



Wellbeing at Work Awards

Our free and flexible programme encourages health and wellbeing to be at the heart of your organisation.

Our framework uses Public Health England and Business in the Community toolkits which include topics around mental health, physical activity, healthy eating, musculoskeletal health, and sleep and recovery.

Bronze Award

Set up wellbeing in your workplace and demonstrate your commitment through a wellbeing steering group, wellbeing champions, a workplace health needs assessment, a health and safety assessment and a wellbeing action plan.

Silver Award

Choose three toolkits to complete according to your action plan.

Gold Award

Choose four toolkits to complete according to your action plan.

Continued Excellence Award

Continue to add value to staff wellbeing with extra goals.



Wellbeing Champions

We have over 200 trained and supported Wellbeing Champions who promote a healthy culture in their communities by raising awareness around health and wellbeing and signposting to resources.

Wellbeing Champions can access a wide range of wellbeing training courses, attend workplace wellbeing forums, and network with other champions.

We share good practice and maintain regular contact with Wellbeing Champions and can deliver free training in your workplace or community setting.



Wellbeing at Work

Supporting healthy workplaces



Adults working full time spend about one third of their waking hours at work. Work can be hugely rewarding and very sociable.

It can provide an everyday boost to our mental, physical and emotional wellbeing.

This is why it really matters to both employers and employees and why we encourage people to work together to invest in wellbeing in the workplace.

Wellbeing at Work offers a wide range of free onsite support, resources, access to events and learning opportunities.

Contact details

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