



HEALTH WORK WELLBEING

Wellbeing@Work SouthWest

Welcome to the e-newsletter!

Issue 5

March 2011

Hello Everyone,

It has certainly been a busy few months for work and health. With large changes taking place in the Welfare Reform programme and major announcements on the new Independent Sickness Absence Review and Responsibility Deals, there is more to come too!

Here in the SW there are many fantastic examples of good work and businesses that really understand the importance of looking after their employees' health and wellbeing. You will see that we have tried to include some examples from around the Region but if you know of any others please let us know and we can share the good practice with everyone else.

I would also encourage you to think about getting involved in Men's Health week on 13th to 19th June this year after the success of last year's events. Let us know what you are up to.

Jane

Some changes...

Please note that due to the Government Office network closing on the 31st March 2011 there will be some changes to my email contact details. The new email address **from 1st April** is jane.abraham@dh.gsi.gov.uk, however emails sent to the old GOSW address will continue to be transferred to my new Department of Health address for a limited period.

Unfortunately, due to restructuring Alana will no longer be working as part of the team as of 31st March, my new PA will be Phillip Gallagher. His contact details are: Phillip.GALLAGHER@gosw.gsi.gov.uk, 01752 635116.

Both my postal addresses and telephone number will remain the same:

Mast House, 24 Sutton Road, Plymouth, PL4 0HJ | 2 Rivergate, Temple Quay, Bristol, BS1 6EH

Mobile: 07788 928833

Office: 01752 635023

National Picture

Independent sickness absence review announced

The Government announced the commissioning of a new Independent Sickness Absence Review on the 17th Feb 2011. The co-reviewers of this are Dame Carol Black, the National Director for Work and Health, and David Frost, Director General of British Chambers of Commerce, and it is due to be published in the autumn. The rationale for this review is that:

- Over 600,000 people on average are off sick every week
- Up to 140-150 million working days are lost each year due to sickness absence
- Over 300,000 people flow from work directly to ESA/IBA each year



This independent review will be conducted in the context of wide-ranging reforms being introduced by the Government on welfare and the introduction of Universal Credit. It also complies with the Big Society, Growth review and Employment Law review which is looking to change regulation and red tape for businesses to encourage growth and offer flexibility for employers.

The aims of the review, which is jointly sponsored by DWP and BIS, are:

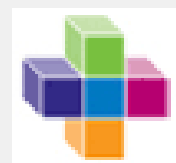
- To explore how the current sickness absence systems could be changed to help people stay in work, reduce costs and contribute to economic growth
- To examine whether the balance of these costs is appropriately shared between the State, individuals and employers
- To make tangible recommendations for system change and to ensure that they are consistent with promoting the private sector growth and minimising burdens on business (particularly small and medium sized businesses)

They are keen to hear your views so please contact them on:

Sickness.absencereview@dwp.gsi.gov.uk

Occupational Health Advice Line to continue

The free Occupational Health Adviceline for small and medium businesses has been operating since December 2009 as part of the Black Report recommendations. During that time they have received 2,500 calls from employers and employees of small and medium businesses who predominantly employ between 10-49 staff.



The main reasons for the calls to the adviceline are advice on the Fitnote, sickness absence, health surveillance and mental health issues. The Adviceline has proved highly successful in providing support to both employers and individuals in the early stages of sickness absence and the Government has announced additional funding for this service to continue for the future.

If you want advice on any issue relating to Occupational Health and are a business with less than 250 employees you can contact them on: 0800 0 77 88 44

or see www.health4work.nhs.uk/

Workplace Wellbeing Charter for England

The new Workplace Wellbeing Charter for England has been developed by the Cross Government Health, Work and Wellbeing Team to help businesses improve the health and wellbeing of their staff in simple easy to follow steps.

The aim of the Charter is to take businesses through these simple steps to achieve a nationally recognised standard with a self assessment process and with guidance about where to access approved support and information both nationally and locally. This builds on the highly successful award schemes in both Scotland and Wales and will enable businesses across England to publicly demonstrate that they are good employers.

The self assessment standards for businesses in England are:

- Leadership
- Attendance management
- Mental health and workplace stress
- Legal requirements
- Smoking and tobacco control
- Physical activity
- Healthy eating
- Alcohol and drug misuse



The Workplace Wellbeing Charter for England is due to be published in the Spring of 2011. For more information contact Jane on jane.abraham@gosw.gsi.gov.uk

Fit for Work Services announcement

There are 11 Fit for work service pilots around the UK which have been running for the last 18 months. In that time over 5000 employees have benefited from the service and support and the early feedback has been very positive. The most successful pilots have been those that have built on existing foundations and involve GP support.

From these pilots the evaluation suggests that many of the reasons for long-term sickness absence are due to social factors preventing return to work, rather than the medical conditions. A case management approach has proven to be successful in supporting these individuals back into meaningful employment.

The Government have announced their intention to extend funding to some of the most successful pilots and continue their ongoing evaluation of what approach is most effective.

More information available [here](#)



Public Health Responsibility Deal on Work and Health

On the 15th March 2011 Andrew Lansley, The Secretary of State for Health, announced the launch of the Public Health Responsibility Deal for business. This initiative encourages the business community, voluntary sector and Government to work together to:

- recognise their vital role in improving people's health
- encourage and enable people to adopt a healthier diet
- foster a culture of responsible drinking
- encourage and assist people to be more physically active
- actively support our workforce to lead healthier lives

The 5 networks are:

Food - Alcohol - Physical activity - Behaviour change - Health at Work

The Health at Work strand aims to provide generic guides on managing chronic conditions in the workplace and develop pledges for action that help people at work adopt healthier lifestyles. It is also encouraging local business partnerships between large employers who can mentor the SME community around them and looking at how occupational health can be made more proactive and preventative.

To view the pledges please access the link: <http://responsibilitydeal.dh.gov.uk/>



Blue September



For many types of cancer, men are at significantly greater peril than women: they are 60% more likely to develop one of the cancers that affect both sexes (e.g. lung, bowel, stomach) and 70% more likely to die of it. The increased threat is believed to be a consequence of unhealthy lifestyles, neglect of symptoms and delay in seeking medical advice. Blue September aims to change this.

The campaign is about putting out a serious health message in a captivating way. It is running in Australia, New Zealand and California and, in September 2011, it will be launched in the UK by the Men's Health Forum charity (www.menshealthforum.org.uk) in partnership with MWC Media (www.mwcmedia.com.au), the founders and organisers of Blue September. The Premier League is backing Blue September UK and many top football and other sports clubs will be participating.

The workplace, where adult men spend much of their time, provides an excellent venue for promoting their health and well-being, and for spreading messages such as that of Blue September about the need to improve lifestyle and seek early advice about any symptoms. For this reason, Professor Dame Carol Black, National Director for Health and Work, and Peter Baker, Chief Executive of Men's Health Forum are urging businesses to consider how they can get involved and to find out more at www.blueseptember.org

A full report on the 2010 Australian campaign, and a short video, can be seen at www.blueseptember.org/uk2011

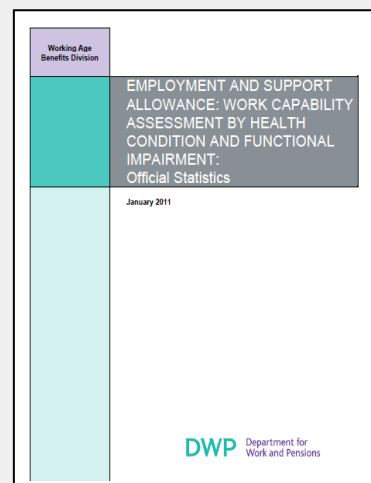
Employment and Support Allowance: Work Capability Assessment

This publication, and subsequent updates, reports on latest available data from some of the trials carried out in Burnley and Aberdeen on Employment and Support Allowance (ESA) claims which are assessed by the Work Capability Assessment (WCA).

The key points from this release are:

- For all new ESA Claims from 27th October 2008 to 31st May 2010, the result of the initial WCA is as follows:
- 16 per cent have been assessed by the WCA as suitable for the ESA Support Group.
- 16 per cent have been assessed as suitable for the ESA Work Related Activity Group.
- 39 per cent have been assessed as Fit for Work.
- 3 per cent have an assessment currently in progress.
- 36 per cent left ESA before the completing the assessment.

To download the statistics documents and for more information click [here](#)



Mental Health



Free Debt and Mental Health Guide available

A free 40-page booklet for people with mental health problems and those caring for them has been developed by MoneySavingExpert.com, supported by Mind, Rethink, CAPUK and others. The guide covers how to handle debts when unwell, work with banks, free debt counselling, specific tips for bipolar or depression sufferers, whether to declare a condition and more.

Click [here](#) to find out more and to download the pdf guide for free



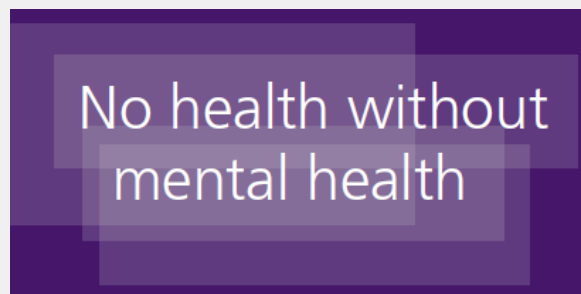
New Mental Health Strategy

In February, the Government published a new Mental Health Strategy: *No health without mental health: a cross-Government mental health outcomes strategy for people of all ages.*

The Strategy commits the Government to investing around £400 million over the Spending Review period to ensure that adults with depression and anxiety in all parts of England have access to a choice of psychological therapies. This investment will also enable the expansion of psychological therapies in children and young people's services.

All IAPT services will deliver employment support. The approach taken on this is for local determination, but funding to support one employment support worker for every eight therapists will be available by 2013/14. Included in the IAPT commitment is the provision of funding to ensure that every area has an employment co-ordinator who will work in conjunction with local Jobcentre Plus offices, employers and occupational health schemes. This money will also go towards funding provision of employment advice in IAPT services.

To read more and to download the Strategy document and see supporting documents, go to www.dh.gov.uk



Tricky Times for All

SWEMPNET and MINDFUL EMPLOYER Conference

A major conference on employment and mental health took place in Exeter in February focussing on maintaining a positive culture in these uncertain times.

With guest speakers including Dame Prof Carol Black, Peter Bates, Jane Abraham and Derek Mowbray the conference took its theme as the key issues affecting the employment of people with mental health conditions in the current economic climate.

Organised by SWEMPNET, a network of providers of mental health vocational rehabilitation, and MINDFUL EMPLOYER, providing information and support for employers, this event attracted occupational therapists, Community Psychiatric Nurses, employment advisors, business directors, HR & Occupational Health professionals and line managers - over 150 delegates from all over the UK.

Presentations explored different aspects of the effects of the current climate for both employed and non-employed people including resilience, the benefits of Mental Health First Aid and employment support in Increasing Access to Psychological Therapy (IAPT) services, the role of Individual Placement & Support and Fit for Work Pilots, and examples of excellent employer practice in small and large organisations and social firms.

Delegates also heard about Work Choice and The Work Programme, workplace health initiatives in the South West and had an invigorating post-lunch session from presenter, consultant and author, Liggy Webb.

SWEMPNET and MINDFUL EMPLOYER are based at Workways, a service of Devon Partnership NHS Trust. All presentations can be downloaded from

www.workways.org.uk



Line managers central to government's mental health strategy

Ensuring line managers are trained to promote workforce wellbeing will be crucial in supporting the government's new mental health campaign, the head of well-being strategy at the Department of Work and Pensions (DWP) has said.

"Employers have a very positive role to play in the promotion of health, and the workplace is a great place to start by making sure that line managers have the right training," said Deborah Jamieson, cross-government head of the health, work and well-being strategy unit at the DWP.



Increasing workloads may risk breaching Working Time Regulations

As businesses reduce the size of their workforce in these difficult times, the remaining staff are often asked to take on increased workloads.

This can result in longer working hours and, possibly, increased levels of stress. Employers need to take appropriate steps to ensure they do not fall foul of the Working Time Regulations or face personal injury claims for work-related stress.



Training Opportunities



RSPH Training Solutions

The Royal Society for Public Health has a number of courses that may be of interest to you.

Level 2 Award in Health Promotion Train the Trainer

A one day programme designed for those intending to deliver the Level 2 Award in Health Promotion. This award gives participants the opportunity to acquire fundamental knowledge and skills in health promotion, so that they are in a position to advise and influence. There is a course running on 15th March.

Click [here](#) to find out venue, cost and how to book

Men's Health

Prepare for Men's Health Week by attending this one day seminar to tackle poor health in men. Delivered by an expert trainer Jo McCullagh, this one-day course will be of value to all frontline staff working with men, who have a remit to encourage males to improve and maintain good health. There is a seminar running on May 13th.

Click [here](#) to find out more.

More information on the training courses offered by the RSPH can be found at www.rsph.org.uk



BHF Health at Work Seminar 22nd March, Bridgwater

This all-day British Heart Foundation seminar, supported by the Regional Health Work and Wellbeing Coordinator will feature employers from the South West showcasing their workplace health and wellbeing programmes and highlighting the benefits they have seen.

The seminar will give delegates the opportunity to discuss practical ways to improve the health and wellbeing of workforces and advise on developing a business case for health at work, including how to calculate the potential financial benefits of running a health and wellbeing programme.

The event is open to both employers and those who work in workplace health. It will run from 10am to 4.30pm at Junction 24, Bridgwater. For further information and to register for the seminar please visit www.bhf.org.uk/healthseminarsw

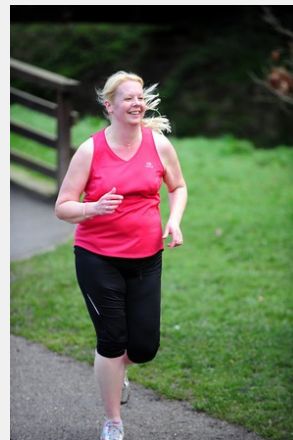
Health at Work is a free programme from the British Heart Foundation that gives health champions in any workplace the tools and information to create their own health club at work. The programme offers a range of resources to plan and implement a health and wellbeing programme:

- Resources including a 'quick guide to health at work' and detailed coordinator and employee guides on physical activity, healthy eating and mental wellbeing.
- Online tools and downloads to run and promote activity in your workplace.
- Regular updates with tips and case studies to inspire you.
- Heart Matters - a free service for staff to help them live with a healthy heart. Benefits include an online lifestyle check, heart matters magazine and a friendly helpline staffed by cardiac nurses and heart health advisors.
- Access to the BHF events and challenges to encourage colleagues to set themselves goals.
- Health and Wellbeing Days which bring BHF experts into your workplace to inspire health awareness in your organisation.

To receive your 'Quick Guide to Health at Work' sign up for free at www.bhf.org.uk/healthatwork



HEALTH AT WORK



Fit 4 Business - Fit 4 Life courses

Evolve Training UK provides "Fit 4 Business - Fit 4 Life" courses and seminars in health and wellbeing training for the businesses and workforce.

The training courses and seminars can help to change perceptions and reinforce the relativity of health and wellbeing for businesses, to both employers and employees. The flexibility of training options provided; from 2 hour introduction seminars to 3 day courses, make them available and affordable to all types of business from SME's to large corporate organisations.

The training emphasises the importance of good nutrition, communication, stress management & exercise as well as the positive impact that adopting good practice in these areas has on the businesses and workforce.

For more information contact justin@evolvetraininguk.co.uk or see www.evolvetraininguk.co.uk



Health Promotion



Cook Well, Work Well

Let's Get Cooking can show you how to run healthy eating and cooking activities in your place of work, without a fully-equipped kitchen!

A healthy balanced diet can help employees to stay healthy and productive. Learning to cook can help develop teamwork, leadership, communication and confidence – and it could improve staff morale and contribute towards reducing absenteeism through illness. Teaching people to cook can have a real impact on the food they eat, and research has shown that more than half of people who take part in Let's Get Cooking start to eat a healthier diet.

Let's Get Cooking can help employees gain the skills, confidence and knowledge to:

- Eat well in the workplace – helping increase productivity and energy levels
- Prepare and cook quick and easy lunches and meals
- Shop for healthy food on a budget
- Understand portion sizes and learn techniques to reduce the amount eaten (where weight loss is an issue)

Caroline Fanshawe from Let's Get Cooking explains, "It goes back to the old saying about giving someone a fish and you feed them for a day, but teaching them to fish and you feed them for a lifetime. It's the same with healthy eating – there is no point telling someone they should eat a healthy diet, without showing them *how* to do it."

"You'd be surprised at what a difference learning to cook can have on healthy eating habits. Our evaluation study shows that over half of people taking part in Let's Get Cooking start to eat healthier foods after learning to cook. Importantly, they also eat less of the unhealthy processed foods that are high in fat and sugar too."

"Cooking is a fun, practical way to get people to work together as part of a team. Cooking and eating healthy meals together is something that can carry in your place of work well after our training has finished. With our 'train the trainer' model, you can cascade it throughout your organisation in a cost-effective and sustainable way."

Nearly everyone who takes part in Let's Get Cooking (nine out of ten people) report that they cook again at home and, on average, each person shares their new cooking skills with at least one other person

Let's Get Cooking started nearly four years ago, when the School Food Trust was awarded a £20 million grant from the Big Lottery Fund, to set up a network of healthy cooking clubs for children and their families in schools. So far, more than 900,000 people have developed their cooking skills through the Lottery-funded programme and there are more than 4,000 schools with Let's Get Cooking clubs. Over 450 of them are in the South West.

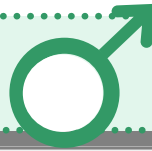
Let's Get Cooking has proved to be so popular that we have had requests to work with different groups of people – including staff working with parents in Children's Centres, foster carers, people with special educational needs, charities and companies. We've worked with local authorities and PCTs and partnered with Change4Life and the London 2012 education programme.

Running healthy cooking activities in your place of work is a great investment in your staff. We offer taster sessions, workshops, teambuilding events and training courses for businesses to help promote healthy eating in the workplace. All our sessions are tailored to each organisation's needs, are practical and 'hands on', and great fun to take part in. Please get in touch if you would like more information or if you would like to find out how to support your local Let's Get Cooking club through our partnership with Business in the Community.

For more information, please contact Clare Baker, Development and Marketing Manager on 0114 2742310, email clare.baker@sft.gsi.gov.uk, or take a look at the Let's Get Cooking website: www.letsgetcooking.org.uk/Workwithus



Men's Health



Countdown to Men's Health Week 2011

The countdown to Men's Health Week 2011 kicked off with a high profile launch event in London back in January. With men's health and technology the theme of this year's Men's Health Week, the aim of this event was to promote partnership and engagement among a wide range of organisations and people involved in health and/or technology.

The event featured presentations from the MHF, NHS Choices and the Department of Health's national clinical director for informatics. The presentations are available to download from the Men's Health Forum website [here](#)

MHF CEO Peter Baker said: 'The Kick Off event clearly showed that the potential for improving men's health through digital technologies is huge. National Men's Health Week will give the NHS and other health providers a major push in the right direction and lead to new levels of activity. The Men's Health Forum looks forward to working with as many other organisations as possible who share our vision about this new approach to tackling a major health inequality.'

Men's Health Week 2011 runs from 13th to 19th June. Find out about the plans for the week and register at www.menshealthforum.org.uk



Regional Picture

The future of Business Link in the South West

In January the Government announced its plans to provide business support. Part of this future support will be the continuation of the national Business Link website as well as a new national contact centre. The Government has confirmed its intention to close the existing regional Business Link services from 25th November 2011.



From April through to November 2011, Business Link will be offering a streamlined service which will ensure that businesses across the region have access to support until the new national arrangements come into place.

The streamlined services will offer:

- A continuation of the following programmes; High Growth Skills, Improving your Resource Efficiency (IYRE), Rural, Strategic Leadership Programme and Strategic Development Programme
- Limited one to one, on-site support to businesses - although all businesses will be able to access information and support by phone and online
- A continuing programme of seminars and events for businesses on a wide range of key business issues
- business i newsletter free subscription to keep you up to date on developments, business advice and tips

More information is available [here](#)

Healthy Castlewood Day kicks off eight-week staff activities

North Somerset Council staff in Clevedon were thrilled with a health and wellbeing day that took place on Friday 25 February. It was organised by the Sport and Active Lifestyles team as part of its Active Workplaces initiative.

Staff took part in a range of activity tasters from TaeKwon-do to power-walking. Massage and reflexology were also on offer, with local health trainers and DC Leisure advisers on hand to talk to staff.

The event supported the British Heart Foundation's Red for Heart Day, raising money through a penalty shoot-out and a 'guess the red' game. Over 100 staff members got involved in at least one aspect of the day and there was a lot of positive feedback from participants with many keen to carry on with the activities in future. With this in mind, Castlewood staff were invited to join a number of eight-week activities starting in March.

The activity programmes begin on 9 March with boxing circuits, followed by a running group for all levels. Power-walking, active gardening and pilates are planned to start later in the month.

Active Lifestyles Development Officer Bob Hill, who helped to organise the Healthy Castlewood Day, said: "The eight-week programmes will be brilliant for Castlewood staff who would like to get a bit fitter and meet different colleagues in their new workplace. The groups will be great fun, led by really good instructors and funded by Sport England – so the running group is free and the boxing circuits just £1.50 per session. It's an opportunity not to be missed!"

The Sport and Active Lifestyles team can be contacted on 01275 882 734 or email bob.hill@n-somerset.gov.uk



Cornwall's healthiest employers recognised at awards

Employers in Cornwall who actively try and improve their employees' health and well-being were honoured at the county's Healthy Workplace Awards. The Annual Healthy Workplace Awards Event took place on Wednesday 2nd February at the Pavilion Centre, Royal Cornwall Showground. Dame Carol Black, National Director for Health & Work was the key note speaker and presented all of the Healthy Workplace Award Winners.

2011 Winners:

Gold Award Winners

Benefit Delivery Centre, St Austell
Roddas
HMRC St Austell Contact Centre
Coastline Housing Ltd
Health Promotion Service
Ginsters

Silver Award Winners

Penwith Housing Association
Event Cornwall
GE Money Home Lending
NHS Cornwall & Isles of Scilly Community
Health Services

Bronze Award Winners

NHS Cornwall Foundation Trust
Bedruthan Steps & Scarlott Hotel
Council of Isles of Scilly

Also included at the event was a choice of workshops (yoga, massage, creativity and laughter workshops) plus a wide range of health promotion support services available in the workplace setting (stop smoking, sun safety, mental health, weight matters plus many more).

The first Cornwall Beach Games and the new dedicated Workplace Health Website – www.behealthyatwork.org were also launched at the event. The Cornwall Beach Games will take place on Friday 17th June, Tolcarne Beach, Newquay. The games will be a healthy fun packed day and it's about getting staff together from a variety of workplaces, from all across Cornwall, to enjoy some beach games and activity; it's great for morale, health and wellbeing. For further information please visit: www.behealthyatwork.org/events/

Rachel Faulkner, Workplace Health Coordinator, said: "Having a healthy and productive workforce should be every organisation's ambition, especially in today's competitive business environment. The key to survival and success is taking care of the most important asset, the staff.

"The awards are designed to give credit to businesses and organisations that aim to improve staff health, and encourage even more employers to help their employees stay fit, healthy and productive.

Winners are awarded a Bronze, Silver and Gold award, depending on the level of success in reaching established criteria for the health and well-being of staff.

For more information about the Healthy Workplace Programme please visit www.behealthyatwork.org or contact Rachel Faulkner, Workplace Health Coordinator via email –

Rachel.faulkner@ciospct.cornwall.nhs.uk or 01209 313419



Roddas receiving their Gold Award from Dame Carol Black

NHS Plymouth Business Health Network

The Business Health Network, NHS Plymouth, have engaged with local businesses to support their staff in addressing increasing issues such as weight loss and physical activity to proactively tackle areas of sick absence and the mental wellbeing of their staff.

In February, a pilot was launched with Plymouth based Princess Yachts. Working in partnership with Nuffield Health & Wellbeing, a ten week programme was offered out to all Princess employees which consisted of participants attending ten weekly 1 hour seminars designed to re-educate staff in not only healthy eating, but also issues relating to weight loss and exercise.

The seminars tackle areas relating to healthy eating, good and bad fats, dehydration and sleep deprivation to name but a few. As part of the pilot, each attendee was given a free pass enabling them to have unlimited access to the Club's facilities. Having this as an incentive has proved popular and it is evident that the group have increased their level of physical activity.

Staff are asked to commit to attending the programme by paying a nominal fee each week. This is either paid directly through their salary or if paid direct, then a commitment of paying 5 weeks in advance is requested. The support shown from Princess Yachts has benefited the pilot and had a positive effect on the staff.

The pilot is now entering its 5th week and to date attendance figures have remained consistently strong throughout. It is evident that staff morale has increased as a direct result of the pilot and there is even talk of a running group being started.

Due to the success of this group, other companies have now expressed an interest and we are looking to roll this programme out further over the coming months.



For further information please contact either Mel Fairbairn at mel.fairbairn@plymouth.nhs.uk or Susan McAdie at sue.mcadie@plymouth.nhs.uk



Dates for your diary...

March

- March **Prostate Cancer Awareness Month**
Find out about the campaign at www.prostate-cancer.org.uk/
- March **Ovarian Cancer Awareness Month**
A week of awareness and fund raising events. Find out how Ovarian Cancer Action is using the week to push ovarian cancer up the national agenda at www.ovarian.org.uk
- 22nd **BHF Health at Work Seminar, Bridgwater**
All-day seminar feature employers from the South West showcasing their workplace health and wellbeing programmes and highlighting the benefits they have seen. For further information and to register for the seminar please visit www.bhf.org.uk/healthseminarsw
- 31st **Health and Well Being: Improving Productivity Through Employee Wellbeing**
Conference at the Royal Society, London, examining the key on-going challenges in improving the health and well-being of the population and the strategies to promote the health of the work-force. Read more at www.insidegovernment.co.uk

April

- April **Bowel Cancer Awareness Month**
Awareness raising activities run by Bowel Cancer UK. See www.bowelcanceruk.org.uk
- 11th – 27th **Depression Awareness Week**
A fantastic opportunity to raise awareness, vital funds for Depression Alliance and try to end the stigma associated with depression. You can help by raising awareness, holding a fundraiser, donating or joining Depression Alliance. See www.depressionalliance.org

May

- 9th – 13th **Walk to Work Week**
Living Streets, the national charity that works to create safe, attractive and enjoyable streets, will be encouraging people to walk with their successful annual initiative. See www.livingstreets.org.uk

June

- 5th **The Big Lunch**
This initiative - run by the Eden Project - invites everybody to have lunch with their neighbours. Around one million people took part at the inaugural event last year. Find out more on the website: www.thebiglunch.com
- 13th – 19th **Men's Health Week 2011**
The week will focus on how new technologies can be used to improve men's health.
- 13th – 19th **Breathe Easy Week**
The British Lung Foundation's flagship campaign. More info at www.lunguk.org
- 17th – 26th **Green Transport Week 2011**
Raising awareness of the impact travel has on the environment & to make people stop and think about the way they travel on every journey. Includes a focus on cycling to work. Get event ideas and details of how to take part: www.eta.co.uk/green_transport_week

Anything to add...?

If you would like us to include your training day, conference or launch event in the diary section of our next e-newsletter please send us the details.

Also, do please ask your networks for any information, case studies or examples of best practice which they may wish to share in the next e-newsletter.

Please email material for inclusion to: alana.morris@gosw.gsi.gov.uk or Phillip.GALLAGHER@gosw.gsi.gov.uk after 31.03.11