

FIND YOUR ACTIVE Workplace Newsletter

November 2023



MENS HEALTH AWARENESS



November is Men's Health Month; a month dedicated to raising awareness of men's health and opening important conversations on a wide range of men's health issues. You may have heard it being called Movember, but it's a month to ensure we provide the outlets for men to reach out to talk, as well give the support to those who may be struggling.

As part of Movember this year, they're raising awareness of Men's Mental Health through 'Move for Mental Health' the initiative that remembers the 60 men lost to suicide globally, every hour. To take part, all you have to do is run or walk 60km. Cover the distance in one go or over the month. Move gives you the push to get you off the couch. Reconnect with the outdoors. Get in some fresh air, and take back the hours stolen by the screen.

Find out more above 'Move for Mental Health' and ways for you to support the men at work, at home or in your community here: <https://uk.movember.com/>

The important thing to remember is, Movember is just a month; this support and topic needs to be discussed year-round.



STRESS AWARENESS DAY

November 2nd is Stress Awareness Day; a day to raise awareness of the effects of psychological distress in the workplace and strategies to address it. There are many activities that can help to reduce stress during the working day, such as taking regular breaks, a lunchtime walk, as well as breathing techniques and keeping your body moving, perhaps by taking part in an online activity session.

Mental Health UK have a Wellbeing Workplan to help keep you well in your workplace.



[Download the Workplan here](#)

BBC CHILDREN IN NEED

BBC Children in Need is the BBC's UK charity. As of September 2023 and since 1980, it has raised over £1 billion for disadvantaged children and young people in the UK.

Children in Need offers your workplace the chance to come together and raise money for a good cause. There are many ways, highlighted on the BBC Children in Need website on how you can raise money. Ideas we have come up with are:

- Completing 100 star jumps in the office.
- Join their Bearpees Challenge.
- Host a bake sale and take some time to talk with colleagues and take a break.

[Find useful BBC Children in Need Resources here](#)



WORLD KINDNESS DAY/ SELF CARE WEEK

From 13th - 19th November, Self Care Week and World Kindness Day (13th Nov) is an annual, national awareness week that focuses on caring and being kind to yourself and others. This involves prioritising your own health and wellbeing and setting boundaries.

Prioritising yourself during the working day can help you be more present, motivated and productive. If you're actively managing your own stress levels and mental health, chances are you'll be more organised and grounded for the workday. So, remember to take regular screen breaks, get fresh air, check in with colleagues regularly and put movement and hydration at the top of your care list!

[Find further support and resources here](#)

BIKE2WORK SCHEME

There is lots of support on offer for both workplaces and staff to help ensure travelling actively is as accessible and inclusive as possible.

The Bike2Work Scheme is a free employee benefit approved by the government, designed to get more people cycling to work and living healthier lives.

Employees can save up to 48.25% on the cost of bikes and equipment!

[Find out more here](#)



ESSEX ACTIVITY AWARDS FINALISE SHORTLISTED NOMINEES

Congratulations to Essex Recovery Service and the Basildon and Brentwood Alliance who have been shortlisted for our Workplace Team of the Year Award at this years Essex Activity Awards on the 7th of December.

Both have led the way when it comes to promoting physical activity in the workplace, through encouraging walking challenges, hosting team sports day's and supporting the health of their staff members. This means that your application for next years awards starts NOW!

Whether you have walk to work days, sports days, lunchtime stretching sessions or encourage walking meetings, you could be up for nomination next year!

I'm sure you join us in wishing both shortlisted workplaces good luck!

