

Make your workplace stronger

You are invited to a 'Free' exciting opportunity to join a new and innovative programme to benefit your business and employees.

We are developing a new 'Healthy Workplace Accreditation scheme' to support and benefit local businesses in North Somerset.



"When people are happy and well, businesses can thrive and societies flourish"

(CIPD, Well-being at Work, 2018)



Why would this benefit you and your business?

Workplace health interventions play an important part in raising awareness and understanding of the benefits of both physical and mental wellbeing in the workplace

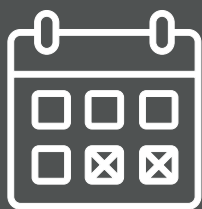


Poor mental health costs UK employers up to

£45 bn

Presenteeism (attending work while ill) is estimated to cost

£30 bn annually



Mental Health conditions are a leading cause of sickness absence. The Work Foundation estimated that there were

17.5 mn days lost

in 2018 due to stress, depression or anxiety.

Employees may become catalysts of change within their own home or community by using the workplace as a start point for adopting new, healthier habits that can be extended across all forms of their daily life.



Employer benefits

Increased productivity, reduced absenteeism, presenteeism and a cost saving of health related sick leave. Let's not forget - an all round happier work environment!

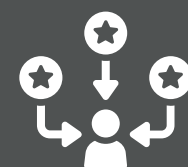


The potential economic **return on investment** for a UK business that invests in workplace health initiatives is £4.17 for every £1 spent.



An employer who actively promotes wellbeing in the workplace is eight times more likely to have **employees fully engaged in their work.**

Promoting good health at work can see a **25 to 40% reduction in absenteeism.**



Employee benefits

Improved morale, confidence and self-esteem. Reduction in stress-related illness.

What is involved?

- 01 A commitment to improving the health and wellbeing of your own staff
- 02 Investing some time into the needs of your staff
- 03 Supporting a positive and committed team to take forward this agenda
- 04 Developing a bespoke action plan identified by your business to improve the health and wellbeing of your staff

Register today!

What is on offer?

- 01 Support in identifying what health needs your staff may have
- 02 Access to training and support in a variety of health areas such as Mental Health, Physical Activity, Musculoskeletal Health, Healthy Weight, Smoking Cessation and more
- 03 Access to ideas, tools and resources to implement new initiatives
- 04 The opportunity to take part and be credited in the development of the new 'Healthy Workplace Accreditation Scheme' in North Somerset

To sign up for any further information please contact **Rachel Faulkner at rwellbeing@gmail.com**

Prevent · Protect · Promote