

Dear colleague

Today is the 5th anniversary of the launch of MINDFUL EMPLOYER. Started as a local initiative here in Exeter, little did we realise on 15 October 2004 just how popular and widespread it would become!

Working towards improved practices and changing attitudes towards mental health in the workplace takes time and we are sometimes asked about what difference the initiative has made. 5 years on, we have now gathered comments from employers and others – so do visit www.mindfulemployer.net/Difference.html to read what people say about MINDFUL EMPLOYER.

We have been delighted to have received the support of many employers, individuals and different organisations all over the country. One key supporter has been Dame Carol Black, the government's National Director for Health & Work who said: *"It is vitally important that we work in partnership across sectors and disciplines to improve the health and well-being of our working-age population and I think partnership-building has been central to the success of Mindful Employer over the last 5 years. I would like to congratulate everyone who has contributed to Mindful Employer in that time and I look forward to seeing the campaign continue to evolve."*

MINDFUL EMPLOYER is completely voluntary and many employers are involved in a variety of ways. Probably the best known aspect is the Charter for Employers who are Positive About Mental Health. This public, tangible demonstration of an employer's commitment to their staff is a set of aspirations to work towards and recent signatories are...

Active Web Solutions

Avon & Wiltshire Mental Health Partnership NHS Trust

Best Training Milton Keynes

Biofuels Corporation Trading Ltd

Birmingham City University

Borough of Pendle working in Partnership with Liberata UK LTD

Capital Project Trust

Care Co-operatives

Cheshire East Council

East Sussex Fire and Rescue Service

G.A.P. Recruitment

HUBB Mental Health User Group

Leicestershire Action for Mental Health

Lets Get Healthy Ltd

Lowestoft College

Major Occupational Health Solutions Ltd

Merseyside Fire and Rescue Service

Newark & Sherwood District Council

NHS Halton and St Helens

NHS Mid Essex

NHS Nottingham City

NHS Sheffield

South Yorkshire Eating Disorders Association

The Oldham College

West Cheshire College

Worthing and Littlehampton Mind

... nearly 550 employers have signed the Charter in the last 5 years; 80 have completed their first Review of that commitment and 60 are currently undertaking it. The Review, like the Charter as a whole, is supportive in nature and has been helpful to employers as way of looking at what they do well at the moment as well as identifying those areas they wish to improve upon. In time, we hope to collate the Reviews as a way of sharing good practice.

A number of Local Employer Networks are taking place – visit www.mindfulemployer.net/contact.html - and click on your part of the UK. We would welcome interest in starting others. Local Employer Networks are open to any employer, whether or not they are a Charter signatory. Our website at www.mindfulemployer.net also contains a wealth of other information and links to supporting agencies as well as details of training and examples of good practice.

Please feel free to pass this e-mail to your own employer contacts and networks. If you no longer wish to receive these regular updates then please let us know.

Thank you again for all your interest and support for MINDFUL EMPLOYER.

Regards

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