

# The Workplace Health and Wellbeing Briefing

## July 2017



### The Healthy Worker Improving the Wellbeing of your Workforce

#### Wellbeing News

##### Mental Health Awareness Training

##### News

The Government has provided £200, 000 to fund mental health training for teachers in secondary schools.

One in 10 school-aged children will have a mental health condition at any time, with half of all mental health conditions beginning before the age of 14, making early intervention and support vital.

The aim is to help teachers identify and respond early to mental health issues.

- There's nothing new about children developing mental health concerns but often help is delayed for many years, and often not until within the workplace.
- Is your workplace mental health aware?
- Do you manage stress related absence in the best way, and in line with [HSE Stress Management Standards](#)?



##### Disability and employment

*We've included this as many of our customers are unaware of some of the support available and both they and their employees are delighted when they find out.*

Just 47% of those with a disability are in employment. The Government is keen to extend employment and the Work, Health and Disability Green Paper is making progress

- Do you know how many of your workers have a disability?
- Would you know about help and support available should they need adjustments or adaptations at work.
- Do your managers understand how to manage absence and how best to fulfil obligations under the Equality Act?



Details about the green paper are available [here](#)  
Support with making adjustments are available from [here](#).



## Working with HIV



*Just out!*

HIV affects mainly those of working age. The prevalence is now 1.6/1000 in the UK. Treatments are now effectively providing normal life expectancy which is great news for those affected. However, many of those living with HIV still fear discrimination within the workplace although for most it has no impact on their performance at work. Over 50% of those with the condition haven't disclosed it to their employer and 12% had turned or decided not to apply for opportunities for promotion or change of role due to their status.



For more information about HIV and the workplace, the report is available [here](#)

## What's New at The Healthy Worker?

We are delighted to be offering a **NEW 'Leading on Wellbeing' Course**. This is aimed at those who are Wellbeing Leads or Champions within their workplace, or have responsibility for the development of Wellbeing Plans or Strategies within their Company or Organisation.

**This is a must for all present or aspiring Wellbeing Leaders, as it will enable you to:**

- Link your Wellbeing Plans and Projects to Key Performance Indicators
- Use a model to assess your Wellbeing offering
- Take a holistic view of Wellbeing, appreciating your company's strengths, as well as your areas for assessment or improvement
- Build and prioritise your Wellbeing Plan / Strategy
- Understand the evidence base and best practice
- Discover how to evaluate your projects
- Develop communication plans within and outside your workplace
- Take home great new ideas to get innovative with your projects
- Network with like-minded colleagues

Contact us now for Course dates and the Booking form:  
[info@thehealthyworker.co.uk](mailto:info@thehealthyworker.co.uk)

## Twelve Recommendations for the Future of Nurse Training in Occupational Health

Liz has been delighted to work with the National School of Occupational Health on the future of Occupational Health Nurse Training. Her influential report is available [here](#).

## Save the date!

### Open Course / Workshop Dates

- Leading on Wellbeing – Tuesday 26<sup>th</sup> September
- Healthy Worker Trainers Course - 3<sup>rd</sup> and 4<sup>th</sup> October

**Call us now for details and a Booking Form. Places are on a first come basis!**

**Tel:** 01684 231461

**Email:** [info@thehealthyworker.co.uk](mailto:info@thehealthyworker.co.uk)

### Health Awareness Events

2<sup>nd</sup> – 9<sup>th</sup> September – Fibromyalgia Awareness Week. Details are [here](#)

3<sup>rd</sup> – 9<sup>th</sup> September – Migraine Awareness Week. Details are [here](#)

September 10<sup>th</sup> – Suicide Prevention Day. Further information is [here](#)

18<sup>th</sup> – 24<sup>th</sup> September – Know your Numbers Week. Details are [here](#)

## About ‘The Healthy Worker Ltd’

We recognise your people are your main asset. Our training and consultancy services support your business to improve employee health and wellbeing, and reduce sickness absence or presenteeism.

- National Award Winning, The Health Worker Course
- Managing Absence
- Stress, managing it and stress risk assessment
- Personal resilience
- Improving your wellbeing workshops
- Developing your Wellbeing Plan or Strategy Workshops
- Focus Groups or Staff Survey

For further details, see our website, [www.thehealthyworker.co.uk](http://www.thehealthyworker.co.uk)

Call us now on 01684 231461 or email: [info@thehealthyworker.co.uk](mailto:info@thehealthyworker.co.uk)