

# 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. Healthy Workplaces Framework
2. Support from Healthy Workplaces team
3. Networking opportunities
4. Workplace health and wellbeing events
5. Training
6. Newsletter
7. Resources



# Bronze, Silver and Gold Healthy Workplace Awards

All levels of award are based on the following criteria:

## Six key Healthy Workplace goals:

1. Leadership and commitment
2. Compassionate, inclusive and effective line management
3. All staff feel engaged and supported
4. Understanding employee health needs and evaluation of health and wellbeing programme
5. The workplace environment
6. Equity, equality, diversity, inclusion and belonging

## Nine health and wellbeing topics:

1. Mental health and wellbeing
2. Musculoskeletal health
3. Smoking and vaping
4. Food, nutrition and oral health
5. Physical activity
6. Drugs and alcohol
7. Support for all life stages
8. Prevention and management of health conditions
9. Other aspects of health and wellbeing



## 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.

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## Contact us

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 @BetterHealth\_NS

[www.betterhealthns.co.uk/practitioners/healthyworkplaces](http://www.betterhealthns.co.uk/practitioners/healthyworkplaces)

