Heart Month' and 'Cancertalk' Week

Be a part of 'Red for Heart' with the British Heart Foundation



Join thousands of workplaces throughout February by taking part in the British Heart Foundation's 'Red for Heart' campaign with your red themed event or join in on February 24 on 'National Wear Red' day. You can apply for a fundraising kit (if you haven't already!) or join one of the organised events. The website gives you lots of ideas to get you started e.g. baking red cakes, BHF Bingo, sweepstakes and even having your hair dyed red! It is a great way to get everyone in the workplace involved in doing something together ... and help to raise funds for BHF.

For further information, visit:
www.bhf.org.uk/get-involved/fundraising/red-for-heart.aspx

23 – 29 February is Cancertalk Week

WE ARE
MACMILLAN.
CANCER SUPPORT

We make lifestyle choices everyday - some we know increase our risk of developing cancer. For example, smoking is a major cause of lung cancer and is a factor in other cancers, such as bladder cancer and cancers of the mouth and throat. Other lifestyle choices that can influence our risk of developing various cancers include:

- Obesity
- Diets low in fresh fruit and vegetables (less than 5 a day)
- Heavy alcohol consumption (recommended amounts 2-3 units per day for women, 3-4 units per day for men and at least 2 alcohol free days each week)
- Exposure to strong sunlight and sun bed use
- Eating too much red meat and processed meats (e.g. bacon, sausages)
- Lack of regular physical activity (being moderately active for less than 150 minutes a week)

If you have been affected by cancer or want to know how you can reduce your cancer risk, have a look at the following websites:

www.macmillan.org.uk/GetInvolved/CancertalkWeek/CancertalkWeek.aspx
<http://info.cancerresearchuk.org/healthyliving/>

Next month reminder...

Take the first step
No Smoking Day

National Stop Smoking Day is Wednesday March 14th.

Why not hold an information event? Contact Carol Wells on 01525 636864 for more information.

Workplace Health Event

A health event is a great way to promote health and wellbeing in your workplace.

Organisations covering areas such as Healthy Eating, Stop Smoking, Mental Health, Stroke, Physical Activity and Alcohol Awareness for example, are more than happy to attend and offer support and advice to staff.

During the past year, several businesses have had health fairs and the feedback from staff is always positive. The events are completely free; all you need to provide is the venue.



Health event held in January at DHL Distribution Centre in Kempston.

If you would like to know more about having a health event in your workplace, please call Carol Wells on 01525 636864.

Health Champions

Introducing one of the newly qualified Workplace Health Champions.

Cathrine Jones from Asda Distribution Centre, Marsh Leys receiving her Royal Society of Public Health Level 2 Public Health Improvement qualification (right).

Health News from Your Workplace

Just before Christmas, Alere International, based in Cranfield, held a cycling challenge to raise money for Keech Children's Hospice in Bedfordshire. Here is their news about the event.

"With the end of 2011 fast approaching, the Health & Wellness team wanted to do something different to end the year on a high. We set ourselves the challenge of cycling the 582 kilometre distance to the newly established Alere International Limited in Galway, Ireland in just 2 days!

Two exercise bikes were kindly loaned to us and on the 13th and 14th of December, 42 staff members took part in the challenge by each cycling for a 30 minute session. To our surprise, such was the determination to reach Galway that the team smashed the target of 582 kilometres just before midday on the second day, and actually cycled a grand total of 814 kilometres.

All the hard work paid off and with the generosity of the team, Alere colleagues, friends, and family, we raised £1,600.00 for the hospice. All in all, it was a terrific achievement and was only possible as a result of the tremendous support we received."

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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