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## Welcome to your June/July 2023 Newsletter

In this issue, we reflect on the importance of Men's Health Week and prepare to make the most of the summer with Cycle to Work Day on 3 August.

Given the warmer weather is here, we will be sharing some inspiration for you to consider your workplace commuting habits and share some practical resources for your workplace to get behind sustainable travel.

We're also sharing some of the great work from our recent award graduates, The Langley House Trust, have done to support their team of health and social workers through mental well-being and innovative movement interventions.

Also, don't forget to check out Samaritans' Talk to Us campaign, which has just launched. They're providing support, resources, and ways to get involved in providing support to those who need it.



## Men's Health Week 12-18th June 2023: Only 28% of Men Seek Help for Health Concerns

A survey conducted by the Men's Health Forum revealed the surprising statistics that shows men tend not to prioritise their health.

Men's Health Week is a time to raise awareness of the barriers that prevent men from seeking help for their health concerns.

There are significant gender differences in how we discuss sensitive topics like health. Men are less likely to talk about their health, and they are more likely to delay seeking help.

This can have profound consequences for their health. For example, men are more likely to die from heart disease, cancer, and suicide than women.

We need to break down the barriers that prevent men from seeking help for their health. The awareness week aimed to prompt us all to create a culture where men feel comfortable talking about their health, and where they know that they will be supported if they do.

When men are healthy, they are more productive at work, they are more engaged in their families, and they are more likely to contribute to their communities.

So, let's all do our part to break down the barriers that prevent men from seeking help for their health.

Let's start talking about men's health and make sure men know they are not alone and will be supported when they need it. **Read more [here](#).**

If you would like support in recognising and acting on men's health in your workplace contact Josh, our Project Lead, who has first-hand tackled the problem of male silence in the workplace.



## Closing the Gap Between Health and Planet

Physical inactivity and the climate emergency have never been as pertinent as now.

Weight-related illnesses are estimated to cost the NHS more than £6 billion per annum, while on our current trajectory, the IPCC predicts global temperatures to rise by up to 5 Degrees Celsius by 2100.

Our Lead, Josh was joined the CheltenhamZero Sustainable Travel Panel to discuss the benefits of changing our commuting habits for both health and the planet. You can check out the discussions and event at the following link: [CheltenhamZero Sustainable Travel Panel](#).

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Save the date!

Cycle to work  
**Woohah**

  
**CYCLE TO  
WORK DAY**

 **BHN extras**

IN PARTNERSHIP WITH  
**RALEIGH**

Cycle to Work Day is coming  
**Thursday 3rd August 2023**

## Cycle to Work Day - A Day for Everyone

Cycle to Work Day offers an opportunity to ditch the car for pedal power to discover or make the most of cycling.

Whether you're a seasoned cyclist or you've never saddled up before, Cycle to Work Day is a day to experience the brilliant benefits of everyday cycling, from the mental and physical health benefits to the financial savings.

- **Mental health benefits:** Cycling is a way to reduce stress, anxiety, and depression. It can also improve your mood, energy levels, and overall sense of well-being.
- **Physical health benefits:** Cycling is a low-impact exercise that is easy on your joints. It can help improve your cardiovascular health, strengthen your muscles, and lose weight.
- **Financial benefits:** Cycling can save you money on transportation costs. It can help you save money on health care costs, as cycling can help reduce your risk of developing chronic diseases.

On the day [cyclescheme.co.uk](https://cyclescheme.co.uk), are also running a free prize draw to win an e-bike worth £2,699, amongst other goodies. CycleScheme is a great

## Resources to Get You Moving

Gloucestershire is a fantastic county for cycling, from the rolling hills of the Forest and the Cotswolds to the flats of Gloucester city and Cheltenham. Here are some great resources out there for those that are wondering where to start:

**County Cycle maps:**

[www.gloucestershire.gov.uk/thinktravel/cycling/cycle-maps/](http://www.gloucestershire.gov.uk/thinktravel/cycling/cycle-maps/)

**Find a local cycling club:** [www.britishcycling.org.uk/clubfinder](http://www.britishcycling.org.uk/clubfinder)

**Have your say:** [www.gloucestershire.gov.uk/transport/gloucestershires-local-transport-plan-2020-2041/cycling-advisory-group/](http://www.gloucestershire.gov.uk/transport/gloucestershires-local-transport-plan-2020-2041/cycling-advisory-group/)

**Get practical advice to support cycling in your organisation:**

[www.cyclecheltenham.org.uk/wp/best-practice-cycling-infra/cycle-lanes-routes-guidance-and-standards/](http://www.cyclecheltenham.org.uk/wp/best-practice-cycling-infra/cycle-lanes-routes-guidance-and-standards/)



Talk  
to us

we'll listen

When you call us you'll hear

“Samaritans,  
can I help you?”

There's no pressure to start  
talking right away, take as  
much time as you need.

SAMARITANS

24th July (24/7) is Samaritans Awareness Day. On this date and throughout July, Samaritans are running their awareness-raising campaign Talk to Us, to remind people that they are there for anyone who needs someone to listen.

Every year in July, Samaritans branches in the UK and Republic of Ireland hold local events to raise awareness that Samaritans are here to listen to anyone who's struggling to cope, at any time of the day or night.

[www.samaritans.org/support-us/campaign/talk-us/](http://www.samaritans.org/support-us/campaign/talk-us/)

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# LANGLEY HOUSE TRUST

HELPING PEOPLE TO LIVE CRIME-FREE LIVES

## Impact Stories

The Langley House Trust at The Knole are a small social care organisation (part of the wider Langley House Trust) offering residential support to males with multiple needs, and our latest graduates of the Healthy Workplace Award.

Find out how this small organisation have made a massive impact on physical activity and mental well-being, and what we can learn from their approach in our latest case study [here](#).

***"Working with Healthy Workplace has given our company a chance to look at how we operate and what we can bring in to support our staff. It's been good to have more open conversations about mental health and create new initiatives to engage staff, whom have massively benefitted and connected on this journey!"***

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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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