

News

October 2011



Information and guidance about returning to work

The Royal College of Psychiatrists has launched a new online resource offering information and guidance about returning to work after a period of mental ill-health. Mental Health and Work is an online resource on the Royal College of Psychiatrists' website:

www.rcpsych.ac.uk/workandmentalhealth



Don't forget you can now follow us on Twitter:
[@wellness_works](https://twitter.com/wellness_works)

Quote of the month:

"Happiness is not having what you want. It is appreciating what you have." —Unknown

LifeCheck Tool

NHS Choices LifeCheck tool was launched in June this year and you can now access material designed to help promote use of the tool within different organisations and encourage people to try it out.

All the material is available at <http://www.nhs.uk/aboutNHSChoices/professionals/life-checkers/marketing-materials/Pages/marketing-materials.aspx>

As a reminder, the URL for the new tool is at www.nhs.uk/lifecheck.

Healthy Working UK

.....support for GPs and health professionals

Healthy Working UK is an e-learning website which has had a bit of a 'revamp' recently and now includes , health and work training for primary and secondary care doctors and a new fit note module. If you need information on how fit notes work – it may be worth having a look.

More information can be found at:

<http://www.healthyworkinguk.co.uk/>



Worcestershire Works Well!



Look out for the new standards and toolkit launched at the Chamber of Commerce Business Exhibition, Sixways Stadium, on 6th October.

The toolkit sets out clear steps towards making workplaces supportive and productive environments.

It will all be available to download once the new Worcestershire Works Well website is up and running.

For more details or to obtain a copy contact:

amandaw@comfirst.org.uk

Promoting Health and Well-being at Work

Check out NHS Local for national and local campaigns.

Forthcoming events include:

- World Mental Health Week
- Anti Bullying Day
- Jeans for Genes day
- Alcohol Awareness Week
- Anger Awareness Week
- Festival of Winter Walks

View the full list at:

<http://nhslocal.nhs.uk/my-health/equip/events/list>

This Week (10th October) is World Mental Health Week – what are you doing to raise awareness and keep well? Check out Time for Change to see what can be achieved in the workplace

<http://www.time-to-change.org.uk/need-support/employer>

time to change
let's end mental health discrimination

www.comfirst.org.uk/wellness_works

How to help staff get back from sickness to productive employment.



Managing people on long term sick leave back to work ...

We will be hosting this ½ day workshop early in the new year on this challenging aspect of managing people...but we want this to be a workshop designed by you!

Let me know what is concerning you and we will make sure we get the right experts to help you... so far managers have told us that they are concerned about:

- Getting it right legally
- Having the difficult “return to work” conversation
- What difference does “a diagnosis” make?

Contact:
amandaw@comfirst.org.uk to have your say or find out more

Amanda Wright,
Business Adviser Health and Well-being
T 01684 312754 M 07966883780
amandaw@comfirst.org.uk



Training and support for staff

New courses for this Autumn/Winter coming up:

- Sorting out Money Worries
- Relaxation and Well-being
- Coping with Stress and Worry
- Recharge your Batteries and Energise
- Moodmaster: Thursdays 9.30am at the Tolley Centre, starting 28/10/11

Contact us to find out more about how these courses can help your staff and improve your business

Training and support for managers

- Mental Health Awareness
- Mental Health First Aid
- Building Resilient teams
- Understanding Bullying and Harassment

Top Tip:

Try something new or different – even if it is only what you have for lunch...

Working Well – A Learning Journey !



“Try something new! Learn how to keep well at work”

Try something new...

Community First and WEA have secured funding from the Skills Funding Agency as part of the new Adult and Community Learning Fund, to promote good mental health at work through learning.

The project involves working with six organisations to introduce their staff to 'bite size' sessions aimed at helping them manage stress, depression or anxiety at work, or simply to lift their mood and feel good! It aims to make a positive difference to people's lives by showing them simple techniques which they can use themselves to stay positive, happy and healthy – both at work and at home and in the community.

Geoff Russell, Chief Executive of the Skills Funding Agency, said: “Each project that has secured funding from the Adult and Community Learning Fund will make a tremendous difference to the lives of individuals and to the communities they are part of. Skills and lifelong learning should be at the heart of every community.”

We are looking for six organisations to take part in this short project, which is free in return for your commitment and enthusiasm. Would you like to get involved?

For further information please contact: Karen or Amanda on tel 01684 312730 or visit www.comfirst.org.uk

Contact:
Karen Humphries
or Amanda Wright
on 01684 312730