



Introducing our
Health Partners



FIT FOR LIFE



Would you like to Sponsor this
e-bulletin ?

Welcome to the third edition of our special E-Bulletin which provides you with all the latest news and events surrounding the subject of workplace health promotion in Shepway. This edition also features a Health Quote and poster which could be printed and displayed in your office notice board or your work desks.

What's inside

- Health for Work Advice line for Small Businesses update
- Spire St Saviours commitment to develop local area
- Launch of diabetes management tool 'My Glucose Level'
- Sick note to 'Fit note' from April 6, 2010
- Chamber primary Health Plan by Westfield Health
- No Smoking Day on March 10, 2010
- Dancercise
- Other Upcoming Health events
- Channel Chamber Training
- Awareness Quote and Poster- **Special**
- Introducing Our Health Partners

Health for Work Advice line for Small Businesses update

The free Adviceline service will be available to employers in Shepway from **1 April 2010**. This NHS initiative provides small business managers with the expert advice and support they need to help team members experiencing ill health. All managers will have experienced how the health of an individual impacts on their performance. What's more, with the increase of mental health issues such as stress, anxiety and depression, it is now more important than ever to:

- find the advice and support you need today to help an employee experiencing ill health;
- develop a plan to effectively and sympathetically deal with employee sickness absence;
- establish how to deal with similar problems in the future, should they occur;
- think differently about your business and the investment you could make in a healthy workplace.

So the Channel Chamber invites all our members to use this free service from **1 April** to improve employee wellbeing which thereby helps maintain a sustainable business.

To find out more details about the Advice line Click [here](#)

Spire St Saviours commitment to develop local area

Spire St Saviour's Hospital in Hythe has bucked the recession trend by investing **£1.5 million** in building and improvement works whilst actively generating new jobs and staff recruitment. Refurbishment work began at the beginning of December and will be completed in March 2010.

A telescopic crane lifted specialist equipment up and over the hospital roof, into the building on Sunday 7 February, 2010. The investment includes new surgical instruments, a new two bed high dependency unit, improved decontamination facilities, a new reception and a new outpatient treatment room, which will improve the cosmetic and gynaecology outpatient's service. A proportion of the money has been used on a structural spend behind the hospital, for a new air handling unit, to improve air circulation in the theatres, a major advantage when seeking to prevent airborne bacteria and infections.

Joanna McKay, Hospital Director comments: "It's great to see such a positive investment go into the local area and as a local employer, this redevelopment will lead to further jobs and we are actively recruiting Registered nurses. The investment has been made to provide a better service to our local community. Unlike other businesses, hospitals can't simply adjust by reducing their output or cutting back on hours. Recession or not, our communities rely on us to deliver essential healthcare services 24/7."

For more information visit: www.spirehealthcare.com/stsaviours

Launch of diabetes management tool 'My Glucose Level'

My Glucose Level is a secure, web-based, recording and charting service that helps patients understand and manage their diabetes online, there is no software to download or install.

My Glucose Level is an easy to use system. A user can record their glucose levels anywhere and at any time, all they need is an Internet connection. Access can be given to nominated healthcare professionals - such as the patient's GP - allowing them to view these glucose levels without the need for GP surgery visits.

Arctic Medical supplies My Glucose Level in the UK. Arctic Medical has been involved in the supply of diabetes products since 1994, when it began exporting Hypoguard blood testing systems to countries in the EC, Russia, Ukraine and East Africa as well as the UK. Since then, the growth of the diabetes care market and the number of products available have increased. As a result, Arctic Medical now supplies around 40 different products, most related to diabetes management and some associated medical conditions. Visit <http://www.arcticmedical.co.uk> for more details

Arctic medicals is offering the Channel Chamber members an exclusive offer to trial the My Glucose Level service for two weeks using the promo code: AM10C

My Glucose Level is available from www.MyGlucoseLevel.co.uk

Sick note to 'Fit note' from April 6, 2010

From 6 April 2010 the sick note is changing to become a fit note. Under the sick note system, doctors could only advise their patient on whether their health condition meant that they should or should not work. As a result many people who could benefit from support whilst in work, would be advised that they could not work. Their employers would not have had the opportunity to consider how they could help them achieve an earlier return to work.

To help more people get the support they need to get back to work the new **fit note** system will mean that doctors can advise that your employee is either:

- unfit for work; or
- may be fit for work.

A doctor will give a 'may be fit for work' Statement if they think that their patient's health condition may allow them to work if they get suitable support from their employer. If an employee is too ill to work the doctor will advise this just like with the sick note. The changes are not about trying to get people back to work before they

are ready, but about removing the challenges to them returning. This is about you and your employee working together and being open and honest. In general, work is good for health and the vast majority of employees place a far greater value on it than just their pay. By working together to find an arrangement that suits both of you, you can provide real benefits to both your employee and your business.

To read the DWP fit for work employers guide on the new changes, Click [here](#)

Chamber primary Health Plan by Westfield Health

If you are a member of the Channel Chamber of Commerce, then you and your employees can enjoy all the benefits of our exclusive Chamber Primary Health Plan.

Cover starts from just £1.10 a week per employee, making the Chamber Plan a very affordable absence and risk management tool, as well as an excellent employee benefit. The Chamber Health Club Concession service gives access to a number of national clubs who will offer membership at concessionary rates. In addition to this The Chamber Primary Health Plan provides employees with money back towards the cost of everyday healthcare such as dental and optical treatment, physiotherapy, chiropractic treatment and diagnostic consultations.

One of our member comments:

"In January 2010 we signed up with Westfield Health to introduce the Chamber Primary Health Cash Plan for staff with 2 years or more service to the company. The plan allows a fixed amount of cash per annum for Dental, Optical, Therapy treatments and Consultation, the plan also allows for MRI,CT &PET scanning facilities, 24 hour counselling and advice line including face to face counselling sessions"

Helen Dallimore-Jones,
Human Resources & Training Manager,
Howletts and Port Lympne Wild Animal Parks.

For more information about the Chamber Primary Health Plan, contact Westfield Health on 0845 602 1629, email businessenquiries@westfieldhealth.com or visit www.westfieldhealth.com/chamber

No Smoking Day on March 10, 2010

If you've tried quitting and have gone back to smoking, you're not alone. In fact most people who successfully quit will have tried, and failed, several times. But please don't give up on giving up; if you're committed to quitting, you can do it, as over a million people who have successfully quit on No Smoking Day prove.

Everybody has their own personal reason for wanting to give up smoking. Some people give up as part of a larger lifestyle change - to feel more healthy, for example. What are yours?

- For better health
- For more money
- For more energy
- To prevent premature ageing
- For whiter teeth
- For lower stress levels
- For an improved sense of taste and smell
- For the sake of your family and friends

For more information call 020 7739 5110 or Click [here](#)

To sign up for their free email service Click [here](#)

Dancercise

Dancercise is an excellent activity for those who want to lose weight and get in shape, but who may have trouble sticking to a traditional aerobic exercise routine, such as jogging, swimming, or even traditional aerobics. In addition, dancing works muscles throughout the entire body, which will improve strength. Finally, learning dance moves

instead of simple repetition, as in most aerobics classes, will help to improve dancing ability and muscle coordination. Another benefit to dancercise is that it can be enjoyed by people of all ages.

The dance-exercise ladies group in Folkestone is run at a non-profit basis. A Very friendly, relaxed atmosphere for good exercise without gym fees.

Event Dates, Time & Venue: 3 , 10, 17 and 24 March 2010 from 6:30 to 7:30 at the:

Village Hall, The Street, Newington, Folkestone

Cost: £2 per session

Contact **01303 274782** for more details.

Other Upcoming Health events

'Health walk' at Folkestone Library, 2 Grace Hill, CT21 1HD - March 3, 10, 17 & 24 & 31 - 10.45-12.00 PM. Contact **0800 8494000** for more details.

Yoga @ Googies art cafe, 15 Rendezvous street, Folkestone - March 4, 11, 18 & 25th - 19.00-20.30 PM. Contact Googies Art Cafe at **01303 246188 / 07990632738**

Tai Chi classes at University Centre Folkestone- March 3, 10, 17 & 24 & 31 - 18.30-20.00 PM. Contact David Willis at **01304 375624**.

For more event dates in the future Contact: Abbishek at **01303270022** or email: abbishek@channelchamber.co.uk

Channel Chamber Training

Channel Chamber Training will be offering a range of training courses from 1st March to support Health and Well Being in the workplace and specialist Courses for the Care industry including Health Promotion ; Health Awareness ; Reminiscence Therapy ; Food Hygiene ; Infection Control ; Movement & Handling and Vulnerable Adult Protection.

For further information on these courses please contact Susan Filby on **01303 270022**.

Awareness Quote and Poster

In this edition of E-bulletin, We have added one Health related Quote and Poster. Each could be printed and displayed on your company notice board. This is aimed to create awareness among the employees to be healthy at their workplaces.

You could access this by clicking below:

[Health related Quote](#)

[Health related Poster](#)

Introducing Our Health Partners

Within each of our E-Bulletins we will be introducing you to our Healthy Workplace partners - many locally-based and all providing health-related benefits and services for you and your staff.

If your company is interested in becoming one of our Healthy Workplace Partners please ring Channel Chamber today on **01303 270022** for further details.

Fit For Life

Fit For Life, run by Karenn Steve has been in operation since September 2009 which offers you a safe, nutritional way to lose weight without starving yourself. If you follow her advice and work with the information that she gives you, you will be losing weight, feeling fitter and have lots more energy too! You'll really be feeling the

difference in a very short time. She could also help if you need to gain weight in a safe, controlled manner - or if you just simply need advice on how to maintain the weight you are at.

She offer a personal one to one service (open to anybody whether local to Folkestone or not!) as well as offering personal group bookings locally - Maybe you and a group of family and friends would like to have your own personal weight loss challenge together? To have fun and encourage each other as you go!

For group bookings DISCOUNTS ARE AVAILABLE.

So, if you would like a slimmer, healthier, fitter you please [contact her](#).

Visit the Fit For Life website by clicking [here](#)

Premier Occupational Healthcare

Premier was established in 1999 as a provider of quality and affordable occupational health and wellbeing services. The business has successfully expanded and is able to boast a prestigious and varied client portfolio representing diverse industries from manufacturing and logistics, to call centres and retailers, caring for employees from as little as 4 to over 14,000. Premier's clients include small and medium sized companies, as well as large multinationals.

For more information log on to www.premiero hc.co.uk

Spire St. Saviours Hospital

Spire St Saviour's Hospital offers high quality private hospital services to patients in East Kent including Canterbury, Dover, Folkestone, Hythe, Tenterden and Ashford.

Their services are available to everyone. They work with all major private medical insurers and offer patients who are paying for their own treatment a guaranteed, fixed price, confirmed in advance.

For more information in respect of our services please call 01303 233766 or complete the [enquiry form](#). Visit our website: www.spirehealthcare.com/StSaviours

Foreman & Jones Integrated Health Practice - Herbal Medicine, Hypnotherapy, NLP and Reflexology

Foreman & Jones are Private Health Care Professionals using natural treatments and herbal remedies based at 112d Hythe High Street. We have been in the High Street for almost a year now but lots of people haven't spotted us yet as we only have a small doorway leading up to our beautiful, relaxing first floor premises. Look out for us in the High Street sandwiched between Threshers and Church Mouse Studios (diagonally opposite Boots).

Our treatments are: [Safe, Natural & Effective](#)

[We treat patients who -](#)

- Want a natural approach to their health,
- Do not want to take chemical drugs or want help with the side-effects of chemical drugs.
- Have been told 'you can't be helped, you will just have to live with it' since their blood results are normal yet they know things aren't right.

We commonly treat complaints that you may otherwise have taken to your GP, offering a natural alternative.

For more information log onto: www.foremanandjones.co.uk

www.foremanandjonesherbaldispensary.co.uk

MCCH Aspirations

Established in 1987 MCCH is a charitable organisation that supports people with disabilities across the South East.

MCCH provides employment & vocational services for people with disabilities. The

Employment, Health & Wellbeing service has been established to support individuals with mental health needs to find and/or retain employment. Working directly with individuals, GP's and partner organisations to improve and promote the link between good health, work and the need for work life balance.

For more information log on to www.mcch.co.uk/wellbeing or email folkestone@mcch.or.uk

AXA PPP Healthcare

The Chamber has teamed up with AXA PPP healthcare to offer all members access to affordable private medical insurance with unique benefits in the form of the Chamber Business choice healthcare package. The Chamber Business Choice Healthcare package could help to reduce sickness absence by providing early access to investigation and, where necessary, treatment to help your employees make an early recovery and return to health- and back to work. The benefits are:

- * 50% off your Chamber renewal for the next three years (for new direct customers)
- * Access to a free telephone employee assistance programme for all your insured employees (exclusive to chamber members)
- * No claims discount
- * A dedicated account manager to look after your scheme throughout its lifetime

To activate your services now, call 0800387754 quoting 'CHA'. For more information please visit www.axapphealthcare.co.uk/chambers

How can you get involved in our Workplace Health Project?

There is no cost to participating in our programme and registration is easy. Just call Abbashek on 01303 270022 or Fill up the form online by clicking [here](#) and our team will be in touch with you to discuss the next steps:

1. Nominate a volunteer workplace 'health champion'.
2. Undertake an audit in your workplace.
3. Adopt a practical action plan for the year ahead.

Will your staff really benefit?

Most definitely Yes. Employees benefit from the support given to make healthier choices and adopt healthier lifestyles. Employers will also find that by introducing a range of health promotion activities and workshops in the workplace, employees feel more valued and develop increased morale. So, don't miss out this excellent opportunity.

" Channel Chamber is delighted to be working with the Eastern and Coastal Kent NHS on this initiative. In these challenging times business needs every help to sustain competitiveness and the support to improve the health of their employees".

Peter Hobbs - Chief Executive

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