

ONE **YOU** WALSALL

Monthly Newsletter from the One You Walsall Workplace Health Team

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Today is The Day One **You** Walsall

By Walsall Workplace Health
Team

One You Walsall is a free healthy lifestyle service dedicated to improving the health and wellbeing of all residents across Walsall. We welcome enquiries from Walsall based businesses to support the health and wellbeing at your workforce.

Our services are here to help you make simple and sustainable lifestyle choices to enable you to live a healthy and happy life.

Thrive at Work

Have you registered your workplace with WMCA Thrive at Work and you like to join workshops on how to use the platform in order to achieve your accreditation? Check out the link below to sign up to Thrive at Work online workshops.

<https://www.wmca.org.uk/what-we-do/thrive/thrive-at-work/events-and-news/>

Healthy Workplace Team

The Healthy Workplace Team at **OneYouWalsall** is able to support you and your employees with a range of interventions to improve health and wellbeing.



**WHATEVER
YOU GROW
WILL SAVE
A BRO**


MOVEMBER.COM



Movember 2022

Movement

A growing number of men – around 10.8M globally – are facing life with a prostate cancer diagnosis. Globally, testicular cancer is the most common cancer among young men. And across the world, one man dies by suicide every minute of every day, with males accounting for 69% of all suicides.

Cause

Movember is uniquely placed to address this crisis on a global scale. They fund groundbreaking projects all over the world, engaging men where they are to understand what works best and accelerate change.

Impact

Since 2003, Movember has funded more than 1,250 men's health projects around the world, challenging the status quo, shaking up men's health research and transforming the way health services reach and support men.

To ensure the impact is significant, far-reaching and long-lasting, funding is prioritised for the three biggest health issues facing men: **mental health and suicide prevention**, **prostate cancer** and **testicular cancer**.

Visit [UK Movember](https://www.ukmovember.com) to find out more!

Workplace Health

Our Workplace Health Team offers **workshops, resources and staff engagement events to workplaces** to increase staff's awareness on various health & well-being topics.

Contact One You Walsall on:

Tel: 01922444044

Email: oneyou.walsall@nhs.net

Want to find out how you, your community or workplace can fundraise for Movember? Check these out:



[Grow a Mo](#)



[Make a move](#)



[Mo your own way](#)



Making a positive difference to the wellbeing and lives of men and boys



Raising awareness and funds for charities supporting men and boys' wellbeing

Promoting a positive conversation about men, manhood and masculinity



@ukmensday
InternationalMensDayUK
#internationalmensday

FIND OUT MORE AND JOIN IN

w: www.ukmensday.org.uk

e: contact@ukmensday.org.uk



Go vegetarian
or vegan for a
month

Veg Pledge

Take on the ultimate fundraising challenge this November and go vegan or vegetarian for a month to raise money for life-saving cancer research.

Sign up today to receive your fundraising pack, recipes and online Giving Page.

Benefits of taking part

- reduce the risk of bowel cancer
- boost your intake of high-fibre foods
- save money
- learn some new recipes
- raising money for life-saving research

Sign up to go
vegetarian

Sign up to go
vegan

How it works

Try vegan or vegetarian diet for a month and raise money to beat cancer. Go to [Cancer Research UK](https://www.cancerresearchuk.org) to find more resources about the Veg Pledge to sign up and share with your staff.



1
Sign up for a
fundraising
pack and Giving
Page



2
Go vegan or
vegetarian for
one month

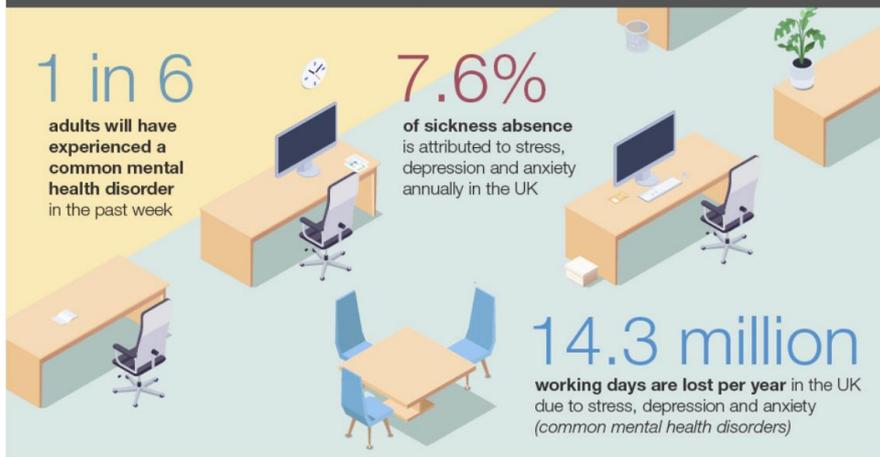


3
Get sponsored
or fundraise for
your challenge



4
Raise money for
life-saving
cancer research

Work and mental health



Stress Awareness Day

We know what it is like to feel stressed and being under pressure is a normal part of life. But becoming overwhelmed by stress can lead to mental health problems or make existing problems worse. On 2 November 2022, Stress Awareness Day we will be highlighting the ways that stress can affect people and what you can do to manage your stress before it becomes a problem (Rethink.org).

Let's Talk

Let's Talk are hosting face to face coffee afternoons in Walsall (Bescot Stadium) and Wolverhampton (Molineux Stadium). These are open to anyone 18+ and living within the Black Country – they are a place to meet new people and have a nice hot drink and chat in a friendly environment (please see attached flyers)



Black Country Healthcare
NHS Foundation Trust

Let's Talk Timetable



Monday

West Park Walk: 10:30-11:30

Tuesday

Coffee at the Molineux: monthly
Coffee at Bescot Stadium: monthly

Wednesday

Virtual Coffee Morning: 11am-12pm*

Thursday

Walsall Arboretum Walk: 10:30-11:30
Virtual Quiz: 2pm-3pm*

*every 2 weeks

Together with you to achieve
healthier, happier lives

Interested? Phone: 07443 268842

Email: bchft.letstalk@nhs.net

Resources on stress and mental health at work

Find out tips on how you can take care of your stress levels on [MentalHealth.org](https://www.mentalhealth.org.uk).

Watch videos and read tips about:

- Finding Work-Life balance
- How to fit exercise in your working life
- Information on burnouts
- Managing stress
- Sleep
- Quitting smoking
- And more...



Download more posters on [Mental Health UK](https://www.mentalhealth.org.uk)





Inter Faith Week

13-20 November 2022



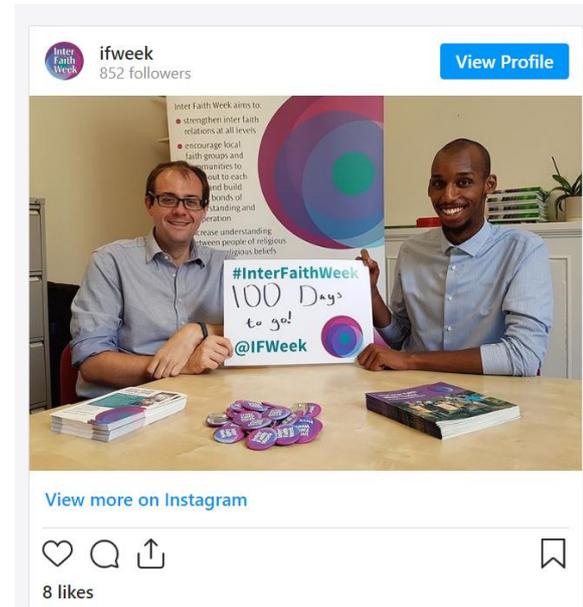
WORKPLACES AND BUSINESSES

Inter Faith Week provides workplaces and businesses with a unique opportunity to engage with diversity and equalities and to encourage religious literacy and positive relations in the workplace.

SOME POSSIBLE ACTIVITY IDEAS INCLUDE:

- Hold an Inter Faith Week training day on religion and belief.
- Invite members of local faith communities for your staff to talk with and ask questions to gain insight into different religions, beliefs, customs, and cultural contexts.
- Run a webinar or chat with your offices around the country on religion and belief issues and the importance of good relations.
- Hold a virtual or in-person discussion about how religious literacy and dialogue might contribute to and strengthen the realisation of your corporate values.
- Hold a 'coffee' morning for staff faith and belief groups to interact informally (like a Swedish Fika where colleagues meet to have a break and socialise during the workday).
- Find out what your nearest local inter faith group is doing, reach out and encourage employees to participate in any activities it is holding that week. You can find a list of such groups at: <https://www.interfaith.org.uk/members/list>
- If you do not currently have a faith staff network or a multi-faith staff network, you could use Inter Faith Week to begin discussions on starting one. Or if you are already discussing one, perhaps you could use the Week to launch it.
- Use the opportunity of Inter Faith Week to do positive outreach to colleges and schools, introducing your business and values to students whose faith and belief backgrounds are not represented much in your workforce or industry. Full article here [Workplaces and businesses - Resources - Inter Faith Week](#)

GET INVOLVED ON SOCIAL MEDIA



Inter Faith Week social media resources OFFICIAL INTER FAITH WEEK SOCIAL MEDIA ACCOUNTS

Inter Faith Week is a programme of the Inter Faith Network for the UK (IFN). IFN runs this website, and also runs separate Inter Faith Week social media accounts:

- www.facebook.com/IFWeek
- www.twitter.com/IFWeek
- www.instagram.com/IFWeek
- www.linkedin.com/showcase/ifweek



Lung cancer awareness month

Lung Cancer Awareness Month is now in its eighth year and takes place throughout November.

The campaign aims to encourage people displaying the symptoms of lung cancer to visit their GP.

Lung cancer is the UK's biggest cancer killer. It is the most common cause of death from cancer for both men and women, claiming almost 35,000 lives a year.

Early detection of lung cancer makes it more treatable, so encouraging people to recognise symptoms such as a persistent cough and see their doctor sooner could save lives.

Causes of lung cancer

Smoking tobacco is the cause of most lung cancers and the biggest risk factor.

This includes smoking cigarettes, cigars and pipes. People who do not smoke can still develop lung cancer, but their risk is much lower.

If someone stops smoking, their risk of developing lung cancer gets lower over time. After about 15 years it is almost the same as a non-smoker.

Lung cancer is also more common in older people.

We have more information about the [risk factors of lung cancer](#).

See also

• [Giving up smoking](#)

Better Health Let's do this

NHS

Quit Smoking Start Saving

Join the thousands of people who are quitting smoking.

Download the free NHS Quit Smoking app to get started or scan the QR code for more information.

GET IT ON Google Play

Download on the App Store

SCAN ME

The image shows a hand holding a smartphone displaying the NHS Quit Smoking app interface. The screen shows a 'Progress' section with a 'Savings' icon and a large blue number '£128'. Below this, there are four circular icons with text: 'For a pack of 20, you pay £11.99', 'Per cigarette, that's £0.60', 'For a box of tobacco £15', and 'For 1g of tobacco £0.50'. The app also features a 'Quit smoking' icon with a cigarette and a 'SCAN ME' QR code.

Health and Wellbeing Message

Self Care Week

14-20 November 2022

Self Care Week is an annual national awareness week that focuses on embedding support for self care across communities, families and generations.

Exercise Self Care for Life

is the theme and organisations are being encouraged to use Self Care Week as a hook to help people “exercise” self care for a healthier, happier life.

What is Self-care?

Self care is about everyone taking responsibility for their own health and wellbeing. This includes keeping both the body and mind fit and healthy.

Workplace Health Team

Our [Workplace Health Team](#) at One You Walsall is here to support you and your business with health and wellbeing. We can support you with:

- Developing a **workplace needs assessment** to explore what areas in health your staff needs support with
- Deliver **121 Health Assessments and NHS Health Checks** on site with staff
- Deliver lifestyle related **workshops**, including healthy eating, self-care, workplace health, exercise and MSK
- **Exercise sessions**, including keep fit classes and chair-yoga

Contact us for more information on:

Email: walsallworkplacehealth@mytimeactive.co.uk

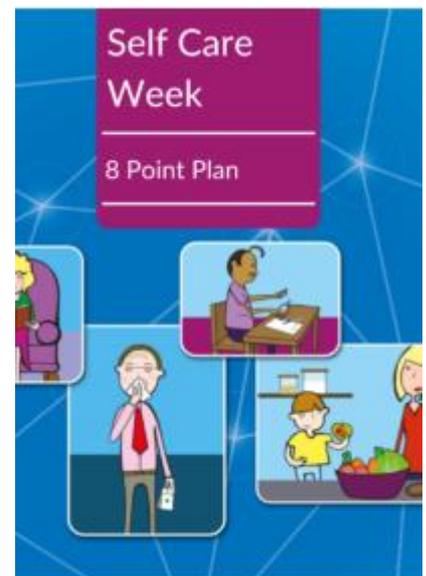
Telephone: 01922444044

Website: OneYouWalsall.com



Self Care Forum
Helping people take care of themselves

[Subscribe](#) to the Self Care Forum e-newsletter for updates, resources, ideas and news about the latest self care activities.



Find more [resources](#) on what you can do for your workplace during self-care week.

Thank you for reading

FOR FURTHER INFORMATION PLEASE FEEL FREE
TO CONTACT THE **ONE YOU WALSALL**
WORKPLACE HEALTH TEAM.

WALSALLWORKPLACEHEALTH@MYTIMEACTIVE.CO.UK

OR FOLLOW US HERE FOR MORE UPDATES



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PHONE: 01922 444 044

HAS THIS NEWSLETTER BEEN USEFUL? IF NOT PLEASE PROVIDE
US WITH SOME FEEDBACK ON WHAT YOU WOULD LIKE SUPPORT WITH.