



Wellbeing at Work

Supporting wellbeing in the workplace

Wellbeing at Work Awards

The Wellbeing at Work Awards programme is aimed at Plymouth businesses. Our framework uses the 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.

Wellbeing at Work are commissioned to deliver services to businesses in Plymouth or to those businesses with over 50% of their employees having a Plymouth postcode.

We also offer a Micro Business Awards Scheme which is suitable for businesses with less than 25 employees and follows the same format. If you are interested in taking part in this programme then please contact us for more details.

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

Complete three wellbeing toolkits and assessments.

Gold Award

Complete four wellbeing toolkits and assessments.

Continued Excellence

Continue to add value to staff wellbeing with extra goals including becoming a Compassionate Employer with St Luke's Hospice, Plymouth and becoming Disability Confident with Pluss CIC.



Contact us

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tel. 01752 437177

email. wellbeingat.work@nhs.net

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

facebook. [@oneyouplymouth](https://www.facebook.com/oneyouplymouth)

youtube. [wellbeing at work](https://www.youtube.com/wellbeingatwork)



Wellbeing at Work

Wellbeing at Work and Wellbeing Champions Forums

Wellbeing at Work delivers quarterly forums in partnership with the Devon and Plymouth Chamber of Commerce to keep you updated on local wellbeing initiatives and to give an opportunity to network.

Forums are free for Plymouth businesses and Champions to attend. Please see our website for more details and to book your place.

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 our Wellbeing at Work Forums, and network with other champions. We share good practice and maintain regular contact with Wellbeing Champions and can deliver training, some of which is free, in your workplace or community setting.

Training

Wellbeing at Work offer a variety of face to face, e-learning and virtual wellbeing training. This includes Understanding Mental Health & Wellbeing, Understanding Grief & Bereavement, Wellbeing Champions, Mental Health First Aid (Adult & Youth), ASIST & SafeTALK (suicide awareness and prevention), CONNECT 5 (5 Winning ways to Mental Health) and MECC (Healthy conversations).

For more information about training courses and how to book a place please look at the training page on our website.

Wellbeing Resources

Keep up-to-date with the latest news and our suite of wellbeing resources which are free to access. Our website is regularly updated with advice, guidance and support networks. Please register on the homepage of our website to make sure you are on our mailing list.



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