

# Employee Information Bulletin

Number: 16

Date: May 2004

## HEALTH, SAFETY AND WELFARE

### NATIONAL BIKE WEEK 12-20 JUNE 2004

#### Cycling Commuter of the Year Award



Who do you know that best promotes the benefits of cycling to work?

If you wish to nominate someone for the award please send your reasons in writing (no more than 50 words) to Kath Hollands in Room 600, HTWM, County Hall by Friday 11<sup>th</sup> June 04.

Two x £50 prizes will be presented to the winners of the award, on Wednesday 16<sup>th</sup> June, by the Chairman of Leicestershire County Council.

A number of other events are also planned to mark National Bike Week.

#### Monday 14<sup>th</sup> June 2004

'Dr Bike' (alias City Cycles of Thurmaston) is offering free cycle safety checks at County Hall on Monday 14<sup>th</sup> June 2004 am. You will need to reserve an appointment.

#### Wednesday 16<sup>th</sup> June 2004

For pedal powered commuters to County Hall there is a free breakfast token which can be collected outside main reception as you cycle into work.

For more information about these events, to book a safety check or, if you are not based at County Hall but would like assistance to arrange an event at your workplace, please contact Kath Hollands at County Hall. Telephone: 0116 265 7178.

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#### BORROW A BIKE

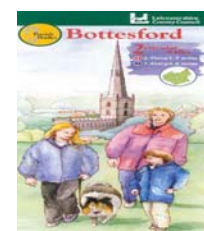
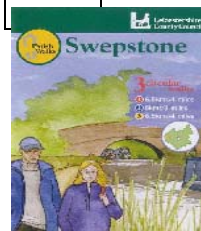


Did you know that there is a folding bike, complete with high visibility jacket and helmet, available for you to use?

It is available on short loan for work or leisure purposes. Why not borrow it for a 'taster' session? The cycle folds and can be taken home in the boot of a car.

If you would like to arrange a free loan or want more information please contact Julie Bolton at County Hall, telephone 0116 265 7123 or Kath Hollands, telephone 0116 265 7178

#### NEW WALKING LEAFLETS



There are over 30 different leaflets on Leicestershire Parish Walks.

If you would like more details please contact Sue Johnson, Access Officer, Community Services, Tel: 0116 265 7178

## HEALTH AND FITNESS

### Discounted Rates For Leicestershire County Council Employees



The following health and fitness clubs offer discounted rates for Leicestershire County Council employees:

The Chase Leisure Club, The Racecourse, Oadby  
Tel: 0116 270 2323/3811

The Fields, Wheatfield Way, Hinckley  
Tel: 01455 233 337

Harpers at Parklands, Wigston Road, Oadby  
Tel: 0116 272 0789

Eden Ladies Health and Fitness, Welford Road,  
Blaby Tel: 0116 277 8899

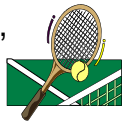
David Lloyd Leisure, Meridian Leisure Park,  
Braunstone Tel: 0116 282 8800

Holiday Inn Leicester Leisure Club  
Tel: 0116 242 8721

Cannons Health Club, Wygeston Drive, off  
University Road, Leicester  
Tel: 08707 582 144

Living Well, Welford Road, Leicester  
Tel: 0116 204 6500

Abbey Sports and Leisure Club,  
Slater Street, Leicester  
Tel: 0116 242 2222



Loughborough Sport, Radmoor Road,  
Loughborough Tel: 01509 217 641

Rep Out Health and Fitness Club,  
15a High Street,  
Loughborough  
Tel: 01509 260 499



Goodlife Health Clubs, 4 Jubilee Street, Melton  
Mowbray Tel: 01664 565 585

Life Unlimited, 40 High Street, Earl Shilton  
Tel: 01455 843 498

Harborough Leisure Centre,  
Northampton Road, Market Harborough  
Tel: 01858 410 115

If your local club is not included, it may still be worth asking if they will offer a discount.

## MOOR AND MOUNTAIN WALKING CLUB

The County Council Moor and Mountain Walking group arranges monthly walks throughout the year. These weekend walks are organised to take place locally and in neighbouring Counties and are 8-10 miles depending on terrain. Shorter weekday evening rambles are also arranged throughout the summer months.

If you would like more details including an events list, please contact Mark Smith at County Hall telephone: 0116 265 6957 or Dave Holmes on 0116 265 6993.

## NATIONAL LIFT – SHARE DAY



**Monday 14<sup>th</sup> June 2004**

“HALVE THE COST OF DRIVING TO  
WORK! INTERESTED?”

Why not experiment with lift-sharing on National Lift – Share Day, Monday 14<sup>th</sup> June.

(see <http://www.liftshare.com/news.asp#10052004>).

There's no commitment to lift sharing every day – you might just want to know who else travels to County Hall from your direction in case one day your car is not available. You might want to see if you can save the cost and time of a bus journey, or you might want to share the stresses of daily driving through heavy traffic and hunting for a parking space.

Whatever the reason, if you'd like to try car sharing, why not have a chat or drop a line to our County Hall Car Share Co-ordinator, Ben Crossley, telephone 0116 265 7216, to see if there is already someone else going your way.....?

**S**ave **M**oney **A**nd **R**educe **T**raffic

## WOULD YOU LIKE HELP TO GIVE UP SMOKING?



Have you thought about stopping smoking but would like some support and help?

If so, RESOLUTION may be able to help.

Would you like the support of others who are trying to stop too?

Resolution provides a service to help you stop smoking. After an initial assessment, 5-6 support sessions are offered to help you cope with the difficulties that you may face.

Resolution also run groups in Leicestershire and depending on numbers may be able to run a group in your workplace.

There has been some interest amongst employees at County Hall who would like to join a group. Should any further employees be interested, whether you work in or outside of County Hall, please contact Alison Evans on 0116 265 6178.



## DISABLED WORKERS GROUP

This is an inter-departmental forum at which disabled colleagues meet to discuss issues of concern to disabled workers, generating ideas and suggestions intended to enhance the County Council's performance as an employer of disabled people. It provides a unique and invaluable opportunity to learn from the experiences and good ideas of disabled workers from other workplaces and other departments.

The date of the next meeting is 7<sup>th</sup> July 2004  
For more information contact:  
Steve Kelly, HR Officer (0116 265 6092).

## MATERNITY WORKSHOP



Due to go on maternity leave? This workshop offers up to date information on a range of relevant issues and covers maternity leave provisions.

The next workshop will be held on Thursday 8<sup>th</sup> July 2004 from 2.00pm to 4.00pm.

The workshop is free and is available to all employees. If you wish to take part please request permission to attend from your line manager and ask your relevant Human Resources Officer to contact Dinah Underwood, County Hall, Telephone: 0116 265 6074 to book a place.

If you have any queries concerning the workshop please contact Stephanie Shuter at County Hall Telephone: 0116 265 7117.

## DISABILITY SPECIFIC GROUPS & LOCAL ORGANISATIONS

There is a Consultation Toolkit on the County Council's Corporate Information System (CIS) which includes information about local, national and disability-specific organisations. This provides helpful information and local networks, including contact details.

## THE EMPLOYEE WELFARE SERVICE

When problems at work and/or home build up and particularly when no ready solutions to the problems can be identified, it can affect our health. We can end up going around in circles, which in turn can lead to feelings of helplessness and a sense of being out of control.

When this happens, talking things through in confidence, with someone outside of the immediate situation can help to clarify issues, thoughts and ideas. It also affords the opportunity to explore some of the options that may be open to us.

The Employee Welfare Service is a long established provision, open to all employees, free of charge. The Service offers counselling, information, advice and support through the Central Welfare Adviser and the Employee Welfare Network.

The service is strictly confidential and covers issues that are work or non-work related.

Whatever the issues, getting in touch is easy. Please contact:

Social Services Department:  
Simon Bamkin, telephone 0116 265 7504  
or Lin Moss, telephone 0116 265 6078

Education Department:  
Alison Evans telephone 0116 265 6178  
or Lin Moss telephone 0116 265 6078

For all other Departments:  
Lin Moss telephone 0116 265 6078  
Or you can contact your Departmental Welfare Network representative who will be pleased to offer assistance. (Your HR section will give you the contact name/number).

You do not have to go through anyone else to make an appointment but, if you do need to make an appointment in work time you will need the consent of your line manager.

## RELATE

Many people go to RELATE and find it helpful in understanding what's happening in their relationship. It can also help couples to identify changes that could improve their relationship.

Relate also offers short courses, which cover a range of relationship themes. These include:

- ❖ **Couples**  
For people entering a long-term commitment.
- ❖ **From Partners to Parents**  
A course to enable parents of young children to build their adult relationship.
- ❖ **Moving Forward**  
For divorced and separated individuals.
- ❖ **Parents Apart**  
For parents who are about to or who have already divorced.
- ❖ **Riding the Storm**  
Skills for parents of teenagers.
- ❖ **Taking Charge of your Life**  
For individuals who would like to increase their confidence and assertiveness skills. It also covers coping with stress and time management.
- ❖ **Relate also offers a mediation service to help reduce conflict in separation or divorce.**

For further details, contact Relate,  
83 Aylestone Road, Leicester  
Telephone: 0116 254 3011.

If you have any information, comments, ideas or suggestions for ways in which we can further promote Health, Safety and Welfare for the benefit of everyone, please contact Lin Moss, Corporate Welfare Adviser on Tel: (0116) 265 6078.