



What is the Healthy Workplaces Leicestershire Programme?

The Healthy Workplaces Leicestershire programme helps organisations of all sizes across the county to become healthier places to work.

The tailored programme has been designed in collaboration with, and for, Leicestershire businesses, helping to ensure that the support that is most needed by the county's workforce is available to them and their organisations.



Why should you sign up to Healthy Workplaces Leicestershire?

By signing up to Healthy Workplaces Leicestershire, you will:

- Fully understand the health and wellbeing needs of your workforce
- Receive bespoke guidance and goals to improve the wellbeing of your workforce
- Easily track your progress on your online dashboard
- Be promoted on the Healthy Workplaces Leicestershire website
- Be able to promote yourself as an employer that cares about the health and wellbeing of your workforce with our Healthy Workplaces Leicestershire Accreditation branding



Who can sign up to Healthy Workplaces Leicestershire?

Any business in Leicestershire (excluding Leicester City and Rutland*) can sign up to the Healthy Workplaces Leicestershire programme.

We work with businesses of all sizes and types. By talking to you about your business and the needs of your workforce, we will tailor the offer you receive.

** Please contact us if you are an organisation in Leicester City or Rutland.*



We offer a range of products and services.

Our Support:

- **Workplace Health Needs Assessment:** An evidenced based tool that helps your organisation fully understand the health of your workforce. The results will help you as an organisation understand what areas of your workforce's health and wellbeing require improvement, as well as what is currently going well. It will provide you with anonymised data on the health and wellbeing of your workforce.
- **Healthy Workplaces Leicestershire Accreditation:** The accreditation process is novel in that the steps needed to achieve each accreditation level is unique to your organisation, as they are based on the results of your Workplace Health Needs Assessment and decided collaboratively with you. It is a three-step process, taking two years to complete.
- **Mental Health First Aid training:** Over 4 half days, or 2 full days, our in-house team of instructors will train individuals from your organisation to become Mental Health First Aiders (MHFAiders®).
- **Health MOTs:** Health MOTs are individual health appointments for staff at their workplace to help them better understand their health and wellbeing. Delivered by our trained in-house team.





- **Healthy Workplace Champion Training:** Healthy Workplace Champions are members of your workforce who are passionate about advocating the importance of health and wellbeing in the workplace, being wellbeing leaders in your organisation and helping to create a working environment where employee health and wellbeing is prioritised.
- **Healthy Conversation Skills for Managers:** The Healthy Conversation training is aimed at managers and team leaders who want to have conversations that support their team members to make healthy lifestyle choices and changes.
- **Wellbeing strategy and Policy Creation:** The Healthy Workplaces team can support your workplace in developing a wellbeing strategy and a number of health and wellbeing policy options, such as smoking cessation and mental wellbeing.
- **Online Self-help Hub:** A one-stop hub that organisations can signpost their employees to. The hub includes a range of local and national signposting resources, split into geographical areas and categories (e.g. mental wellbeing, alcohol, sleep).

Contact us

If you would like to get involved or find out more information, please visit our website or contact a member of our team using the email address below:

 www.healthyworkplacesleicestershire.co.uk

 healthyworkplaces@leics.gov.uk