



NECA News

October 2023

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Lottery Funding NECA Community Garden

We received the news that the Garden has been awarded Lottery Funding for a further 3 years. We are absolutely over the moon! The support we've already received over the last 3 years has been invaluable and we look forward to the opportunity to continue to grow and develop over the next 3 years.

Following confirmation that funding had been awarded, we were delighted that the regional lottery team were able to come to visit and see firsthand the impact that their funding makes to our project.

Onward and upward we go!





BETTER HEALTH AT WORK

Health Awareness Campaigns ~ October - November 23

01-31

Oct



Stoptober

[Click here for further information](#)

01-31

Oct



National Cholesterol Month

[Click here for further information](#)

18

Oct



World Menopause Day

[Click here for further information](#)

06

Nov

NATIONAL STRESS AWARENESS DAY

National Stress Awareness Day

[Click here for further information](#)

03-09

July



Men's Health Awareness Month

[Click here for further information](#)

13-19

Nov



Self-Care Week

[Click here for further information](#)

How to improve your Cholesterol

Here are some things you could do:

- Enjoy a varied diet with plenty of fruit and vegetables and low fat dairy foods
- Swap foods high in saturated fats for those with more heart healthy fats (see table below)
- Replace white bread, pasta, rice, flour, breakfast cereals etc. with their wholemeal or wholegrain equivalents
- Include heart healthy foods such as oats, beans and peas
- Have more meat free meals

If your cholesterol remains high consider using plant sterol/stanol fortified foods such as spreads, yogurts and mini-drinks. These can be used to lower cholesterol as part of a healthy diet but are not suitable for children (unless advised by your doctor or dietitian) or during pregnancy or breastfeeding.

Healthy Swaps;

Swap these

Fatty meat, butter, lard, ghee, suet, coconut oil, cream, full fat dairy (milk, cheese, yogurt), and any foods made from these such as pies, pastry, cakes, puddings, biscuits and confectionery

For these

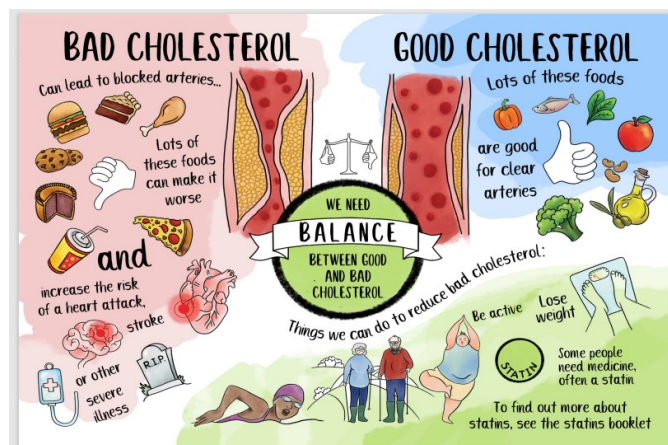
Vegetable, nut and seed oils. Spreads and salad dressings made from healthy oils. Oily fish (salmon, mackerel, sardines, trout etc), avocado, unsalted nuts and seeds.

What else can I do to reduce my risk?

- Take regular physical activity – at least 150 minutes of moderate activity each week. Brisk walking is ideal • If you smoke, give up!
- Have your blood pressure checked regularly
- If you have diabetes, keep it under good control
- Make your GP aware of any family history of early heart disease
- If stress is a problem, take time to relax
- If you are prescribed a medicine, take it
- Keep alcohol to sensible limits

And if you are overweight:

- Aim for a healthier weight and shape
- Decrease portion sizes, use low fat spreads and limit snacking
- Cut down on sugar, sugary foods and drinks



Young People's Gambling Harm Prevention

The Young People's Gambling Harm Prevention team have been busy with events; including Stockton Riverside College Freshers Fair, Bede Sixth Form College Freshers event, Spennymoor Youth and Community Association Youth Festival, Groundwork North East & Cumbria Community activity Day at Durham Riverside Cricket ground, Haltwhistle Carnival and Newcastle University Health Fayre.

As the new school year started the team have also been extremely busy delivering sessions to young people and professionals across the North East, with more interest than ever in the sessions.



NECA Gambling

Amanda (Community Development Engagement Lead), and Jason (GAP Engagement Lead) have been busy attending lots of events including; Livin Jobs Fair, Bishop Auckland; Blyth Buffalo Community Centre; Sunderland Freshers; Newcastle University Health Fayre; Stockton-on-Tees Employment and Training Hub; Working Well North Tyneside's / North Tyneside Employment & Skills Health & Wellbeing Week.

Paul (PSI Gambling Practitioner) and Amanda also attended Age Concern Tyneside South to talk to the men's group about gambling harms and how to access NECA's gambling support services.



Paul and Heather (EGEH Engagement Lead) had great feedback from a Gambling Awareness session they delivered at the Sunderland Bangladeshi International Centre. This was delivered to their mens' groups as part of an ongoing training programme. We are looking forward to continuing building on this great start.



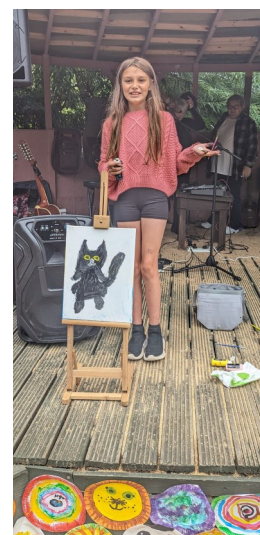
Thank you for the Gambling Awareness session, it was brilliant.

The men who took part gave good feedback and felt it has opened their eyes more and feel comfortable talking to friends and family around gambling, and the effect it has, not just within family relationships but also their health.

Sunderland Bangladesh International Centre

NECA Community Garden

NECA's Community Garden has had a record attendance during their summer programme this year, with over 100 children attending on many days. The children enjoyed arts & crafts, playing in the garden, planting, growing, face painting and meeting furry, and not so furry friends with Animal Antics, and ended the summer with a "Gardens Got Talent Show"! Follow the Garden's [Facebook page](#) for more information on events and all that's going on.



Travel on NECA Business



A reminder that Staff and Volunteers should not be using their own vehicle to travel on any NECA Business (including travel to HQ to attend Training) without first providing the following mandatory documents **(including renewals)** to HR;

HR13 Appendix A:	Vehicle Insurance:	MOT Certificate:	Driving Licence:	V5c - Vehicle Registration:
To be completed as soon as you are aware you may need to use your vehicle for NECA Business. A new form must be completed if you change vehicle or use an additional vehicle.	Must be valid, and cover be for: "Class 1 Business Use". You will not be insured if you do not have this cover. Updated copies must be sent to HR asap.	Must be valid. For first time MOT or for all renewals you must send HR a copy of the MOT certificate. Your insurance will not be valid if you do not have an up to date MOT.	Must be valid and have current address listed. If your licence is renewed (incl. name or address changes) a new copy must be sent to HR.	The full document must be presented to HR. Anytime you change or use an additional vehicle, then the new copy must be sent to HR.

* IMPORTANT REMINDERS *

- * NECA reserve the right not to reimburse travel expense claims until all documentation has been submitted.
- * Expenses will only be paid if documents and associated expenses are produced within the same financial year.
- * Expenses must be submitted on a monthly basis, not saved and submitted in batches.
- * Expenses forms must be completed clearly and in full, otherwise they may be returned.
- * Travel passes will be reimbursed for daily proportion of any days travelled for NECA Business.
- * HR do not send reminders for documents, it is the employee's responsibility to ensure all documents are submitted accurately and on time and that they have been received and verified by HR.

* Failure to adhere to Policy & Procedures could result in disciplinary action *

For any queries/clarification please speak with your Manager or contact HR on 0191 414 6446 or human.resources@neca.co.uk

New Starters:

- Vicki Johnson started as Community Development Coordinator for the Community Garden on 31 July.

Joining NECA as part of the new Gambling Service for Yorkshire & Humber from 1st October;

- Mandy Brown - Regional Gambling Services Manager, Harrogate.
- Jenny Darby - Regional Gambling Service Hub Coordinator, Harrogate.
- Heather Storey-Aung - Gambling Practitioner for Wakefield.
- Jayne Meadows - Gambling Practitioner for Grimsby.
- Lise Jackson - Gambling Practitioner for Sheffield.

Transfers:

- Chris McNulty at the MATRIX started her new role as Business Development Support Officer from 1st September.

Leavers:

Announcements:

Don't forget to let HR know as soon as possible if you;

- ⇒ Change address/telephone/name/bank details.
- ⇒ Want to update your Expression of Wish form.
- ⇒ Need to complete a new Declaration of Outside Interest form.

HR & Development Team

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