

# CSG NEWSLETTER

January 2018/Issue 3

## WHO WE ARE

The Charities Safety Group (CSG) was founded in 1997 to provide a forum for people with health and safety responsibilities, working in charity and voluntary organisations, to network and share information. We also represent the charity and voluntary sector in health and safety matters with HSE and other health and safety bodies.

Find out more by visiting our website: <http://www.csg.org.uk/>

## MEMBER'S MEETING

Thank you to all those that attended our last member's meeting on October 16<sup>th</sup>. We had a presentation from **Dr Christopher Schenk**, Independent Consultant at Castel Occupational Health Ltd. Christopher talked through some of the challenges of implementing a wellbeing strategy as well some examples of good (and bad) practice which he has come across in his many years in the field. When asked what factor effected employee wellbeing the most he highlighted 'management'. From his experience visible management who got out on the floor and talked to staff – and importantly listened them – was immensely valued.

If you missed the presentation or you would like to refresh your memory you can access a copy of Christopher's slides on the [CSG website](#) (you will need to sign in to access the content).

**Details of our next meeting:** Our next meeting will be held on Monday 22<sup>nd</sup> January at NCVO, Society Building, 8 All Saints Street, London, N1 9RL. The meeting will start at 2pm with a presentation on 'Managing Legionella and Water Safety Planning' from Mike Jamfrey, Managing Director of [Healthy Buildings International](#). Mike has over 20 years practical experience of legionella management (and indoor environment

safety more generally) so this presentation will be well worth attending for anyone who would like further guidance or advice on how to manage risks arising from their water systems.

## CSG CONFERENCE 19<sup>TH</sup> APRIL 2018

CSG is holding a conference on the 19<sup>th</sup> April to celebrate our 21<sup>st</sup> birthday. The conference will be held on the 19<sup>th</sup> April at Baden Powell House, which is centrally located in South Kensington (find location details google maps via [this link](#)).

The theme of our conference is 'Health and Safety Competency and Training'. We've got some brilliant speakers lined up for you representing a range of perspectives on training and competency.



We will be releasing the agenda and ticket prices very shortly but in the meantime – save the date in your calendars!

## **HOW ARE H&S PROFESSIONALS AND THE CHARITY SECTOR MORE GENERALLY SUPPORTING THE MENTAL HEALTH OF ITS WORKERS?**

Occupational health issues have been getting a lot more air time in the health and safety profession of late as the profession tries to create more balance between safety (which has traditionally had more focus) and health. Mental health is arguably one of the biggest occupational health issues that organisations face, for instance the HSE reported in their 2016/17 stats that stress, depression and anxiety were the top cause of days lost due to work related ill health at 12.5 million days (followed by musculoskeletal disorders at 8.9 million days).

The charity sector plays a vital role in improving mental health provision externally but how good is the sector at supporting its own workers mental health? In 2016 CIPD commissioned a survey which asked employees about their attitudes and experiences of mental health in the workplace. Their survey found that workers in the voluntary sector are the most likely to have experienced poor mental health whilst in employment (voluntary sector 46% followed by public sector 36% and private sector 28%). When asked how well their organisation supported employees experiencing mental health problems 16% of voluntary sector employees said 'very well', 47% said 'fairly well' but 36% thought the organisation did not support employees well or were unaware of what support was available. We can see from these figures that the charity sector has some work to do before it can be said that the sector supports the mental health of its staff as much as it does the public it serves.

Both as health and safety professionals and as people working within the charity sector we have a clear role to play in improving the support that's offered to our staff and volunteers to help them maintain good mental health. We'd love to hear about how you're supporting your staff and volunteers' mental health. Please email CSG ([CSGinfo@ncvo.org.uk](mailto:CSGinfo@ncvo.org.uk)) so we can share your successes (and challenges) with the CSG network to help improve practice across sector.

## **FREE RESOURCES**

As professionals in the charity sector we love freebies. Keeping on the theme of wellbeing below are a couple of freebies which we hope will help you in your quest to improve health, safety and wellbeing at your organisation:

<b>What is it?</b>	<b>How can I get it?</b>	<b>What's the catch?</b>
Britain's Healthiest Workplace is a free survey which asks employees questions about their health and wellbeing and the incentives being offered by their employers.  Employers receive an in-depth Organisational Health Report, detailing the health profile of their organisation and employees completing the survey receive a Personal Health Report.	Simply register via Britain's Healthiest Workplace website: <a href="https://www.vitality.co.uk/business/healthiest-workplace/">https://www.vitality.co.uk/business/healthiest-workplace/</a>  Organisations must register before 3 <sup>rd</sup> March, with surveys being completed from this date until mid-May.	No catch!

<p>Rethink Mental Illness are offering free two-day Mental Health First Aid courses. Attendees will learn how to recognise early signs of mental health problems and respond appropriately to assist people in their workplace.</p>	<p>Find out more via Rethink's website (<a href="https://www.rethink.org/services-groups/mental-health-training/mental-health-first-aid-camden-and-islington">https://www.rethink.org/services-groups/mental-health-training/mental-health-first-aid-camden-and-islington</a>).</p>	<p>Unfortunately its only free for anyone who lives, works, studies or volunteers in Islington or Camden</p>
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Do you know about any free resources that you'd like to share with the CSG network? Email: [csginfo@ncvo.org.uk](mailto:csginfo@ncvo.org.uk)

We look forward to seeing you all again at our next meeting on the **22<sup>nd</sup> January**.

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