



WORKPLACE HEALTH & WELLBEING OFFER

2021 - 2022



BEDFORD
BOROUGH COUNCIL

Central
Bedfordshire



milton keynes council

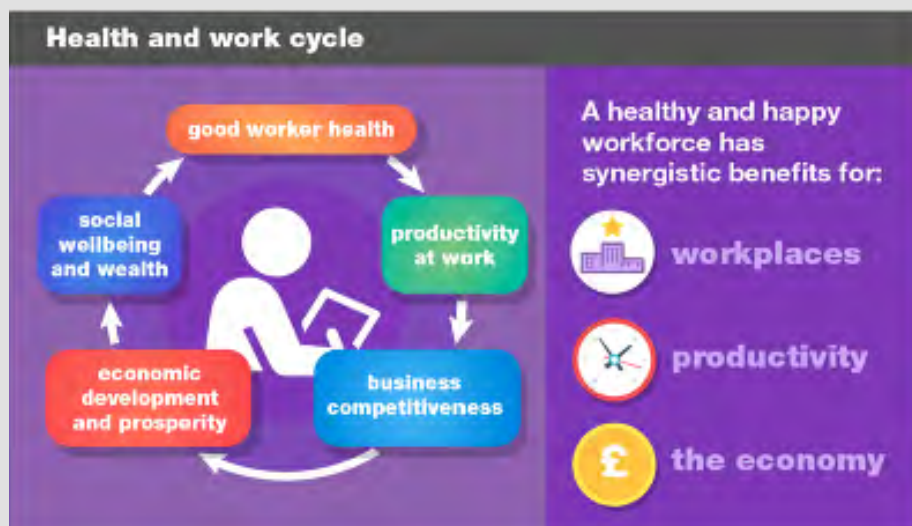
Working together to improve the health
and wellbeing of our communities

Workplace Health and wellbeing Offer Brochure 2021 - 2022

The Public Health Workplace Health Team are working with local businesses across Central Bedfordshire, Bedford Borough and Milton Keynes to promote a healthy, productive and motivated workforce through the offer of health and wellbeing services:

- Healthy weight programmes and training
- Smoke free workplaces, programmes and training
- Blood pressure checks and mini health checks
- Mental health and wellbeing support and training
- Domestic abuse awareness training

Why is this important?



Source: <https://www.gov.uk/government/publications/health-matters-health-and-work/health-matters->

Where can I find out more?

Contact the Public Health Workplace Health Team, Milton Keynes Council, Civic Offices, Saxon Gate East, Milton Keynes MK9 3EJ

Email: Public.health@milton-keynes.gov.uk

MORE Life

MoreLife is working in partnership with the Public Health - Work Place Health Team to improve the health and wellbeing of your employees

- Free digital programmes available for employees
- Management/practitioner training available in how to approach the topic of obesity
- Programmes available online and in the community for employees
- Expert advice around weight management in the workplace
- Healthy lifestyle - Taster sessions for your workforce

Call 0808 208 2340 or email beds-mk@more-life.co.uk

  
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MORE Life

  
MoreLifeBedsMK

Weight management

Healthy weight programmes and training

For more information contact beds-mk@more-life.co.uk

Becoming a smoke-free workplace

The Stop Smoking Service is here to help your workplace to become a smoke-free environment with the assistance of our friendly, specialist advisors.



Did you know:



Smoking breaks for a typical part-time employee costs a workplace £447 a year and £1,815 for a full-time employee?



The average smoker takes roughly 0.7 days more sick leave per annum than their non-smoking colleagues.



This equates to an additional cost of £50 per year, per employee.



This means smokers' sick leave and breaks cost UK workplaces £8.7 billion per year.



Smokers not only put themselves at harm, but those around them too. Second-hand smoke in the workplace is responsible for an estimated 617 employee deaths per year – can exacerbate respiratory problems and trigger asthma attacks.



Smoking is prohibited by law in the workplace and work vehicles – workplaces can be fined up to £2,500 if they don't stop people from smoking indoors.



No smoking signs must be displayed – there can be a fine of up to £1000 for failure to do so.



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Become Smoke Free

Smoke free workplaces, programmes and training

How can the Stop Smoking Service help?

We are a free specialist council run service who support people to quit smoking. We offer structured programmes with specialist behavioural support alongside products designed to make quitting easier. As a service we can support your workplace by:

Providing resources

The Stop Smoking Service can provide resources to your workplace, such as posters, leaflets and workplace cards for you to display to help your staff access support to quit smoking.

Supporting your smokefree policy

If you don't already have one, we can support you in developing any smoke-free policies for your workplace or update any that you may already have in place; these measures will support you in adhering to smoke-free legislation.

Supporting your staff to quit smoking

We run one-to-one clinics on the phone or in the local area in person, with our experienced specialist advisors. An employee can refer themselves into the service or a referral can be made from your workplace. We can also provide support to those who are using vapes, e-cigarettes and other tobacco products and want to stop smoking.

Providing training (can be delivered virtually or in person)

Very Brief Advice Training (VBA) – Equips your staff to be able to have brief informative conversations about smoking, encouraging someone to quit and help someone access stop smoking support either by signposting or referring into the Stop Smoking Service.

Level 2 Advisor Training – Our service will train a member of your staff to become a Level 2 Stop Smoking Advisor, learning about behaviour, addiction and the products to aid this and as part of this, they will receive ongoing support from us. The Level 2 Advisor will support colleagues to stop smoking and be a point of contact for them.

Your organisation can receive payment from the Stop Smoking Service for providing this in-house service in your workplace.

Attending Health and Wellbeing Events

We are happy to attend health and wellbeing events to promote the benefits of quitting smoking and offer our support to quit.

Contact us by phone on

 **0800 013 0553**

or through our website

 **www.thestopsmokingservice.co.uk**

Become Smoke Free

Smoke free workplaces, programmes and training

For more information call 0800 013 0553

Blood Pressure - Have you checked yours?

Blood Pressure checks are for anyone ages 18+

Why should I have my blood pressure checked?

High blood pressure is very common, about a third of adults in the UK have it, but many aren't aware of it. It doesn't usually have any symptoms so the only way to know you have it is to have a blood pressure check.

As we get older, we have a higher risk of developing high blood pressure, if your blood pressure is too high, it puts extra strain on your heart and blood vessels.

Over time it can lead to a number of health problems including heart attacks, stroke, kidney disease, some forms of dementia and peripheral arterial disease.

If you have other health problems as well as high blood pressure, such as diabetes or high cholesterol, this makes serious health problems in the future more likely. Prevention and early diagnosis can help prevent these happening to you, which means you'll be more likely to enjoy life for longer

The good news is there are lots of things you can do to lower it.

What does a Blood Pressure Check involve?

- A 'blood pressure check' in your workplace takes approximately 15-20 minutes.
- Our Health Practitioner will take your blood pressure and will ask some simple questions about your lifestyle
- Based on this information, they may ask you to see your GP within one to four weeks or immediately
- A copy of your results
- Small changes to your habits can have a surprising effect on your health

For more information contact: Public Health Workplace Health Team

Email: Public.health@milton-keynes.gov.uk



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Blood Pressure Checks

For more information contact the Public Health Workplace Health Team at the following email address Public.health@milton-keynes.gov.uk

Mini Health Check - Have you had yours?

Mini Health Checks are for anyone ages 18+

Why should I have a Mini Health Check?

As we get older, we have a higher risk of developing something dangerous like high blood pressure, heart disease or type 2 diabetes. For example being overweight or obese increases your risk of developing high blood pressure, heart disease, stroke, diabetes and some cancers.

The Mini Health Check can spot early signs and help you prevent these happening to you, which means you'll be more likely to enjoy life for longer. The Mini Health Check also gives information to patients regarding dementia.

The good news is there are lots of things you can do to lower your risk

What does a Mini Health Check involve?

- A Mini Health Check in the workplace takes approximately 30 Minutes
- Our Health Practitioner will check;
- Blood pressure and pulse check
- Height, weight and BMI
- Alcohol Audit C – risk of harm
- Physical activity survey GPPAQ
- Diet
- Smoking
- Dementia
- Signpost to services
- Longer wider lifestyle/wellbeing discussion around CVD
- A copy of your results
- Based on this information, they may ask you to see your GP within one to four weeks or immediately
- Small changes to your habits can have a surprising effect on your health. For example, giving up smoking dramatically reduces your risk of heart attack, stroke and cancer, and so does regular physical activity, eating healthily and drinking sensibly. Making these changes could add many years to your life.



For more information contact: Public Health Workplace Health Team Email: Public.health@milton-keynes.gov.uk



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Mini Health Check

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WORKPLACE SUPPORT

Bedford Borough, Milton Keynes and Central Bedfordshire Mental Health Support

Why is Mental Health important in workplaces?

Research has shown that high levels of mental wellbeing increases productivity at work. Enjoying good mental health means you can reach your potential and cope with whatever life throws at you.

Bedfordshire Wellbeing Service, Mind BLMK and Recovery College are able to help you support your employees.

Bedfordshire Wellbeing Service

Making a positive difference through Talking Therapies



NHS

East London
NHS Foundation Trust

WORKSHOPS AVAILABLE:

- Stress Management
- Managing Worries
- Improving Sleep
- Improving Motivation
- Managing Returning to Work Worries & Anxieties
- Managing IBS symptoms
- Building Confidence
- Assertiveness and many more.....

**Milton Keynes
Talking Therapies
Service (IAPT)**

Workshops last between 1 hour to 1.5 hours and are FREE but we ask attendees to fill in our Registration Form to record attendance. For further information regarding Bedford Borough or Central Bedfordshire support please email us at elft.bwsoutreach@nhs.net or take a look at our website

<https://bedfordshirewellbeingsservice.nhs.uk/>

For Milton Keynes, please email cnw-tr.iaptmiltonkeynes@nhs.net or take a look at www.mktalkingtherapies.nhs.uk.

Alternatively take a look at our BLMK Webinars offer at <https://mktalkingtherapies.nhs.uk/blmk-events>

Mental health and wellbeing support and training

For more information email Bedfordshire Wellbeing Service elft.bwsoutreach@nhs.net or

MK Talking Therapies cnw-tr.iaptmiltonkeynes@nhs.net

SUPPORT AVAILABLE:



- FREE 15 minute virtual support video for managers to raise awareness of mental health distress <https://www.mind-blmk.org.uk/employee-manager-training/>
- FREE Training Sessions for managers and employees for workplaces environments

Paid for services:

- Mental Health First Aid (Adult) Course
- Mental Health First Aid/Workplace Health Champion Course
- Mental Health First Aid Half Day and Refresher Course
- Mental Health and Wellbeing Webinars

For further information please contact training@mind-blmk.org.uk

Funded course:

- See the Signs (suicide awareness) training 2.5hr online.

To book a place contact: training@mind-blmk.org.uk T: 0788 1248 780

For Counselling services - please contact hq@mind-blmk.org.uk or telephone: 0300 330 0648

For Consultancy services please contact jeanette.skipsey@mind-blmk.org.uk

SUPPORT AVAILABLE:



The Recovery College is open to everyone living and working in Bedfordshire and over 18. It is FREE to access. We provide a wide range of courses and workshops to support people learn, improve or maintain their wellbeing or to connect with others on a specific topic or subject. The Recovery College's most up-to-date prospectus is available to download, under the title 'information leaflets' on the following webpage <https://www.elft.nhs.uk/service/382/Bedfordshire-and-Luton-Recovery-College>. Enrollment is easy - simply email or telephone 01234 263621 or 01582 708917.

Paid for services: We have run a range of workshops / courses for some services which are not open to the Bedfordshire general public, which we have charged for. Please contact Kirstin.dear3@nhs.net or tara.curtis1@nhs.net to discuss further.

Mental health and wellbeing support and training

To contact Mind BLMK email training@mind-blmk.org.uk and to contact The Recovery College email kirstin.dear3@nhs.net

Domestic Abuse Awareness Workshop

Join us on our Domestic Abuse Awareness Workshop, and learn how to create a Safe Space in your workplace for staff and clients.

14 workshops to choose from
November 17th 2021 - March 29th 2022

Do you want to help create a safe space in the workplace?

Employers do play a huge role in supporting victims of domestic abuse, by creating a safe space in the workplace to provide a network of support outside of a victim's home. The workplace could be one of the few places where victims feel safe to speak out about what is happening to them.

Through our work with victims and survivors of domestic abuse and sexual violence, we know the difference it makes to victims when their employers offer a safe and supportive environment.



Scan me to
see all
available
workshops

Please visit
oneymca.org/safe-space-in-the-workplace
to find a suitable date for you.

YMCA
Herts • Beds • Bucks
OneYMCA.org

**Safe Space
in the
Workplace**

Early Childhood Partnership
BEDFORD
our children, our future

Domestic Abuse Awareness Workshops for Bedford Borough and Central Bedfordshire workplaces

For more information and find a date for you please visit www.oneymca.org/safe-space-in-the-workplace



Domestic Abuse Awareness in the Workplace

Domestic abuse has a devastating impact on individuals and their families.

Domestic abuse is everybody's business, and this includes employers.

Join our **free** virtual training sessions delivered by MK-Act, a specialist Domestic Violence Support Service for Milton Keynes

Thursday 20th January 2022 9.30am-1pm

Wednesday 2nd March 2022 1-4.30pm

This training is to support Public and Private sector workplaces & organisations of **all sizes, employers, HR professionals, line managers and front-line staff working in Milton Keynes**. to improve their response to domestic abuse.

2 million people in the UK experience domestic abuse every year – and yet we think it is something that happens to 'other people'.

*"He called my work & made false accusations to my boss. It was so embarrassing. But what could I say? I had project commitments and on a personal level the mortgage needed paying. Everyone at work must have known. I arrived late, left early, and was constantly checking my phone." **Survivor of domestic abuse***

Domestic abuse is something that will impact almost every workplace. And yet so few businesses have adequate policies or training about domestic abuse.

People experiencing domestic abuse are often subject to disciplinary action or job losses, often through no fault of their own.

- We know that as an employer, you want to do everything you can to keep your staff healthy, happy and productive. Sadly, we also know that **1 in 4 women** and **1 in 6 men** will experience domestic abuse, meaning virtually every employer will have staff who are affected.
- Employers are well placed to spot the signs in colleagues: anxiety, decreased motivation, seeming distracted, being late, being on the phone to a partner or family member very often – and yet so often no one knows what to say or do.
- Hearing disclosures may be uncomfortable but taking positive action with confidence to support those who may be suffering in silence, can be life changing.
- Being a good employer recognises the shared responsibility to support staff

Domestic Abuse Awareness Workshops for Milton Keynes workplaces

The cost of domestic abuse to businesses is estimated at £1.9 billion per year due to decreased productivity, time off work and sick pay

(S.Walby, The Cost of Domestic Violence, 2009).

An understanding and effective workplace policy to deal with the impact of domestic abuse will build a more nurturing and safer working environment for all staff, encouraging greater staff retention and importantly economic independence for those individuals living with or fleeing domestic abuse.

86% of HR leads agree they have a duty of care to provide support to employees on the issue of domestic abuse 1 however, only 5% of organisations reported to have a specific policy or guidelines on the issue *(Domestic Violence and Abuse: Working together to transform responses in the workplace', Durham University for The Vodafone Foundation, 2018).*

Milton Keynes Businesses from every sector can take responsibility for the wellbeing and safety of their staff.

By attending this **free** training, will give delegates the understanding of risk, advice, resources and gain awareness of the importance of a domestic abuse policy that is fit for purpose.

Following attendance delegates will have knowledge to:

- Help spot the signs of Domestic Abuse with colleagues & clients
- Understand the challenges of leaving an abusive relationship
- Understand the impact on domestic abuse in the workplace
- How to support victims & keep them safe whilst at work
- Know Initial safety planning and signposting to specialist services.

To book a place on one of the training dates listed below, click on the Eventbrite booking link here:

<https://www.eventbrite.co.uk/e/domestic-abuse-awareness-in-the-workplace-tickets-129649127029>

To access our **online webinars** please use this link: - [Webinars](#) | [MK-ACT \(mkact.com\)](#)



MK- ACT <http://www.mkact.com/>
Helpline: 0344 375 4307 **Monday – Friday**
9am – 5pm or email info@mk-act.org
Live chat (Mon-Fri 10am -2pm)

Domestic Abuse Awareness Workshops for Milton Keynes workplaces

To book your place visit www.eventbrite.co.uk/e/domestic-abuse-awareness-in-the-workplace-tickets-129649127029

To access online webinars visit <https://www.mkact.com/webinars/>

Contact us at info@mk-act.org

For further resources and information please go to the Public Health Workplace Health Team webpage at www.health-and-wellbeing-hub/workplace-health-and-wellbeing, or contact by email at public.health@milton-keynes.gov.uk



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