



Introducing our  
Health Partners



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e-bulletin ?

Welcome to the Fourth 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.

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### 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](#)

### Workshop: Stress - a Natural problem, a Natural Solution by Foreman and Jones

Join them at Foreman & Jones for this 2 hour stress and anxiety workshop. Their aim through this workshop is to help our local residents in Folkestone, Hythe and surrounding towns in Kent to be able to cope better with stress drawing on their combined 25 years in practice using herbal medicines, hypnotherapy, NLP and

reflexology.

During this workshop you will:

- Learn about how stress affects the human body to give you a greater understanding of why you feel the way you do
- Learn how stress affects you
- Pinpoint the main area of your life in which you can make a difference
- Decide action steps to help you make this difference
- Make a plan for a more relaxed future

To Register your interest call **01303 760001**

Visit their website [here](#)

cost: £10

### **New website has been launched to help us live life well**

A new website has been launched to help people live life well in Kent and Medway. The site focuses on improving mental wellbeing and has a wide range of practical tips for boosting happiness. The website may be accessed at:

[www.liveitwell.org.uk](http://www.liveitwell.org.uk) They include the mental health equivalent of 'five a day' - five things to do to keep yourself in good shape and 'Dr Tim's 23 tips for becoming more happy'. It also has information about local activities that people can join in with, advice on becoming more active and eating healthily and sets out the vision for mental health in Kent and Medway which has been developed in response to the views of people who use services locally. The site which is hosted by Sevenoaks MIND was put together with ideas from a wide range of people from across Kent and Medway.

For more information contact Matt Willis, Head of Press and PR, NHS West Kent, Wharf House, Medway Wharf Road, Tonbridge, TN9 1RE, telephone 01732 375270, email [Matt.willis@wkpct.nhs.uk](mailto:Matt.willis@wkpct.nhs.uk) or visit the website: [www.westkentpct.nhs.uk](http://www.westkentpct.nhs.uk)

### **Health Improvement Training Solutions**

The NHS Health Improvement Training Solutions team is the leading provider of health improvement related courses in Kent. We train over 1,500 participants each year from a variety of sectors. Our training courses include communication skills, health and wellbeing, smoking cessation, mental health and sexual health training.

- **16 March, Hepatitis B, C and HIV - Margate**
- **21 to 22 April, Helping smokers to quit, level two - Ashford**
- **11 May, Seven Cs - Gravesend**
- **12 May, Helping smokers to quit, level one - Dover**

For more information on our courses please visit:

[www.easternandcoastkent.nhs.uk/training](http://www.easternandcoastkent.nhs.uk/training) where you can also access our online booking form as well as our PDF application form which can be printed out and returned by fax/post. Alternatively contact the Training Programme Coordinator,

Angie Jones on **01304 222228**, email: [tpc@eastcoastkent.nhs.uk](mailto:tpc@eastcoastkent.nhs.uk)

### **Personal Health Budget Team - focus group meeting**

The Personal Health Budget Team would like to meet people from community groups and individuals. The group will discuss how they can best provide everyone with the chance to have a say about the proposed local health and social care services, personal health budgets scheme.

This pilot scheme is designed to make services more personalised, including patient choice, care planning and support for self care. If you would like to take part in this new initiative to personalise care, contact:

Georgina Walton, Eversley House, 19 Horn Street, Seabrook, Hythe, CT21 5SB.

email: [georgina.walton@kent.gov.uk](mailto:georgina.walton@kent.gov.uk) or telephone **01303 717029**.

## 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:** 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 10, 17 & 24 & 31 - 10.45-12.00 PM. Contact **0800 8494000** for more details.

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

Tai Chi classes at University Centre Folkestone- March 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](mailto:abbishek@channelchamber.co.uk)

## New Awareness Quote and Poster

In each edition of this bulletin, We would be adding 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 Karen 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!

**Channel Chamber members receive a 25% discount. Quote Chambers when you call/email.**

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](http://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](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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