



**BUSINESS
HEALTHY**



News and updates from Business Healthy

Photo credit - James Burns

This newsletter is designed to provide a roundup of news, updates and information that may be useful in helping you to keep your workforce healthy and well. It is written in a way to make it easy for you to cut and paste content to share across your internal communications channels. If there is a way we can make this easier, please let us know [here](#).

A copy of this newsletter is also available on the [Business Healthy website](#).

Business Healthy is funded and delivered by the City of London Corporation's Public Health team, supporting the City Corporation's statutory obligations to ensure the health and wellbeing of the more than half a million people who work in the Square Mile each day.

Follow Business Healthy on [Twitter](#) or [LinkedIn](#) to stay up-to-date on news and developments in the world of employee health and wellbeing in the Square Mile.

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Sharing is caring

Share your thoughts or feedback on our newsletter, general musings, or ideas for upcoming events with us - businesshealthy@cityoflondon.gov.uk

Did you find this newsletter useful? If you know of someone who would like to receive it, too, they can subscribe [here](#).

We are not precious about our content, so please feel free to share it far and wide.

Previous editions of our newsletter can be found [here](#).

Coronavirus (COVID-19): Updates for businesses

Employers want to keep their staff informed about the COVID-19 pandemic. There is lots of information and misinformation out there, so please ensure that any advice or guidance you are sharing only comes from a reputable source, such as the GOV.UK website.

This information was accurate at the time of sending the newsletter, but the situation is changing and the most up to date information and guidance can be found on the [GOV.UK website](#).

Latest on Government COVID-19 guidance

There are few legal measures remaining in place to reduce the transmission of COVID-19, however caution is still urged as transmission of the disease remains high. ONS data estimates that in the week ending 20 March 2022, 1 in 16 people in England had COVID-19, and GLA data shows the case rates of the disease as 654 cases per 100,000 population (14 - 20 March) reported in London. This is likely to be an underestimate with a reduction in testing over recent weeks.

Government and local guidance remains supporting the benefits of maintaining infection prevention control measures, particularly on a risk-assessment basis, and continuing to encourage vaccination.

This simple explainer graphic, which can be accessed [here](#), outlines Government advice on what individuals should do if they:

- Test positive for COVID-19
- Have symptoms of COVID-19
- Live with, or have stayed overnight in the home of, someone with COVID-19

In each case, individuals are advised to work from home, avoid contact with others, and - if they do need to leave home - to take extra precautions, so as to reduce the risk of potentially infecting others.

A [recent poll](#) by the CIPD of almost 400 of its member organisations found that 72% were continuing to ask people who test positive for COVID, or who have symptoms, to stay away from the workplace.



1 - Summary of Government advice on self-isolation

Updates to COVID-19 health and safety guidance for City employers

Cases in London, as with elsewhere in the UK are very high and rising, and COVID admissions to hospital are also rising. It is important that we protect ourselves and others to prevent serious illness and hospitalisation as a result of COVID-19, as well as against Long COVID.

Since the introduction of the “Living with COVID” plan last month, many public health measures to combat COVID are no longer legally enforced, however the Government continues to advise their use to keep people safe and healthy, particularly while COVID prevalence remains so high. These measures include:

- If you are unwell, displaying any main or wider symptoms of COVID and/ or have tested positive for COVID, stay at home. Advice is also for close contacts of those with confirmed or suspected COVID to isolate wherever possible, and take extra precautions for ten days from their contact with a case.
- Ventilate indoor spaces where people from different households are coming into contact with each other. This means bringing fresh air in (don't assume air conditioning units automatically do this – some recirculate air).
- Wear a face covering, especially in busy spaces.

- Get vaccinated against COVID – two doses and a booster gives you the best coverage possible (and additional dose for those at additional risk – if they are aged 75+ and/ or aged 12+ with underlying clinical conditions). See below for more details.
- Practise good hand and respiratory hygiene – regular handwashing and catching sneezes and coughs in a tissue and binning the tissue.

In addition, legal duties on businesses remain in place, in terms of the health and safety of their workforce and those affected by their business operations, as well as responsibilities regarding employment and equalities.

Local guidance for a range of businesses located in the City and Hackney, including offices, construction sites, retail and close-contact services, and gyms and fitness studios, has been refreshed, and is available on the [City Corporation website](#).

The case for proactively supporting your workforce to get vaccinated against COVID-19

Providing proactive support to all of your workforce - including contractors - to access the COVID-19 vaccine during working hours is best practice, and makes good business sense. Proactive support could include:

- Paid/ supported time off to attend a vaccination appointment during working hours
- Paid sick leave for anyone feeling unwell post-vaccination
- Promoting local vaccination clinics, and the benefits of the COVID-19 vaccine (mythbusting, etc) - sharing materials (such as translated resources)

Given that vaccination helps to reduce the risk to individuals from COVID-19, as well as those around them, a vaccinated workforce has benefits to workforce health and safety, and also reduces the risk of business disruption due to outbreaks.

Ongoing vaccination clinics

There is a community pharmacy vaccination site at Boots, 120 Fleet Street, offering the Moderna vaccine. All those aged over 18 years old or within three months of their 18th birthday, can book an appointment via the national booking service. Visit www.NHS.uk/covidvaccine for more information.

Additional local pop-up vaccination clinics are being delivered in the Square Mile. Information will be shared via the [Business Healthy](#) and [City Corporation](#) Twitter channels.

All COVID-19 vaccines are available free of charge from the NHS. Everyone who is 12 years old or older can be vaccinated regardless of whether they are registered with a GP or their immigration status

The vaccines have been through rigorous clinical trials, tested on hundreds of thousands of people here in the UK and worldwide, and have been approved by the British Medicines and Healthcare products Regulatory Agency (MHRA).

Getting your vaccine as soon as possible is vitally important to protect you, your family, and those you care for.

For those aged 18 years or older, the interval between the first and second dose is now eight weeks, so don't delay.

Information about the COVID-19 vaccine in a range of languages can be accessed on the [GLA website](#).

Thought of the Month: Stress Awareness Month

"Work-related stress and poor mental health should be treated with the same significance as risks of poor physical health and injury. In terms of the affect it has on workers, significant and long-term stress can limit performance and impact personal lives."

- Sarah Albon, Chief Executive of the Health and Safety Executive (HSE) talks about the HSE's new "Working Minds" campaign.

April is Stress Awareness Month. Mental health issues are the primary reason for sickness absence from work in the UK, and a recent survey by the charity Mind suggests that two in five employees' mental health has become worse during the pandemic.

No matter how large or small, employers have a legal duty to prevent work-related stress, and to promote, support, and sustain good mental health in the workplace.

There are five key steps that employers can take to better support their employees' mental health and wellbeing:

- Reach out
- Recognise
- Respond
- Reflect
- Make it routine

Find out more about the campaign [here](#), with specific information for employers [here](#).

There are a number of services available to City workers to support their health and wellbeing, as well as information for their employers, including:

- [City Advice](#): A free service offering expert and confidential advice on a range of issues, including financial, legal, family and relationships, employment, and more.
- [City Wellbeing Centre](#): Counselling and psychotherapy for individuals, couples, and groups. The fee is based on individuals' income and particular financial circumstances (more details below)
- [Dragon Cafe in the City](#): A safe, relaxing space for people to engage with their mental wellbeing and build resilience through a range of free and creative activities.
- Victim Support: Free, confidential, emotional and practical support for individuals who have experienced/ are experiencing domestic abuse, sexual violence, or hate crime. Contact the Vulnerable Victims' Advocate in confidence at 079 4463 4946.
- [City Connections](#): Support from expert wellbeing coordinators in helping you to navigate services to best support your needs, including support groups, opportunities to make social connections, volunteering opportunities, support and information for carers, and more.

For further details, and information on how to access these services, visit the [Business Healthy website](#).

Coming up

Free Suicide Prevention Awareness session for City workers, with Samaritans - Tuesday 3 May

Suicide prevention is a priority area in terms of ensuring public health and safety in the Square Mile. Many workers are returning to the City and in commuting in and out and travelling around the area, can act as "eyes and ears" and be first responders when it comes to spotting and assisting someone in suicidal crisis.

City workers can benefit from short suicide prevention awareness, hosted by the City of London and Hackney Public Health team, in partnership with Samaritans volunteers. The interactive session aims to provide the tools to start difficult conversations in a careful and sensitive way. The next session will be taking place on Tuesday 3 May, 9-11am, on Zoom.

For more information and booking, visit the [Eventbrite page](#). Places are limited.

World No Tobacco Day - Tuesday 31 May

Many smokers are keen to kick the habit and go through several attempts to stop smoking before they succeed. Being supported is crucial to being able to give up smoking for good, and every time someone tries, they are a step closer to success.

Last year Smokefree City & Hackney supported over 1,300 people to stop smoking. Smokefree City & Hackney is the local stop smoking service for adults who live, work, or study in the City of London or Hackney. Anyone signing up to the service is allocated a dedicated stop smoking adviser, who will provide 12 weeks of support, as well as access to stop smoking medication such as Nicotine Replacement Therapy (NRT), and e-cigarettes.

To find out more, [visit the Smokefree City & Hackney website](#).

Preventing Cardiovascular Disease: Taster session for health and wellbeing leads

The Cardiology team at St Bart's Heart Centre is teaming up with Business Healthy to deliver a taster session of its Cardiovascular Disease (CVD) prevention workshop for City workers, aimed at health and wellbeing leads within City businesses.

The session will be led by a Consultant Cardiologist and focuses on topics such as how to prevent a heart attack. It forms part of wider work being undertaken by the East London Prevention Group from Barts Health NHS Trust, in partnership with the British Heart Foundation, to raise awareness of CVD preventions across a range of community settings, including workplaces.

To register your interest, please [email the Business Healthy team](#).

London Legal Walk - Tuesday 28 June

2022 sees the London Legal Walk return for its 18th year, with almost 400 organisations signed up to take part so far. The 10km sponsored walk through central London brings together people working in the legal community across London, to raise funds for free frontline legal advice services. As the pandemic continues to impact our lives, these funds are needed now more than ever, as the number of people facing serious problems such as domestic violence, unemployment, homelessness, and

debt rises. Many vulnerable people rely on the free support provided by legal advice agencies to resolve these issues.

In 2021 the charity welcomed more than 8,500 walkers taking part, who raised over £650,000 in total to support this crucial work.

To find out more about the 2022 London Legal Walk and to sign up, visit the [London Legal Support Trust's website](#).

Hot off the press

Reframing the Night

The "Reframe the Night" campaign from the City of London Corporation and City of London Police has relaunched. It aims to start conversations - particularly among men and boys - to stand up and challenge problematic behaviours relating to sexual assault and abuse at all levels when they see them, and make these attitudes a thing of the past.

Campaign posters covering the following messages can be downloaded from the [City Corporation's website](#):

- There is never an excuse for sexual harassment
- If you see someone being harassed, check in and show you care
- Whatever we choose to wear, we deserve and expect respect
- If you can have a drink without assaulting someone, so can he
- Let's stand up, start conversations, and make these attitudes a thing of the past



Counselling and psychotherapy for City workers

The [City Wellbeing Centre](#) is commissioned by the City of London Corporation, and offers counselling and psychotherapy care for workers and residents in the City of London and

neighbouring areas - (postcodes EC1 to EC4, Camden, Islington, Tower Hamlets, Westminster, Hackney, Southwark, and Lambeth).

The Centre is run by Tavistock Relationships and aims to make therapy affordable through tiered pricing related to individuals' household income, as well as providing greater access to services that are not always easily accessible through the NHS. There is also a low/ no fee service for those whose financial situation might make it difficult for them to pay for therapy.

All sessions are confidential and flexible, and also available early mornings, evenings, and weekends.

Services offered by the City Wellbeing Centre include:

- **Counselling for individuals**, including for those experiencing depression, anxiety, struggles with marital and relationship issues, challenges relating to family and working-life, self-esteem issues, sexual problems, and life transitions, such as moving towards retirement.
- **Relationship support/ couple counselling**, including face-to-face therapy for couples, providing them with the thinking space they need to face challenges, to understand stresses, and mobilising resources.
- **Free counselling for carers**: a series of six confidential online or face-to-face sessions, each lasting 50 minutes, open to carers alone, or together with the person they care for. There is also the option of meeting other carers in a group.
- **Family therapy**, for those who have challenges with their family dynamics that affect relationships between themselves and their children. Support can be short- or long-term.
- **Corporate partnerships and block sessions for City workers**, including those in frontline and essential roles.

For more information, visit www.citywellbeingcentre.org, call 020 7380 1960, or email citywellbeing@tavistockrelationships.org