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# Talking Points

January 2023

Happy New Year and welcome to the first edition of Talking Points for 2023!

Everyone at St Helens Chamber would like to wish you a happy and successful year full of wonderful achievements!

This newsletter covers information on issues that you or someone you know may be dealing with, plus sections on what's happening at the Chamber.

We hope that you find the newsletter interesting and informative. Don't forget, if you would like to see any particular topics covered in the next edition, please let us know.

**Laura Brogden**  
**Head of Career Guidance**

# Cost of Living Crisis

With the cost of living on the rise, it can be difficult to keep up to date with bill payments and many people are struggling to make ends meet.

We have put together a page summarising the support available to residents of St Helens – click the links to find out more about what you could be entitled to in this difficult time.

[Find out more](#)



## Talking point:

Speak to your training adviser if you have concerns about the cost of living crisis.

# Stay safe from scammers online

Law enforcement, government and private sectors partners are working together to encourage members of the public to be more vigilant against fraud, particularly about sharing their financial and personal information, as criminals seek to capitalise on the cost of living crisis.

**Stop:** Taking a moment to stop and think before parting with your money or information could keep you safe.

**Challenge:** Could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

**Protect:** Contact your bank immediately if you think you've fallen for a scam and report it to Action Fraud\*.

**Report:** Suspicious emails can be reported by forwarding them to: [report@phishing.gov.uk](mailto:report@phishing.gov.uk). You can also report suspicious text message by forwarding them to 7726 (it's free of charge).

Your reports help us to remove the emails and websites used to perpetrate fraud and cyber crime.

[Click to see the types of scams you may encounter](#)

## Talking point:

Speak to your training adviser if you have any concerns about keeping yourself safe online.

# Kickstart your health in 2023

Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health from the NHS has lots of free tools and support.

You can also find simple ways to lift your mood with Every Mind Matters.

[See the ways you can kickstart your health this New Year](#)



## Talking point:

Connect with friends and colleagues to see how you can make more healthy choices in 2023



# Apprentice Achievements

We've seen some fantastic achievements from our Apprentices over the past few months - here are some of them!

Josh Bent (Mase Consulting) - Business Admin L3

Natalie Fyles (NHS) - Team Leader/Supervisor L3

Jade Maguire (Think Estate Agents) - Customer Service Specialist (Level 3) Apprenticeship

Katy Hunter-Pilkington (Cowley College) - Digital Marketing L3



## Talking point:

Do you have friends or colleagues who might like to start an Apprenticeship?

# 13 ways to reduce your office carbon footprint



When looking at the environmental impact of a company, a part of it comes from business operations such as manufacturing, transportation, and even business travel. However, an important part of greenhouse gas emissions often also comes from an organization's workplace.

With the joint effort and action of a company's employees and managers, as well as constant education, fighting climate change through a more carbon-neutral office is possible. The environment will be positively impacted by it, and your customers and employees certainly will appreciate it.

That said, let's take a look at what steps can be taken to promote sustainability within the office space itself.... [click here to find out more](#).

## Talking point:

What will you do to combat climate change?

# Modern slavery and human trafficking

You may have seen in the news recently about human trafficking and have questions about exactly what this is and who is at risk.

Thousands of people across the UK are being held in squalor and undertaking forced labour. Some may be fleeing war zones, others may have financial problems, but all find dream turns to nightmare as their life descends into fear, debt and drudgery in exhausting, ill-paid, dangerous and degrading work, with escape impossible, forbidden or punished.

[Find out more about human trafficking and the people at risk](#)



## Talking point:

If you are concerned about trafficking please contact one of our safeguarding team, or the police if you are in danger.

# Thank you for reading Talking Points

If you have any concerns about feeling safe please contact your safeguarding officers.

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**Starting  
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