



Introducing our
Health Partners



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Welcome to the Fifth 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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Free health adviceline for small business

As you know having someone off sick can cause you a major headache and cost you money. The cost of unexpected staff absences should not be underestimated with the worst performing businesses losing an average of 12 days per annum for every employee in the business. A free 'Health for Work Adviceline' is now available for you to call today on **0800 0 77 88 44**. Delivered by NHS Plus, the adviceline provides free and immediate advice on how to deal with sickness absence and health issues of your employees.

For more information about the adviceline, Click [here](#)

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



Stress and Anxiety in the Workplace is on the rise!

Learn how to address Stress with Foreman & Jones, Hythe

In her recent newsletter our friend & colleague Katherine Simpson of JDS HR wrote about sickness absence -

'The latest survey from the CIPD says that sickness absence costs employers £692 per employee every year. If you have 50 employees that's £34,600 every year. The number of employers reporting an increase in stress related absence, particularly in non-manual jobs, continues to rise with the CIPD reporting a 27% increase in stress related absence in the

previous 12 months. In difficult economic times this is likely to keep rising.'

Why not send your Staff on our workshop to help them manage their response to Stress in better way.

Join them at Foreman & Jones for this 2 hour stress and anxiety workshop on **Thursday, 8th April from 6.30 - 8.30pm**. 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 book a place, call **01303 760001**

Visit their website [here](#)

cost: £10

Safer Driving for work

The THINK! campaign has been launched highlighting the devastating consequences of speeding for drivers as well as victims. The message is that if you kill someone while speeding you will be tormented by it forever. In the television advert a driver is haunted by images of the child he has killed - seeing his body in the bathroom mirror, through the window of a bus and when in the park with his son.

Paul Clark, Road Safety Minister, said: "Speed kills. Nearly 600 people were killed in 2008 in accidents where someone was driving too fast.

This campaign highlights the consequences of speeding for the driver involved: what is life like for the driver who kills because they are in a rush to get home and how does that split second decision affect the rest of their life?"

Employers can manage the risk through Driving for Work policies and training e.g. defensive driving. However, drivers always have control over the speed at which they travel.

More information is available at: www.drivingforbetterbusiness.com

For further details please telephone **01455 850000** or email qed@qdosconsulting.com

Paternity Leave to be Extended

The government has recently announced that fathers will be able to take up to six months absence from work on paternity leave if the baby's mother chooses to return to work. This means that the fathers will now be given the legal right to take the place of the mother during the last three months of a mother's nine months maternity leave period.

The payment that is commensurate with this entitlement is currently the statutory government pay of £123.00 per week. Fathers who are eligible would then also be entitled to take a further period of unpaid leave of up to three months. The combined effect of this is to grant to parents, who wish to take advantage of the new entitlements, a total period of 12 months of parental leave.

The additional paternity leave has effect in relation to children whose expected week of birth is on or after the 3rd April 2011. A number of requirements will still need to be satisfied before the paternity leave is granted but the enhancement has caused some

disquiet amongst employers not least the British Chambers of Commerce (BCC). A major concern is that further additional regulation will not encourage employers to take on more staff or drive the economic recovery. In response to this our government has confirmed that they only expect between four and eight percent of those fathers eligible for the extended paternity leave, to take up the opportunity. Thus suggesting that the balance between work and family life is continually evolving and that these further changes will give parents the further opportunity to give them and their children greater flexibility and choice.

Certainly those who campaign this equality between men and women in the workplace have welcomed the move.

For further help and information please telephone 01455 852028 or email ged@qdosconsulting.com

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.

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

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.

- 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 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

Other Upcoming Health events

'Health walk' at Folkestone Library, 2 Grace Hill, CT21 1HD - April 7, 14 & 21 & 28 - 10.45-12.00 PM. Contact 0800 8494000 for more details.

Yoga @ Googies art cafe, 15 Rendezvous street, Folkestone - April 8, 15, 22 & 29th - 19.00-20.30 PM. Contact Googies Art Cafe at 01303 246188 / 07990632738

Tai Chi classes at University Centre Folkestone- April 7, 14 & 21 & 28 - 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

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.

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

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.

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

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

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

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](#)

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 Abbishek 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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