

# PTH NEWSLETTER

Issue 21 October - December 2011

Performance Through Health



## Taking Care of Business – Mental Health at Work

The Mental health charity **Mind** has recently launched a major five-year campaign in an effort to improve support for those suffering mental ill health in the workplace

Conditions such as anxiety, depression and unmanageable stress are now affecting one British worker in six each year, at a cost of up to £26 billion. Improving and managing mental health in the workplace can help employers save around **£300 per employee** or around £8 billion a year for British industry as a whole.<sup>1</sup>

Mind's top five tips for employers and employees:

### CONNECT

Social relationships are critical for promoting wellbeing and acting as a buffer for mental health for people of all ages:

- > Talk to someone instead of sending an email
- > Speak to someone new
- > Ask someone how their weekend was . and really listen when they tell you
- > Put five minutes aside to find out how someone really is

### BE ACTIVE

Regular physical activity is associated with lower rates of depression and anxiety:

- > Take the stairs rather than the lift
- > Go for a walk at lunchtime
- > Walk to see a colleague rather than calling or emailing them
- > Organise a work sporting activity

### TAKE NOTICE

Take some time to enjoy the moment and notice the environment around you:

- > Visit a new place for lunch
- > Take notice of your colleagues and how they're feeling (this is also connecting)
- > Take a different journey to/from work

### LEARN

Continued learning through life enhances self-esteem and encourages social interaction and a more active life:

- > Sign up for a class
- > Set up a book club
- > Learn a new word

### GIVE

Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

For further information and reference, please visit:  
[www.mind.org.uk](http://www.mind.org.uk)

## Alcohol Awareness Week 14-20 November 2011

This campaign is about making people aware of the effects of over consumption of alcohol on a regular basis. The government daily intake guidelines are 2-3 units for women and 3-4 units for men. This equates to 14-21 units a week for women and 21-28 units a week for men. The advice is that the daily limit should not be exceeded i.e. even if you don't drink all week, you cannot save up your units and then drink them all in one night. More than one in 25 adults are dependent on alcohol (Department of Health 2005).

A unit in the UK is 8g or 10ml of alcohol. The list below gives an idea of how many units are in most drinks. However always read the label as alcoholic beverages can vary in how much alcohol they contain.

- **Wine**
  - 12%- 125ml glass-1.5 units; 175ml glass-2.1 units.
  - 14%- 125ml glass-1.75 units; 175ml glass-2.45 units.
- **Beer/Lager**
  - 4%- half pint glass-1.1 units; pint-2.2 units.
  - 5%- half pint glass-1.4 units; pint-2.8 units.
- **Spirits**
  - 40%- 25ml measure (single) -1 unit; 50ml measure (double)-2 units.

There are 56 calories in a unit of alcohol and it takes the liver about 1 hour to break down and eliminate alcohol from the body. It is also important to bear in mind that there are other calories included in alcoholic beverages besides the alcohol.

The negative short term health effects of excessive alcohol consumption include:

- Anxiety
- Sexual difficulties such as impotence
- Impaired judgement leading to accidents and injuries
- Slowed breathing and heartbeat
- Loss of consciousness
- Suffocation through choking on your own vomit (aspiration)
- Potentially fatal poisoning

The negative long term health effects of excessive alcohol consumption include:

- Increases blood pressure
- Liver disease inc. cirrhosis
- Gastrointestinal complications inc. stomach ulcers
- Fertility problems
- Weight gain
- Depletion of certain essential vitamins and minerals

Neither of the above lists are exhaustive.

The general effects of excessive alcohol consumption include:

- Lost working days which the National Alcohol Harm Reduction Strategy (2003) estimated to be 17 million working days each year.
- Around 6% of road casualties and 17% of all deaths on the road occur when someone has been drinking over the legal limit (Transport Statistics 2008).
- Alcohol on its own or with other associated factors is estimated to be responsible for at least 33,000 deaths in the UK each year (Academy of Medical Sciences 2004).

The NHS has a self assessment tool which is very useful to use to monitor your own alcohol intake. The link is below:

<http://www.nhs.uk/Tools/Pages/Alcoholcalculator.aspx>

For further Information visit:

<http://www.drinkaware.co.uk>

<http://www.alcoholconcern.org.uk>

<http://www.drinkingandyou.com>

<http://www.alcoholics-anonymous.org.uk/>

If you are concerned about your drinking habits, call **Drinkline** -the national 24-hour helpline, on **0800 917 82 82**

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## HEALTH AWARENESS DATES FOR THE DIARY

October		November	
1-31	Tuberous Sclerosis Complex Awareness Month <a href="http://www.tuberous-sclerosis.org/">http://www.tuberous-sclerosis.org/</a>	1-30	Lung Cancer Awareness Month <a href="http://www.roycastle.org">www.roycastle.org</a>
1 Oct-31 Dec	Flu Awareness Campaign <a href="http://www.dh.gov.uk/en/PublicHealth/Flu/">http://www.dh.gov.uk/en/PublicHealth/Flu/</a>	1-30	Pancreatic Cancer Awareness Month <a href="http://pancreaticcanceraction.org/">http://pancreaticcanceraction.org/</a>
1-31	Lupus Awareness Month <a href="http://www.lupusuk.org.uk/">http://www.lupusuk.org.uk/</a>	1-7	Psoriasis Awareness Week <a href="http://www.psoriasis-association.org.uk/">http://www.psoriasis-association.org.uk/</a>
1-31	Breast Cancer Awareness Month <a href="http://www.breastcancercare.org.uk/">http://www.breastcancercare.org.uk/</a>	2	National Stress Awareness Day <a href="http://www.isma.org.uk">www.isma.org.uk</a>
10	World Mental Health Day <a href="http://www.wfmh.org/00WorldMentalHealthDay.htm">www.wfmh.org/00WorldMentalHealthDay.htm</a>	14-20	Self Care Week <a href="http://www.dh.gov.uk/en/Healthcare/Longtermconditions">www.dh.gov.uk/en/Healthcare/Longtermconditions</a>
10-16	Scleroderma Awareness Week <a href="http://www.raynauds.org.uk/">http://www.raynauds.org.uk/</a>	14	World Diabetes Day <a href="http://www.idf.org/worlddiabetesday/">http://www.idf.org/worlddiabetesday/</a>
10-16	Encephalitis Awareness Week <a href="http://www.encephalitis.info/">http://www.encephalitis.info/</a>	14-20	Alcohol Awareness Week <a href="http://www.alcoholconcern.org.uk">www.alcoholconcern.org.uk</a>
12	World Arthritis Day <a href="http://www.worldarthritisday.org/">http://www.worldarthritisday.org/</a>	14-25	Anti Bullying Week <a href="http://www.antibullyingweek.co.uk/">http://www.antibullyingweek.co.uk/</a>
13	World Sight Day <a href="http://www.vision2020.org/main.cfm">http://www.vision2020.org/main.cfm</a>	16	World COPD Awareness Day <a href="http://www.lunguk.org/">http://www.lunguk.org/</a>
17-23	Back Care Awareness Week <a href="http://www.backcare.org.uk/">http://www.backcare.org.uk/</a>	<b>December</b>	
20	World Osteoporosis Day <a href="http://www.nos.org.uk/">http://www.nos.org.uk/</a>	1	World AIDS Day <a href="http://www.worldaidsday.org/">http://www.worldaidsday.org/</a>
22	International Stammering Awareness Day <a href="http://www.stammering.org/isad.html">http://www.stammering.org/isad.html</a>	1-7	National Anger Awareness Week <a href="http://www.beatinganger.com">http://www.beatinganger.com</a>
28	Wear it Pink <a href="http://www.wearitpink.co.uk/">http://www.wearitpink.co.uk/</a>	3	International Day of Persons with Disabilities <a href="http://www.un.org/disabilities/">http://www.un.org/disabilities/</a>
29	World Psoriasis Day <a href="http://www.worldpsoriasisday.com/">http://www.worldpsoriasisday.com/</a>	25	Festival of Winter Walks <a href="http://www.ramblers.org.uk/info/events/">http://www.ramblers.org.uk/info/events/</a>

Have a natter.  
Raise money.  
Change lives.



Join thousands of people across the UK who are taking part in **Tea & Talk** to mark World Mental Health Day 2011 on 10 October.

Simply gather together a group of friends, family or colleagues, put the kettle on and invite them to make a donation! **Something so simple can be really beneficial for your mental health and wellbeing too.**

Order your Free Tea & Talk pack today and get planning...

<http://mentalhealth.org.uk/support-us/get-involved/teaandtalk/take-part/>

### Wedding bells and Welcomes...

Firstly... Congratulations to our Resource Manager, **Karen Mace** who married her partner of 9 years, Richard, in July. A wonderful time was had by all who attended the wedding. We wish Mr and Mrs Taylor a long and happy future together. Karen's new email address will be: [karen.taylor@pthgroup.co.uk](mailto:karen.taylor@pthgroup.co.uk)

We welcomed a new OH Adviser to our team at Head Office in September, **Amanda Savage** brings a wealth of experience in the field of OH and we hope she will be very happy with us at PTH.

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