

Health Challenge

BridgendBusiness

April 2010

Health Challenge Bridgend Business is about helping businesses promote the health of their employees. By adopting a healthy message you can not only demonstrate a commitment to the well-being of your workforce but also take your place alongside other businesses, ensuring a positive future for the people of Wales.

We focus on small and medium sized enterprises (SMEs) offering advice and guidance on how to educate and transform your staff. The scheme can also help maximise the health benefits of your product or service.



Are you ready to join in?



People who adopt healthy lifestyles are considered to be more productive and as a result have less time off ill. According to the Welsh Health Survey, a substantial amount of people in the Bridgend County Borough area are overweight and lack exercise, this is often accompanied by an unhealthy, excessive lifestyle.



Helping you to develop a healthy work place

There are currently around 5000 SMEs in the county borough. In our last newsletter we offered 80 small and medium sized businesses (SMEs) the opportunity to become a Health Challenge Bridgend Business (HCBB). Many are now choosing to take up the offer and make a difference.



By promoting good health, encouraging people not to smoke or binge drink and providing information on leisure activities, businesses are taking positive steps to inform their workforce of the benefits of adopting a healthy lifestyle.



Ask yourself what your organisation is already doing to look after the health of its employees.

Can you do more?

Would you like to join other businesses and become a Health Challenge Bridgend Business (HCBB)?

We want to support you in realising this change, reducing sickness levels and increasing productivity.

As a Health Challenge Bridgend Business you will be able to utilise the HCBB logos and receive early invites and discounts to HCBB associate events.

You can use the Health Challenge Wales brand on literature, letting staff and customers know that you are committed to improving their health and are part of a wider effort to improve and protect health in Wales.

Plus, when you become a Health Challenge Business Partner you will receive quarterly newsletters and a HCBB improvement pack free of charge (this offer is limited to the first 80 businesses in Bridgend who apply).

In order to become a partner, and to use our logo for 12 months, an enterprise must:

- Operate within the Bridgend County Borough Council area;
- Comply with any statutory and regulatory requirements e.g. health and safety and industry codes of practice;



- Be committed to taking steps to improve the health of its workforce;
- Receive regular information on improving health including a regular newsletter;
- Pass on information to its workforce;
- Regularly access the Health Challenge Bridgend website:

www.healthchallengebridgend.org.uk

- Complete the attached questionnaire.

If you are interested, please e-mail
David Parratt on
david.parratt@bridgend.gov.uk

Working towards a healthier workplace:

Many businesses are already making small changes to their workplace to improve health, such as:

- Encouraging staff to commute by foot or bike to increase physical activity levels;
- Making sure canteen or catering facilities follow healthy eating guidelines, and remove less healthy vending machines;
- Encouraging staff to go out for a walk at lunchtime, and always insisting that staff don't work on through lunch or stay at their workstations;
- Providing support for staff struggling with the pressures of work or personal life;
- Running occupational health events or themed health days;
- Providing literature about leading a healthy life;
- Ensuring staff are fully trained to use any equipment;
- Providing a safe and tidy environment to work in.



Although small, these changes can make a **big** difference.

For further information, please visit our website, featuring ideas on promoting healthy lifestyles from us and our partners (NHS, local government and voluntary sector organisations).

www.healthchallengebridgend.org.uk

Initiatives

Finance and health

As well as physical fitness, mental health is a vital part of well-being. Stress can directly affect your health in a number of ways, ranging from diabetes to depression and anxiety. Reducing stress levels is an important concern for every employer and finance has always been a stressful subject, especially for small and medium sized enterprises. We can provide you with the appropriate avenues of support to help reduce this pressure, such as the use of business advisory services.

National Walk to Work Week, 26 to 30 April 2010

With this years theme being 'Get fit without the hassle', this campaign aims to encourage employees to get active.

On that note we have set 5 challenges for your employees:

1. Try walking all or part of the way to work;
2. Try walking all or part of the way home from work;
3. Hold a walking meeting;
4. Walk all or part of the way to a meeting;
5. Take a walk during your lunch break.

For further information on National Walk to Work Week visit:

www.walkingworks.org.uk

Initiatives

Small workplace health award launched

In Wales, on average, sickness absence costs employers £659 per employee, each year.

Recognising the importance of health and well-being in the workplace can be the first step in improving the engagement and motivation of employees. This can then lead to increased effectiveness and productivity. It is estimated that sickness absence can be reduced by 20-50 per cent with the implementation of effective practices.

In response to this research, the Welsh Assembly Government has launched the small workplace health award, providing free support and advice for small businesses. The award is the new national mark of quality for health and well-being in the workplace. It is specially designed for businesses and organisations employing fewer than 50 people. The award consists of three levels: bronze, silver and gold. Each recognises the different development stage achieved.

Becoming a part of the Small Workplace Health Award programme can enthuse and motivate staff, as well as demonstrate benefits to the business as a whole.

You can confirm your interest in free support and advice by e-mailing Healthy Working Wales healthyworkingwales@wales.gsi.gov.uk



Change4Life

You may have seen a recent television campaign promoting Change4Life.

This campaign encourages

people to eat well,

move well, and as a result live longer.

Highlighting the importance of diet and exercise, Change4life has been adopted by the Welsh Assembly Government as part of the Health Challenge Wales campaign.

With a clear focus on families and children, individuals and organisations can register as partners. As partners ourselves we have links to Change4life on the Health Challenge Bridgend website and are in the process of developing a webpage which will be dedicated to healthy physical activity.

Want to find out more? Visit us on: www.healthchallengebridgend.org.uk or www.wales.gov.uk/change4life

