



Welcome to the latest edition of our newsletter. It contains the latest news about the network and the work we are involved in.

This includes exciting news about four ENWHP developments that taken together represent significant improvement in our service offer. Further developments are expected to take place during the course of 2025, including the expansion of our range of publications and manuals and making available some of these products in multiple languages.

We look forward to your accompanying us on our developmental journey.



The Barcelona Challenge (2024)

It is becoming more and more apparent that the world of work is changing at a rapid rate. More people work from home or in hybrid arrangements, employment models have changed, and the pressures of new technologies are among the more prominent of these.

The workplace changes pose challenges for WHP services and policy makers and there is a need to adapt existing policies and develop new ones if WHP is to remain relevant and effective. The Barcelona Challenge (2024) is a manifesto in this area that can be used to develop support for new approaches to WHP.

<https://www.enwhp.org/resources/toolip/doc/2024/09/23/2024-barcelona-challenge.pdf>

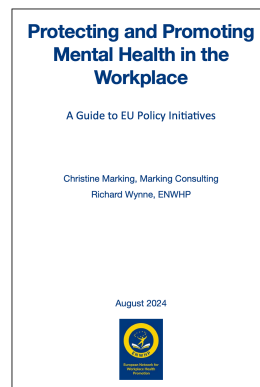
A guide to policy making and policies for workplace mental health in the EU.

Based on work carried out in the recently completed (2023) H-Work project, it is hoped that this paper will assist all who wish to learn more about national and particularly EU policy in the area and also to assist those who wish to influence the development of new approaches to workplace mental health and wellbeing at transnational level. It seeks to do two things:

- Map and describe the main players at EU level and their roles in developing policy; and
- Set out the main policy initiatives that have taken place (as of late 2023) at EU and national level to develop mental health strategies and policies.

The paper, which was written by Richard Wynne of ENWHP and Christine Marking of Marking Consulting, is now available at:

<https://www.enwhp.org/resources/toolip/doc/2024/08/31/policy-overview-efpa-enwhp-final-version-240813.pdf>



ENWHP Workplace Standard

The new European Workplace Health Promotion Standard aims to enable companies that implement WHP programme to achieve accreditation at Bronze, Silver or Gold level. The procedure for applying for these standards is currently being tested in the field in a number of countries.

It is expected that the launch of the WHP Standard will take place during the Autumn of 2024, with the first companies achieving the Standard by the end of the year.

If you are interested in helping, please contact us at: info@enwhp.net

WHP Podcast Series

ENWHP is developing a podcast series on a range of aspects WHP. This will include Mental Health and Wellbeing, Physical Health Promotion, Workplace OSH and how to implement WHP in different sized organisations. Drawing on our multinational team of experts, these podcasts will start becoming available from this Autumn onwards.



If you would like to hear specific WHP topics being addressed, please let us know at info@enwhp.net

ENWHP Project Update – September 2024

ENWHP is an active participant in a number of projects funded through the Horizon 2020 and Erasmus Plus programmes. Two of these, [DigiWorkWell](#) and [H-Work](#) have recently drawn to a close and their outputs are available for use. A third, [Click2Move](#) is mid-way through its three year life and a fourth, [Shift2Health](#) has only recently commenced. We are also actively working in the development of new projects.



SHIFT2HEALTH

In this edition of the newsletter we will briefly look at the **Shift2Health** Project on which ENWHP has been working with partners in Austria, Belgium, Denmark, Germany, the Netherlands and Poland.

The Shift2Health project is proceeding well with developments on many fronts. The project is concerned with the issue of obesity and

ill health amongst shift workers and you can read more on the project website at <https://www.shift2health.eu/>

We are still looking for people working shifts to complete an online questionnaire on their experiences of shiftwork. If this is you, or you know of people who may be interested, you can find the questionnaire at: <https://lnkd.in/ew6tCApR>

Projects such as these are an important way to develop and disseminate new learning and good practice and is an important part of the work of ENWHP. As a member there are many ways in which you can participate – by sharing your experience, testing and evaluating outputs and disseminating findings, or as a project partner.

Good Practice in WHP

New Board member Paul Baart tells us about some important work the Netherlands based *Centre Work Health* has been doing in relation to job retention for employees with long-term COVID complaints.

Please Note: The links refer to webpages in the Dutch language, however you should be able to translate into your own language in your web browser.

Tools

In the [COVID-19 and work](#) program (2021-2023), we developed information and training ([tools](#)) for employees, employers, self-employed workers, occupational health and safety professionals, healthcare professionals and other professionals with an interest in post-COVID and work. Resulting in a webinar, 6 animations, 28 videos, a guideline and this website. The program was in collaboration with [C-Support](#).



Research

In addition, qualitative and quantitative research was conducted within the program under the name [COVWORKS](#) (2021-2022). With the aim of gaining more insight into [figures on work problems](#) in post-COVID and factors that play a role in the process of returning to work and job retention in post-COVID. It resulted in [10 important factors](#) and [five employee profiles](#).

Perspectives

The [Perspectives project](#) (2023-2024) has provided more insight into the process of working/resuming work post-COVID from the perspective of the employee and those directly involved, such as employers, relatives, colleagues, HR, occupational health and care providers. The insights gained have been translated into practically applicable information in the form of [postcovidenwerk.nl](#) and [guidelines post-COVID and work](#).



You can read more about the Centre Work Health here:
[Centre Work Health](#)

Do you have a WHP Best practice example you would like to share? Please get in touch if you do.

Updates from EU-OSHA - The European Agency for Occupational Safety and Health

Mental Health in the Workplace. EU-OSHA have just issued new guidance on how best practice can support individuals with mental health problems. This is part of a package of resources that includes best practice examples and policy recommendations *inter alia*. You can find out more at: <https://osha.europa.eu/en/highlights/mental-health-workplace-discover-how-best-practices-can-support-individuals>

The latest news from EU-OSHA has just been published. It contains articles on automation and health and safety, Artificial Intelligence and health and a range of other issues relating to how AI is being addressed from the perspective of health and safety at work. It also points to a recent Eurofound report on the impact of robotic technologies in EU workplaces.

You can find out more at:

<https://healthy-workplaces.osha.europa.eu/en/newsletter/healthy-workplaces-campaign-newsletter-5>

Keeping in Touch

The easiest way to reach us is by email at 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.

If you would like to unsubscribe from the newsletter please email info@enwhp.net and type “Unsubscribe” in the subject box.

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