

Supporting health and wellbeing in the workplace



Healthy
Workplaces

North
Somerset

Create a healthier workplace for employees and businesses to thrive. A free scheme to support employee health and wellbeing.

The Healthy Workplace Awards

A free, flexible programme to support and promote the health and wellbeing of staff within North Somerset workplaces. There are many benefits to becoming a member of the Healthy Workplace Awards, such as access to training, peer to peer support and shared resources. The scheme provides a framework to celebrate work to support staff health and wellbeing with opportunities to achieve 'Healthy Workplace' awards.

What is involved?

1. Understand health needs of own organisation
2. Identify gaps
3. Develop an action plan

What is on offer?

1. Support from Healthy Workplaces team
2. Networking opportunities
3. Workplace health and wellbeing events
4. Training
5. Newsletter
6. Toolkit



Bronze, Silver and Gold Healthy Workplace Awards

All levels of award are based on the following criteria:

Five key Healthy Workplace goals:

1. Leadership and Commitment
2. Compassionate, inclusive and effective line management
3. Engaged and supported staff
4. Understanding employee health needs
5. Environment



Eight health and wellbeing topics:

1. Mental health
2. Musculoskeletal health
3. Smoking
4. Food and nutrition
5. Physical activity
6. Drugs and alcohol
7. Healthy ageing
8. Women's health, men's health, cancer at work and oral health



Become a member

All that is required to join as a member is a simple registration form and you can work towards achieving an award for your work supporting staff health and wellbeing



Contact us

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 [@BetterHealth_NS](https://twitter.com/BetterHealth_NS)

www.betterhealthns.co.uk/practitioners/healthyworkplaces

