

Mind Body Business

A stylized graphic featuring a white silhouette of a person with arms raised, enclosed within a large red heart shape. A red circle is positioned above the heart, resembling a head or a floating object. The background consists of overlapping green and yellow curved shapes.

Activity Programme
September 2018 – March 2019



Project supported by the PHA



Mind, Body and Business

A range of physical activities for staff that aim to get employers and employees get fit and healthy and at the same time have fun and meet new people. An opportunity to hear from experts in the areas of mental health and nutrition at our informative workshops, also back by popular demand FREE Emergency First Aid At Work Courses and Health Checks.

This year's Mind Body Business programme offers:

A range of physical activities for staff that aim to get employers and employees fit and healthy and at the same time have fun and meet new people. An opportunity to hear from experts in the areas of mental health and nutrition at any of our workshops. Back by popular demand FREE Emergency First Aid At Work Courses and Health Checks.

Making your business healthy will:

- Increase creativity and productivity of your workforce
- Engage and motivate your workplace to maximise performance and keep the best employees
- Help you to keep up with the competition and enhance your business image
- Enable you to reduce illness-related absence rates
- Decrease the number of accidents and legal claims





Calendar of Events

Monday 24 September	4-week challenge		Step Challenge
Monday 8 October	9.30am–1.30pm	Ards Arts Centre	Mindful Manager
Wednesday 10 October	9.30am–4.30pm	NDFa Training, 31A High Street, Bangor	First Aid At Work
Tuesday 30 October	5.30pm–7.30pm	Ards Leisure Centre	Pickleball Challenge
Thursday 1 November	1-month challenge	listed Leisure facilities	Gym Challenge
Wednesday 7 November	7.00pm–8.30pm	Ards Leisure Centre	Vital Nutrition
Wednesday 21 November	9.30am–4.30pm	Signal Centre, Bangor	First Aid At Work
Monday 26 November	7.00pm–8.30pm	Bangor Aurora	Vital Nutrition
Tuesday 4 December	12.30pm–1.30pm	Ards Arts Centre	Every Customer Counts
Thursday 6 December	12.30pm– 1.30pm	Hamilton Hub, Bangor	Every Customer Counts
Thursday 13 December	9.30am–4.30pm	Donaghadee Community Centre	First Aid At Work
Thursday 17 January	Book time slot	Comber Leisure Centre	Health Check Cancer Focus
Monday 21 January	6.00pm– 8.00pm	Carrowdore Community Centre	Personal Resilience
Wednesday 23 January	Book time slot	Donaghadee Community Centre	Health Check Chest Heart Stroke
Friday 25 January	9.30am–4.30pm	Londonderry Park	First Aid At Work
Friday 1 February	Book time slot	Londonderry Park	Health Check Action Cancer

To attend or participate in any of the activities detailed in this brochure contact Ards and North Down Borough Council, Health and Wellbeing. Email healthandwellbeing@ardsandnorthdown.gov.uk or Telephone **0300 013 3333 ext 40236/40329**

The Health Checks and First Aid courses places are restricted to two per business

Health Matters at Work

Could your workplace benefit from our FREE Health & Wellbeing Support Service?

Due to a funded initiative (supported by the Public Health Agency) Health Matters can provide your business with a free health & wellbeing support service for 1 year. The ultimate aim of the 'Health Matters at Work' initiative is to mentor and support businesses through a structured 4 stage process to improve the health, safety and well-being of employees within the workplace setting.

What free services can your businesses avail of within the programme?

- Mentoring and support from an experienced Workplace Health & Wellbeing Coordinator
- A health & wellbeing survey which identifies employee health & wellbeing needs
- An automated report detailing current workplace health & wellbeing needs for employers and personal health profiles for employees
- Provision of resources such as action plan templates, guides, questionnaires and literature
- Two Health & wellbeing talks / services delivered by our specialist coordinators for your staff
- Health Champion training for an individual within your business to act as a health ambassador
- Award ceremony in recognition of workplace health & wellbeing success

What benefits can your businesses expect from a successful programme?

As Mind Body Business has listed opposite, there are lots of benefits to businesses from promoting a healthy workforce – especially improved employee morale with lower absence and turnover rates and increased productivity!

Are you ready to commit to improving Health & Wellbeing in your workplace?

As registrations are limited it is recommended that businesses wishing to 'sign up' should declare their interest as early as possible. This can be done online at www.healthmattersni.com or by emailing workplacehealth@healthmattersni.com



Project supported by the PHA





5 Steps to Wellbeing

There are five simple steps to help maintain and improve your physical and mental wellbeing. Try to build these into your daily life – think of them as your ‘five a day’ for wellbeing.



Connect

Connect with the people around you - your family and friends, your work colleagues and neighbours. Make time for talk, to build relationships.



Be active

Exercise is good for you – and also makes you feel good too! Walk, run, cycle, dance, garden – do something that you enjoy and suits your level of mobility and fitness. Why not try our Step Challenge (see pages 6 and 7).



Take notice

Be observant of the world around you. Notice the beautiful and the unusual. Be aware of how you are feeling. Live in the moment – pause and enjoy!



Keep learning

Don't be afraid to try something new – a hobby or training course, or even try new food! Learning new things will make you more confident, as well as being fun to do.



Give

Give smiles, compliments, say thank you and words of encouragement. Do something nice for others. Volunteer your time. Join a community group. Giving, in any way, can be incredibly rewarding and will create connections with the people around you.

Take5
steps to wellbeing



Connect



Keep learning



Be active



Take notice



Give

www.makinglifebettertogether.com

 Making life better,
together
Better Stronger Partnerships

World Mental Health Day

Mental Health problems can affect people at any age, any stage in life and their career. It can affect how they perform in work, especially if they are not receiving any help and support.

The Mind Body Business partnership is offering business owners and managers a half day programme, that will give managers the processes to follow to ensure consistency and fairness to all staff presenting with mental health issues and how to promote mental health and well-being in the workplace.

The programme, delivered by Action Mental Health, will give managers the tools to spot any issues staff may be having in the workplace and facilitate a solution before issues cause significant loss of productivity or absenteeism.

Mindful Manager as part of the World Mental Health Week, will take place on:

**Monday 8th October 2018
9.30am-1.30pm (a light lunch will be provided)
Ards Arts Centre, Town Hall, Newtownards**

Course content includes;

- **Examine the impact that mental health issues have on business and the organisation**
- **The common mental health issues and suicide**
- **Managing attendance and the difficult conversation**
- **Duty of care – staying mentally healthy**

Booking is essential - please contact Environmental Health on **0300 013 3333 ext 4236/40329** to confirm which service and venue you would like to attend. Places restricted to two per business.



On World Mental Health Day – **Wednesday 10th October 2018** – why not use the opportunity to have a coffee and connect with colleagues? Or even if that date doesn't suit, choose another that does!

Having the opportunity to interact with others has very positive health benefits and you may even be encouraged to hold regular short coffee mornings/gatherings. You might even use them to fund-raise for a chosen charity.



For further information, tips and advice, see the PHA/SEHSCT Coffee & Connect information pack by visiting Signal website www.signalni.com – Mind Body Business Support



Building a Healthy Workforce

The Active Business Challenge



We are running a business challenge starting in September 2018

There are 3 different challenges, you can enter one, two or all three!

Every person that participates in a challenge gets points for your organisation and at the end of the competition, the organisation with the highest number of points averaged by number of employees will win a prize!

To sign up to any or all our Active Business Challenges contact:

healthandwellbeing@ardsandnorthdown.gov.uk or telephone 0300 013 3333 ex 40236/40329 for further details.

Challenge **A**

Step Challenge – Week commencing 24 September 2018

Contact us to register your business and get employee sign up packs. Over the first week, use the FREE pedometer from your sign-up pack to record of the number of steps you would normally take. Then try and improve on this over the next 4 weeks, recording your steps every day. Prizes will be available for the most improved individual and business. Why not try and run your own team competitions within your business? This is an easy and fun way to get more active.

Challenge **B**

Pickleball Competition – 30th October 2018, Ards Leisure Centre

Enter to become Pickleball Champion! Pickleball is a racket sport that combines elements of tennis, platform tennis, badminton and table tennis. Anyone can play, it is easy to learn and extremely fun. Teams of 2 will compete against each other to become Pickleball Champion! Enter as many teams from your business as you like.

Find out more about the sport at pickleball.org.uk



Challenge

Gym Challenge – Week commencing 1 November 2018

Not already a gym member? Not sure what activities you would like or what gym to go to?

We have a limited number of **FREE 1-month gym membership's*** available for the month of November. Choose between a membership that can be used at Ards Leisure Centre, Comber Leisure Centre and Portaferry Leisure Centre; or a membership that can be used at Bangor Aurora Aquatic and Leisure Complex, Queen's Leisureplex, Holywood and Bangor Sportsplex. Plus, if you decide to become a member at the end of the month you will be able to access the corporate membership rate!

*Terms and conditions apply. Visit Signal website www.signalni.com Mind Body Business Support for terms and conditions and an application form.

Memberships are available on a first come first served basis.

Ards Leisure Centre/Comber Leisure Centre/Portaferry Sports Centre

The 1-month membership will give you access to all membership benefits at Ards, Comber and Portaferry which includes a gym induction and personal gym programme, At Ards Leisure Centre you will have use of Momentum fitness, toning chairs, swimming facilities, fitness classes, use of the health suite, and health suite facilities.

At Comber Leisure Centre, use of Momentum fitness, fitness classes and health suite and at Portaferry Leisure Centre you will have use of Momentum Fitness and fitness classes.

You can try all three centres during your month's trial.

Bangor Aurora/Queens Leisureplex/Bangor Sportsplex

Bangor Aurora Aquatic and Leisure Complex, Queen's Leisureplex, Holywood and Bangor Sportsplex have a wide range of facilities offering an excellent choice of sporting and leisure activities.

The 1-month membership will give you access to all the full range of membership benefits. At Bangor Aurora Aquatic and Leisure Complex you will have use of Northern Ireland's only 50m swimming pools, state of the art Fitness Suite, (with complete refurbishment October 2018), Health Suite, Leisure Waters, 68 instructor led classes per week and Boditrax Scanner- see how healthy you really are! At Queens Leisureplex, Holywood you will have access to the fitness suite and fitness classes; and at Sportsplex 8 lane running track, pitches (including 3G) and a well-equipped Fitness Suite with studio.

Over all 3 challenges, there are individual, team and business prizes plus points will be accumulated that contribute to the overall Active Business Challenge award. Sign up now, have fun and get fitter with colleagues!

Exercise Workshop

When it comes to looking after yourself, diet and exercise go hand in hand. No matter what your reason for exercise, what you eat can affect recovery, fat burning and stamina. Vital Nutrition's Exercise workshop focuses on how eating the right food at the right time will maximise the benefits of your workout.

You will discover:

- **How to eat for energy and balance your blood sugar**
- **What to eat before training**
- **What to eat after training**
- **Tips on hydration and menu ideas**

Jane McClenaghan from Vital Nutrition will be providing a workshop including a cookery demonstration

There are 2 dates to choose from, both will run from 7pm – 8.30pm:

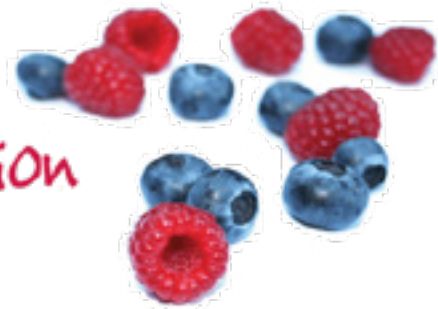
Wednesday 7 November 2018

Ards Leisure Centre

Monday 26 November 2018

Bangor Aurora Aquatic and Leisure Complex

Vital Nutrition



Booking is essential - please contact Environmental Health on **0300 013 3333 ext 4236/40329** to confirm which service and venue you would like to attend. Places restricted to two per business.



Health Checks



✓ **Cancer Focus NI – Keeping Well Health Check**

The Keeping Well Check includes a body composition, blood pressure and blood glucose check. The nurse will talk more specifically about self-examination, general cancer awareness and carry out the blood pressure and blood sugar checks.

Thursday 17th January 2019

Comber Leisure Centre*



✓ **NI Chest Heart and Stroke – Express Health Checks**

The Express Health Check is a comprehensive service carried out by Specialist Health Promotion Staff. It will provide a lifestyle risk assessment, a review of blood pressure, cholesterol and BMI measurements, a full body composition analysis and a personalised report.

Wednesday 23rd January 2019

Donaghadee Community Centre*



✓ **Action Cancer – MOT Health Checks**

The MOT Health Checks include a choice from: blood pressure, cholesterol levels and glucose tests, lung function, skin scanner and body composition. The Health Promotion Officer will provide a personalised report on completion of the check.

Friday 1st February 2019 Londonderry Park

Booking is Essential and must be directly booked through Action Cancer. Bookings can be done online or telephone - quoting reference JYV-3666. www.actioncancer.org/appointments click into Health Checks or Telephone 3080 3344 Option 1



* Booking is essential - please contact Environmental Health on **0300 013 3333 ext 4236/40329** to confirm which service and venue you would like to attend. Places restricted to two per business.

Emergency First Aid at Work

1-day course

This Emergency First Aid at Work Course enables you to deal with an unconscious casualty, providing you with the necessary knowledge and practical life-saving skills on the effective use of Cardiopulmonary Resuscitation until the emergency services arrive.

This workshop is intended to make employers and employees aware of how to deal with an emergency health situation in the workplace, providing you with the knowledge and ability to be able to cope if such a situation arises.

Through this practical 6-hour session, the experienced trainers will address and demonstrate:

- ✚ Action in an emergency
- ✚ First Aid responsibilities
- ✚ CPR
- ✚ Recovery positions

This course is HSENI accredited and includes certification upon completion and all course materials.

There are 4 dates to choose from:

Wednesday 10th October 2018	NDA Training, 31A High Street, Bangor
Wednesday 21st November 2018	Signal Centre, Bangor
Thursday 13th December 2018	Donaghadee Community Centre
Friday 25th January 2019	Londonderry Park

These will be full day courses, running from 9.30am – 4.30pm.

Booking is essential - please contact Environmental Health on **0300 013 3333 ext 4236/40329** to confirm which service and venue you would like to attend. Places restricted to two per business.





Every Customer Counts

Are you open for business... for everyone?

An accessible business is one that is equally open to all potential customers, including the approximately 375,000 people in Northern Ireland who have a disability.

Every business has a legal duty to take reasonable steps to ensure that disabled people can access their services but there are many other reasons why you should stop and consider how accessible your business currently is. These include:

- **Enabling customers of all ages and abilities to access your services could widen your customer base**
- **A disabled customer can often quickly become a loyal customer who may also bring their friends and family, meaning repeat business for you**
- **We are all getting older, the market and need for accessible services and products will continue to grow in the future**

'Every Customer Counts' initiative to support Northern Ireland traders seeking to promote accessible services.

During your lunch break come along and get free advice and information on 'Every Customer Counts', both sessions will be held from 12.30pm to 13.30pm.

There are 2 dates to choose from:

Tuesday 4th December 2018

Ards Arts Centre, Town Hall, Newtownards

Thursday 6th December 2018

Hamilton Hub, Bangor

Booking is essential - please contact Environmental Health on **0300 013 3333 ext 4236/40329** to confirm which service and venue you would like to attend. Places restricted to two per business.



Blue Monday – Personal Resilience

Blue Monday is a day in January when almost all of us are a bit down, for one reason or another. While the entirety of January is often somewhat of a struggle, Blue Monday is a day when we can collectively feel low but also try to pick each other up! You are invited to attend a 2-hour session on personal resilience.

The resilience course will teach employees and employers the best methods and techniques to better equip themselves to stand up to the pressures and stresses of life.

Monday 21st January 2019

6pm – 8pm (a light supper will be provided)

Carrowdore Community Centre

Some of the things this course will examine are:

- **What is stress and what causes it?**
- **What are the links between how we think and stress?**
- **Changing our ways of thinking, How do we change our ways of thinking by first looking at the damaging thinking styles that can cause us to succumb to stress and look at ways we can change our way of thinking.**
- **Conquering stress. To conquer stress we must first know what it is, what are the symptoms of stress and key areas to overcome stress and increase wellness.**

Participants will receive an AMH Works Personal Resilience training certificate.



Booking is essential - please contact Environmental Health on **0300 013 3333 ext 4236/40329** to confirm which service and venue you would like to attend. Places restricted to two per business.



Our partner organisations

Below is a list of some of the partners associated with Mind, Body and Business. To find out more information on who they are and the services they provide, please visit www.signalni.com/mindbodyandbusiness.aspx

- Action Mental Health
- Advice NI
- AGENDA - AGE North Down & Ards
- Alzheimer's Society
- Ards Community Network Centre
- Cancer Focus NI
- County Down Rural Community Network
- Equality Commission
- Health & Safety Executive NI
- Health & Safety Works NI
- Jobcentre Bangor/Newtownards
- Ards and North Down Borough Council
- North Down Community Network
- ONUS Training
- South Eastern HSC Trust



Using your Personal Information

Ards and North Down Borough Council's Environmental section takes your right to personal privacy seriously. Personal information you supply will be used by the Council for the purposes of arranging health and wellbeing activities for local businesses.

This information is collected and processed with your consent only and be passed to the third-party provider delivering the element of the Mind Body Business Activity Programme which is of interest to you.

You retain the right to withdraw your consent and can do so at any time by contacting healthandwellbeing@ardsandnorthdown.gov.uk

You have a right to see and review the information held on you. If you wish to request your personal information or have a data protection query, please put your request in writing, stating clearly who you are and your query to: Data Protection Officer, Ards and North Down Borough Council, Town Hall, The Castle, Bangor, BT20 4BT,

email: dataprotection@ardsandnorthdown.gov.uk, tel: 0330 013 3333 or visit the Council's website at www.ardsandnorthdown.gov.uk/privacy-and-cookies.



CONTACT MIND, BODY AND BUSINESS

**Signal Centre
2 Innotec Drive, Balloo Road,
Bangor, BT19 7PD**

Tel: +44 (0)28 9147 3788
signaladmin@ardsandnorthdown.gov.uk
www.signalni.com

Maura Bettes, Economic Development Officer

Tel: 028 9182 4079
maura.bettes@ardsandnorthdown.gov.uk

**Environmental Health
Protection and Development
2 Church Street, Newtownards,
BT23 4AF**

Tel: 0300 013 3333 ext 40329
healthandwellbeing@
ardsandnorthdown.gov.uk

**Jennifer Parkinson, Environmental
Health Manager (Health & Wellbeing)**

Tel: 0300 013 3333 ext 40221
jennifer.parkinson@ardsandnorthdown.gov.uk