



Our Health Partner's



Would you like to Sponsor this e-bulletin ?

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Channel Chamber's Workplace Health initiative

Our new E-Bulletin provides you with details of an exciting workplace health programme from Channel Chamber of Commerce 'Good Health Means Good Business' designed to encourage our local employers to support a healthy workforce.

Here on the Channel coast we have a wonderful opportunity of encouraging the workforce to adopt a healthier lifestyle and to promote the wide range of sports and leisure activities that are available to everyone. It's a win-win for employers and, as a morale booster it may help lift the gloom that continues to surround our local economy.

How can you get involved in our 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.

Did You Know???

"An estimated 1.2 million people suffered from work related illness in 2008/09 with stress among the most commonly reported" - Health and Safety executive

We spend as much as half our working lives in the workplace and it 's widely acknowledged that the place and nature of work can have a substantial effect on health. Many organisations (mostly larger businesses) have already come to the conclusion that the health of their business can be improved by developing a healthier culture throughout all their activities, thereby improving the health of their employees. By adopting the philosophy of prevention, rather than cure, paying attention to health at work can also be cost effective.

Upcoming Health events

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

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

Tai Chi classes at University Centre Folkestone- February 3, 10, 17 & 24th - 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

Some tips for being healthy...

Try to replace coffee/tea breaks with that of water breaks.

Contract with a massage therapist for monthly, quarterly or yearly health massages.

Build exercise, rest and "fresh air" breaks into your daily schedule.

Fight for Healthier Cafeteria Food.

Try to take stairs instead of lift or escalators.

Use Bulletin boards to discuss healthy lifestyle changes.

Organise office sports competition and other physical activities.

NHS launched Occupational health 'advice line' for small business

The occupational health advice line is a pilot scheme launched in nine locations throughout Great Britain on 7 December 2009 by the NHS and will run until March 2011. They give small business managers early and easy access to high quality, professional advice tailored to their needs, in response to individual employee health issues at work, including mental health issues. Qualified occupational health nurses will be available to take calls during office hours to provide advice to managers of small businesses on any occupational health issue affecting an individual employee.

This direct support will help small business managers to retain the employee at work or help them back to the workplace as soon as possible following a period of sickness absence.

Who can use the advice line?

The target group for the service is line managers in businesses with 0-49 employees. The marketing is aimed at this group and the evaluation will focus on the impact of the advice line upon them.

The service is also available to the following groups in the pilot sites:

- Businesses with between 50-249 employees (for England and Wales. In Scotland, the service is available to all businesses)
- Employees working in businesses with up to 249 employees (for England. In Scotland and Wales, the service is available to employees in businesses of all sizes)
- GPs (for England and Scotland. In Wales, GPs have access to support through Healthy Working Wales service)

As a pilot project, the advice line will be available in nine locations across Great Britain. In each country, we have built upon existing infrastructure to add value to occupational health advisory services and to place a particular emphasis on action to support employers to manage mental health issues in the workplace.

We will update you on when this scheme would be available in Kent region. More details about the current Helpline pilot programme can be found by clicking [here](#).

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.

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.premierohc.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. Cosmetic Surgery is just one of the many services we offer. Our teams also treat skin cancer, prostate cancer, bladder cancer and lung cancer. Specialist physicians treat patients suffering from diabetes, hypertension, rheumatism, thyroid and respiratory complaints. Our endoscopy suite is equipped for gastroscopy, colonoscopy, cystoscopy and bronchoscopy procedures. Our day-care unit and minor operations suite carry out procedures such as vasectomy, hernia repair (including keyhole surgery) and laparoscopic shoulder surgery.

We 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

Westfield health - Health plan for Channel Chamber members

Now more than ever, the need for adequate healthcare is on the rise, and Channel Chamber members can turn to The Chamber Primary Health Plan to help address these issues.

For as little as £1 per week, organisations can provide their employees with a quality healthcare plan to help them to look after their everyday health. In return for company-paid weekly premiums, the Plan provides eligible employees with cash benefits (up to set limits) towards a range of everyday healthcare including Optical, Dental and Chiropractic treatment, Physiotherapy, Osteopathy, Homeopathy and more.

What's more, purchasing the Chamber Primary Health Plan for your employees could benefit your organisation in a number of ways and may help:

- Reduce absenteeism and the costs associated with it
- Assist with staff recruitment/retention
- Lower risk of litigation
- Provide early intervention through diagnostic benefits
- Aid employees in coping with work-related and personal issues

Act now...

For more information, please call Westfield's new sales enquiry line on 0845 602 1629, email enquiries@westfield-health.org.uk or alternatively visit www.westfieldhealth.com/chamber

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. In today's competitive environment running a successful business is greatly dependent on a healthy and motivated team. 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. As a chamber member, you will have access to these valuable services as part of your existing Chamber membership:

- * 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

Peter Hobbs - Chief Executive

" 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".

Telephone: 01303 270022 Channel Chamber Of Commerce, Shepway Business Centre, Shearway Business Park, Shearway Road, Folkestone, Kent CT19 4RH, Tel:01303 298548, Fax:01303 270476

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