



Introducing our  
Health Partners



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Welcome to the second 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. Subjects highlighted in this edition are:

- Free Weight loss Surgery information event by Spire St. Saviours Hospital
- NHS Stressline
- Free Advice on Health, Finance & Legal Rights
- Mediation classes at the St. Saviours church
- Upcoming Health events
- Chamber Primary Health plan by Westfield Health
- Arthritis care - Employer's pledge campaign
- Improving access to psychological therapies
- Channel Chamber Health Promotion training
- Introducing our Health Partner's
- How can you get involved in our workplace Health programme?

### Weight Loss Surgery- Free Information Evening in Ashford

Spire St Saviour's Hospital is a private Hospital based in Hythe, providing a full range of services for private patients. They are now able to provide a full private service for Weight Loss Surgery (Bariatric Surgery).

To provide patients with more information about the benefits of Weight Loss Surgery, they are holding a free information evening at The Courtyard Suite, Ashford International Hotel, Ashford on Thursday 4th February 2010 starting at 7pm.

The evening will give you an opportunity to discuss the various options for weight loss surgery with our clinical team, a dietician and consultant surgeon.

For more information , please call 01303 233766 or [enquire online](#)

### NHS Stressline

If you or someone you know is feeling stressed because of job insecurity, redundancy, debt or financial problems, don't wait for things to get really bad before you seek help. Call the NHS Stressline on 0300 123 2000. The NHS Stressline has trained health advisors who will listen, offer practical advice, guide you to useful online resources and put you in touch with other people who can help such as debt, housing, employment advisors, and talking therapy services.

### Looking for advice on Health, Finance or your Legal rights?

Find the answers at a free information event at Wood Avenue Library on 11th February.

Advisors from key agencies and support services will be on hand from 1pm to 4.30pm to offer guidance and answer questions. Organisations attending the event include the

NHS, Trading Standards and the Citizens Advice Bureau. Kent Adult Education will also be running a free personal finance workshop from 2pm to 4pm, covering topics such as budgeting, bank accounts, debt management and money tips.

To book a place on the workshop ring **01303 254226** or ask in Wood Avenue Library, Folkestone, CT19 6HS . Bookings are not needed to speak to the advisors - just drop-in to the library any time between 1pm and 4.30pm.

### Meditation classes in Folkestone

Learning to meditate can help to reduce stress, develop a more positive outlook, and improve relationships. Discover the benefits of Buddhist meditation for yourself at one of their meditation classes. The weekly drop-in classes provide a friendly and informal environment to learn to meditate. The class begins with a simple meditation to still the mind, and end with tea and biscuits! The meditation practices they explain are all based on Buddha's discovery that lasting happiness can be found within the mind. Through meditation, they can establish for themselves a deep and stable experience of peace and contentment.

**Event dates:** 4 Feb, 11 Feb, 18 Feb and 25 Feb 2010 from 19:30 to 21:00 at the:

St. Saviours Church, Canterbury Road, Folkestone.

**Cost:** £5 per class or 4-class course card: £15

Contact **01227 760 955** for more details

### 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](mailto:abbishek@channelchamber.co.uk)

### Chamber Primary Health Plan by Westfield Health

New Year, New Health Kick? With the New Year comes the usual resolution to get fit and start the year with a healthy focus - so why not offer your members a subsidised gym membership from a national network of health clubs through the Chamber Primary Health Plan?

The Chamber Health Club Concession service, provided by Westfield Health, 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.

As well as providing access to MRI, CT and PET scanning facilities and a GP telephone consultation service, a 24 hour counselling and advice line is also available along with six face to face counselling sessions.

For more information about the Chamber Primary Health Plan, contact Westfield Health on 0845 602 1629, email [businessenquiries@westfieldhealth.com](mailto:businessenquiries@westfieldhealth.com) or visit [www.westfieldhealth.com/chamber](http://www.westfieldhealth.com/chamber).

### Improving Access to Psychological Therapies

The Government is investing £173m by 2010/2011 to begin rolling out evidence based psychological therapy services across England for people experiencing depression and anxiety disorders. Being unemployed or experiencing job insecurity

or redundancy can result in feelings of anxiety and depression. Mental health problems are extremely common. One in six of us will have a mental health problem at any one time, and for half of us the problem will last for over a year. There is evidence that talking therapies such as Cognitive Behavioural Therapy (CBT) is effective for the treatment of stress, anxiety and depression but access to these services on the NHS has been limited.

New services are being developed in the South East. To find out if there is a service in your area visit NHS Choices [here](#). If you or someone you know is experiencing difficulties speak to your GP.

### Did you Know???

Arthritis is the one of the leading cause of physical disability in the UK, affecting people of all ages. While arthritis is often thought of as an older person's disease, in fact it affects people of all ages. There's a staggering nine million people with arthritis in the UK, many are at the prime of their working lives.

But staying in work if you've got arthritis can be tough. However, with the right support people with arthritis can keep their jobs. A recent survey by Arthritis Care showed that employer support is a decisive factor in helping workers with arthritis to stay in work.

That's why Arthritis Care has now launched a campaign asking British bosses to sign up to their Employers' Pledge to make working life better for people with arthritis. Many managers aren't aware that simple things like a supportive chair for an employee with arthritis, or flexible hours to help them dodge the rush-hour crush, can make all the difference in helping them to stay working.

Please join them in promoting Arthritis Care's Employer's Pledge to make our local businesses more 'arthritis-friendly'.

To support the campaign, please [click](#) here and make a pledge.

To find out more information call Arthritis care at **020 7380 6574**

### 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**.

### 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](http://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.

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](http://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](http://www.foremanandjones.co.uk)  
[www.foremanandjonesherbaldispensary.co.uk](http://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](http://www.mcch.co.uk/wellbeing) or email [folkestone@mcch.or.uk](mailto: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](http://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**

**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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