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## Welcome to your September 2023 Newsletter

As we settle into the colder Autumn months, taking the time to embrace positive lifestyle habits to create a healthy workplace as the season changes is key.

### **This issue of the Healthy Workplace Newsletter includes:**

- Know Your Numbers! The importance of blood pressure and knowing the figures.
- FREE health and wellbeing qualifications.
- Suicide prevention awareness in the Workplace following World Suicide Prevention Day.
- Supporting Emily's Gift/Pied Piper Appeal.

It's Know Your Numbers! Week 2023  
and we want you to **make the time  
to ease your pressure.**

Check your blood pressure at home with a **home blood pressure monitor**

Or at your GP/pharmacy if they are offering blood pressure checks

[bloodpressureuk.org](http://bloodpressureuk.org)



**Blood Pressure UK**  
Helping you to lower your blood pressure

#KnowYourNumbers

## Blood Pressure and the Workplace

According to GOV UK, high blood pressure is the third biggest risk factor for disease and disability after smoking and poor diet. Some people may not even know they have high blood pressure as it often doesn't show any symptoms - this is why prioritising prevention is key.

High blood pressure, also known as hypertension, are common terms used in medical settings, but when did you last hear them in the workplace?

In truth these terms are completely linked, with hypertension being one of the most common, objective measures of unhealthy lifestyle habits, but how well do you know your numbers?

As part of the Healthy Workplace Award, we massively explore topics such as managing stress, increasing physical activity levels, eating healthier diets, and terms commonplace in work, all of which help to encourage a healthier, happier lifestyle.

Last week (4th – 10th September 2023) saw national 'Know Your Numbers Week' ran by Blood Pressure UK which was all about taking the time to actively monitor your blood pressure.

For the rest of September and beyond, visit Blood Pressure UK for the latest resources, advice and information on this particular health condition. Empower yourself and your team with knowledge about blood pressure awareness today.



## FREE Health and Wellbeing CPD Courses

The Skills Network's aim is a simple one...to make skills and learning accessible. It offers several free and subsidised courses across the country, and our very own Gloucestershire College are one of its partners.

Health and Social Care is one of its priority subject areas, thus a lot of L2 qualifications are available to you, FOR FREE. Be proactive about your learning [here](#).

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## World Suicide Prevention Day

In 2021 5,583 people took their own lives in England and Wales alone. That equates to 15 people a day, and one life lost every 94 minutes, 74% of which were male.

To think that behavioural signs could have pre-empted these suicides is unfortunately a fallacy, not all of these people would have shown signs of mental illness and intent.

World Suicide Prevention Day was Sunday 10th September 2023, but keeping the conversation going all year around is vital.

We as leaders and wellbeing champions have the opportunity to ensure anyone suffering with mental illness or self-harming thoughts has the support they need.

Samaritans, amongst a variety of other organisations, will be releasing a number of resources throughout the month, and have published useful guides, stories and their Self Help App, with more information available [here](#).

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## Supporting Emily's Gift

In the UK, around 1,635 children (up to the age of 15) are diagnosed with cancer each year. In 1995, Julie Kent and her husband Bernard's first daughter Emily died of a brain tumour when she was just three years old.

Emily's Gift is a children's cancer charity in Gloucestershire with a mission to raise £500,000 by 10th March 2024 to fund the employment of a psychologist for children having cancer treatment and their families on the Emily Kent Unit (paediatric oncology) at Gloucestershire Royal Hospital.

On Sunday 17th September, join Emily's Gift in fundraising for the The Pied Piper Trust, the leading children's charity in Gloucestershire, by taking part in a charity walk. For further information, please visit the Emily's Gift website [here](#).

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# Healthy lifestyles Gloucestershire

Living in Gloucestershire and need some support on your healthy lifestyle journey? Look no further than [Healthy Lifestyles Gloucestershire](#). Our free, specialist 12-week coaching programmes are tailored to your individual needs, goals, and existing lifestyle so that you can become the best, healthiest version of yourself.

Our specialist health coaches are trained to support you in...

- **Stopping smoking**
- **Getting more active**
- **Drinking less alcohol**
- **Managing your weight**
- **Staying healthy during pregnancy**

We personally work with you to create new habits and do so by taking a step-by-step approach so that these are sustainable in the long run, not just for a short while. The sessions either take place over the phone, virtually, or face to face, depending on what is best suited to your lifestyle.

***"I want to say a huge thank you to the service, it has been an incredibly important part of my life for the first few months of this year. I feel fitter, and the accountability of the calls has been fantastic as it has given me lots of small goals to work towards. Every call has had a takeaway from it." - Michael, Cotswolds***

If you'd like to start your journey to becoming your best self, contact the team on [0800 122 3788](tel:08001223788) or email [info@hlsglos.org](mailto:info@hlsglos.org).

**Facebook:** Healthy Lifestyles Gloucestershire

**Instagram:** @HealthyLifestylesGlos

**Twitter:** @HLSGlos

progress, regular free tips, and so much more: [www.best-you.org](http://www.best-you.org).



If you haven't signed up for our Healthy Workplace Award Programme yet but would like to find out more, we are offering 30-minute consultations for all Gloucestershire workplaces. Email **[workplaces@hlsglos.org](mailto:workplaces@hlsglos.org)** to book today.

Find out more about how to get your workplace accredited by using some key free local and national resources to support your team. Contact us today by emailing [workplaces@hlsglos.org](mailto:workplaces@hlsglos.org), or register your interest on our website [www.hwglos.org](http://www.hwglos.org)

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