



## Welcome to the latest edition of our newsletter.

Here you will find the latest news about the network and the projects we are involved in. There is also news about a new Board Member and a forthcoming ENWHP event in Barcelona. We hope you will enjoy reading it.

## Working for Mental Wellbeing

*Working for Mental Wellbeing* is a hybrid event organised by ENWHP and hosted by INSST (Instituto Nacional de Seguridad y Salud en el Trabajo).

Its main purpose is to reflect on best practice in relation to Workplace Mental Health Promotion and to discuss the work in this area in which ENWHP is currently involved. A key output will be to develop a 'Barcelona Declaration on Mental Health and Wellbeing at Work,' to which governmental bodies, business organisations, social partners and employers will be asked to commit.

The event will also provide an opportunity to help shape ENWHP going forward.

If you would like to attend in person (a limited number of places are available), please email [info@enwhp.net](mailto:info@enwhp.net) Online registration is open [Here](#)

A Free Hybrid Event	Keynote Speakers:	How to Join:
As we continue to transition into a post covid and increasingly digital age, the focus on mental health and wellbeing has never been more important.	Giuseppe Masanotti María Dolores Solé Richard Wynne	A small number of in-person places are available at this event. If you would like to attend, please email a request to <a href="mailto:info@enwhp.net">info@enwhp.net</a>
The conference will explore current theory and practice in relation to workplace mental health and wellbeing.	Organised by <b>European Network for Workplace Health Promotion</b>	To join via teams, please register <a href="#">here</a> :
A key outcome will be to develop a "Barcelona Declaration on Workplace Mental Wellbeing."	Hosted by <b>Instituto Nacional de Seguridad y Salud en el Trabajo</b>	<a href="http://www.enwhp.net">www.enwhp.net</a>

## H-Work Outputs Bearing Fruit



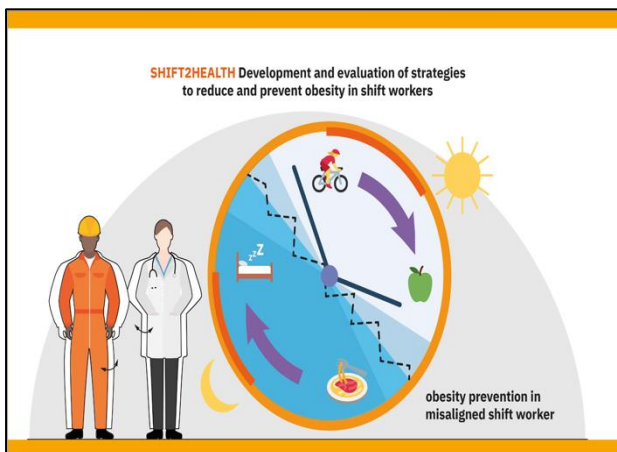
As the H-Work project (Multilevel interventions to promote mental health in SMEs and public workplaces) enters its final months, the project is producing a range of outputs that bear on the issue of promoting mental health at work.

Amongst the most important of these are a set of Policy Briefs or recommendations for action that are targeted towards key players in the area. In addition, a major set of outputs from the project is a set of tools that support the implementation of interventions to promote mental health. You can find out more on the H-Work Innovation Platform at: <https://h-work.eu/2023/01/31/the-h-work-innovation-platform-is-out/>

## Shift2Health: Launch of new project with ENWHP Involvement

The kick-off meeting of the Shift2Health project has just taken place in Vienna in early July. ENWHP are part of this project.

Shift-workers are at higher risk of becoming obese than many workers and the HORIZON project looks to design strategies and diets to combat obesity among shift-workers and night-workers. Within the project, ENWHP is responsible for disseminating the findings from the project to as wide an audience as possible, so you will be hearing a lot more on this over the 5-year life course of the project.



# Healthy Ireland launches new website for Workplace Health Promotion



A new website that aims to be the one-stop-shop for WHP in Ireland was launched on 17th May.

It is the first of its kind dedicated to the Irish context and it provides a range of both settings and issue specific information and contains tools, case studies and contact details for anyone looking to implement WHP. It can be found at:

<https://healthyworkplace.ie/>.

## New Centre for Occupational Safety and Health launched in Scotland.

*A new Centre for occupational safety and health has been launched in Scotland that hopes to drive research, teaching and shared knowledge in the sector.*

The Strathclyde Centre for Occupational Safety and Health ([SCOSH](#)) has been established by Strathclyde University to support the increasing demand for high-quality management of occupational health and safety.

One of its first initiatives is a new series of introductory level courses in Health and Safety Risk Management – funded by the Scottish Funding Council – starting this year.

For more information, visit:

<https://www.strath.ac.uk/studywithus/centreforlifelonglearning/safetyriskmanagement/>



# Welcome on Board Pania Karnaki!

The Board of ENWHP is delighted to welcome Pania Karnaki as our newest Board Member.

Pania is Director of European and International programs at the Athens based Prolepsis Institute. She has studied psychology and has a specialization in health promotion and received her MSc in Health Science from Edith Cowan University, Western Australia. She has managed numerous projects in the field of public health and health promotion.

Pania's research interests include the study of health inequalities, workplace health promotion and the health of vulnerable populations. Previously she has worked in the Institute of Social and Preventive Medicine and at the University of Patras as a project coordinator.



In welcoming her to the Board, Dr. Karl Kuhn, Co-Chair of ENWHP said, “it is a pleasure to welcoming Pania to the Board. She brings a wealth of experience in public and workplace health, and also helps to broaden the Board geographically. We all look forward very much to working with her.”

## Diary Dates

**05 September 2023** – [Working for Mental Wellbeing](#): ENWHP Network Event on Mental Health at Work, Barcelona, Spain.

**20-22 September 2023** - [29th International Health Promoting Hospitals Conference](#), Vienna, Austria.

# Keeping in Touch

The easiest way to reach us is by email at [info@enwhp.net](mailto:info@enwhp.net).

You can also follow us on LinkedIn and Twitter.

We really want to hear what you think about Workplace Health Promotion, how the ENWHP is best able to support you, and how you can contribute to the network.