

# HEALTHY WORKPLACES DERBYSHIRE

Supporting  
your workplace to  
promote a healthier  
and happier  
workforce



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## What is Healthy Workplaces Derbyshire?

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

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

The service is available to all workplaces within Derbyshire County Council Boundaries.

The Healthy Workplaces team can work with you over a period of 26 weeks to identify key health and wellbeing issues within your workplace and recommend solutions.

Whether it is helping you improve your employees' mental wellbeing or getting your workforce more active we are there to help.

The programme is aimed at all workplaces across Derbyshire whether you are 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 your reputation among your investors, customers and communities



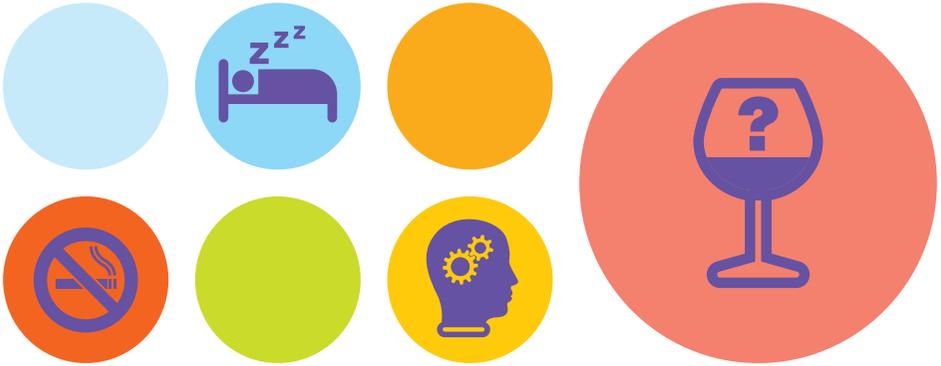
# What do we offer?

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 workplace health and wellbeing and make appropriate recommendations for you to consider
- Support health and wellbeing in your workplace
- Develop strategies and action plans for making improvements
- Provide you with information about local services
- Provide advice and support such as healthy eating, physical activity, stop smoking support, mental health and wellbeing and alcohol/substance misuse
- Provide training opportunities e.g. how to manage stress in the workplace
- Train your staff to become Workplace Health Champions





## What is involved?

**Healthy Workplaces Derbyshire is a flexible programme and has a number of different elements to suit the needs of your workplace.**

### **Our team will:**

- Meet with you to discuss and identify the key priorities for your organisation
- Develop a bespoke Wellbeing Action Plan
- Coordinate delivery of your Action Plan
- Produce a summary report to capture your workplace achievements and evidence your commitment to workplace health

**The first step to developing a healthy workplace is to register your interest at [www.derbyshire.gov.uk/healthyworkplaces](http://www.derbyshire.gov.uk/healthyworkplaces)**



## Register your interest

To register your interest visit

[www.derbyshire.gov.uk/healthyworkplaces](http://www.derbyshire.gov.uk/healthyworkplaces)

To talk to the team

Email: [healthy.workplaces@derbyshire.gov.uk](mailto:healthy.workplaces@derbyshire.gov.uk)