



**Hello,** this Wellbeing Newsletter is for you so please let us know anything you would like to see in future newsletters by emailing **SchoolsWellbeing@kirklees.gov.uk** 

**What is your organisation doing to help manage stress in the workplace?**

Stress Awareness Month is to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues. (National Institutes of Health), [https://hr.nih.gov/working-nih/civil/national-stress-awareness-month](https://hr.nih.gov/working-nih/civil/national-stress-awareness-month#:~:text=April%20is%20recognized%20as%20National,exacerbation%20of%20health%2Drelated%20issues)

There is lots more information from the Stress Management website in support of Stress Awareness Month; click on the link below!

<https://www.stress.org.uk/national-stress-awareness-month/>

**Why not download the HSE Talking Toolkit for education?**

<https://www.hse.gov.uk/stress/assets/docs/talking-toolkit-education.pdf>



**April is Bowel Cancer Awareness Month**

Here is a great opportunity to find out about, and raise awareness of, bowel cancer and bowel cancer screening.

Find out what you can do to help by clicking on this link <https://fundraise.bowelcanceruk.org.uk/event/active-april/home>

**Or why not join this online session on Thursday, 18 April 2024, 10am to 11am?**

This online session will cover:

* What bowel cancer is, signs and symptoms and when to seek support?
* National Bowel Cancer Screening Programme – who is eligible and what it involves.
* Bowel cancer in Leeds – current screening uptake and examples of work to support uptake.
* How you can help – signposting and resources
* Q&A

[Visit Eventbrite to book your place](https://www.eventbrite.co.uk/e/want-to-know-more-about-bowel-cancer-tickets-828621879347).

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**Kirklees Council maintained schools are invited to**

**'Vivup your life' with access to a huge range of benefits.**

Vivup is an employee benefit scheme, that has loads of instant offers you’ll be able to access. With people struggling with the cost of living, the scheme could help with lots of things food shopping, electricals and DIY.

It's really quick and easy to sign up to and it's completely free! You can even download the app to your mobile to access your account and take advantage of the benefits wherever you are. Sign up on the [Vivup website](https://kirklees.vivup.co.uk/) selecting your dedicated platform from the Organisations drop-down list.

**Teachers**: select **Kirklees Council – Teachers**

**School Support**: Select **Kirklees Council – Council employees.**

If you need help with registration, contact Vivup customer services on 01252 784540 or email customersupport@vivup.co.uk.



****[**Our Workplace Wellbeing**](https://kirklees.eopas.co.uk/GenohsisPortal/login.aspx?ReturnUrl=%2fGenohsisPortal%2fPortalMain.aspx) **is our self-referral portal.**

**Mini health MOTs**

**Smoking cessation**

**Menopause support sessions**

**Physiotherapy**

**Counselling**

**Please also take a look at our** [**Employee Health Care Resources page**](https://secure2.sla-online.co.uk/v3/Resources/PageSetup/13025) **on Business Solutions that is updated regularly with our newsletters and available CareFirst webinars.**



Thank you, wishing you good health and happiness!

