

HEALTHY WORKPLACES DERBYSHIRE

Working with businesses for a healthier future

Contents

- **What is Healthy Workplaces Derbyshire?**
- **Why take part?**
- **What do we offer?**
- **What's involved?**
- **Register your interest**

What is Healthy Workplaces Derbyshire?

Healthy Workplaces Derbyshire aims to help your workplace become a healthier, happier and more productive place.

It's a health and wellbeing programme that's tailored to your organisation's specific needs and requirements.

The service is free to all workplaces within Derbyshire County Council boundaries.

The Healthy Workplaces team will work with you to identify any key health and wellbeing issues within your business.

They'll then help you work towards finding simple and cost effective solutions.

Whether it's helping you improve your employees' mental wellbeing or getting your workforce more active we can offer as much, or as little, help as you need.

The programme is aimed at all businesses across Derbyshire whether you're a small, medium or large organisation.

Why take part?

Workplace wellbeing makes good business sense

Investing in it can make a huge difference to the health, wellbeing and happiness of your staff and, in turn, your organisation.

A healthy, energised and motivated team will lead to better business performance and a better working environment for everyone.

Creating a healthy workplace can help:

- Reduce costs and increase productivity
- Create a happier and more productive workforce
- Reduce worker absence and staff turnover
- Reduce the number of workplace accidents
- Improve awareness and control of workplace risks
- Improve your reputation among your investors, customers and communities.



What do we offer?

The Healthy Workplaces team will help you and your organisation to put into place long-term policies and procedures to improve the health and wellbeing of your workforce.

We can help you:

- Assess your current situation and help you prioritise key areas for change
- Provide a comprehensive range of frameworks and policies specifically adapted for your needs
- Support health and wellbeing in your workplace
- Develop strategies and action plans for making improvements
- Provide you with information on local services
- Provide advice and support on healthy eating, physical activity, stop smoking support, mental health and wellbeing and alcohol and substance misuse
- Gain recognition by working towards the National Workplace Wellbeing Charter that will help improve your reputation with customers and investors
- Provide training opportunities, eg how to manage stress in your workplace





What's involved?

Healthy Workplaces Derbyshire is a flexible programme and has a number of different elements to suit your needs as an organisation.

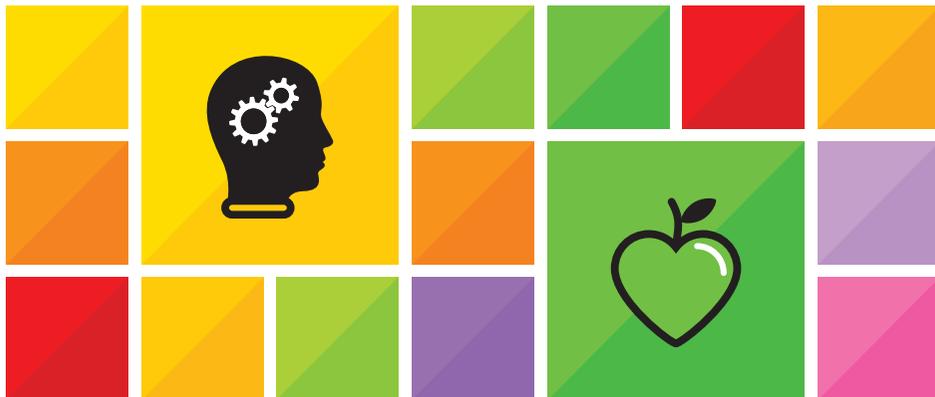
We'll initially discuss the key priorities for your organisation and then work with you to draw up a plan of action to tackle these areas.

You'll also be invited to make a commitment to working towards one or more of the key healthy workplace topic areas:

- Healthy eating
- Stopping smoking
- Physical activity
- Mental health and wellbeing
- Weight management
- Alcohol and substance misuse
- Attendance management
- Health and safety

Evidence of how you are working towards your key areas could be anything from raising awareness of mental health issues via posters in your workplace to developing a formal policy on a particular health and wellbeing subject.

The first step to developing a healthy workplace is to register your interest at **www.derbyshire.gov.uk/healthyworkplaces**



Register your interest

Membership of Healthy Workplaces Derbyshire is free to all workplaces within Derbyshire County Council boundaries.

For more information or to register your interest visit
www.derbyshire.gov.uk/healthyworkplaces

Alternatively you can call us on **01629 537021 / 01629 537662**
or email **healthyworkplaces@derbyshire.gov.uk**

For the latest news and information you can follow us on
Twitter **@DCChealthywork** or visit
www.facebook.com/derbyshirepublichealth