

Be Well @ Work Programme

our offer to businesses



Looking after employee health and wellbeing



Promoting a healthy workplace and looking after employee health and wellbeing has considerable benefits for employers and employees.

An employer who provides 'good work' will have an enhanced reputation and image giving employers the competitive edge.



The workplace plays a key role in contributing to the health of its employees. It can encourage employees to look after their own health and wellbeing.

Employee health and wellbeing moved up the employer agenda since covid.



The Be Well @ Work offer



Free service to businesses across South Yorkshire which includes the following:

- Free workplace visit - a short meeting and initial discussion around workplace health and how you can make changes to fit your business.
- Employee Health and Wellbeing Survey - an online survey and analysis report, which will help determine priorities for improving employee health and wellbeing in your workplace.
- Workplace health information - access to a suite of information and resources which can help you to develop your health and wellbeing programme and help to address your business priorities.
- Training - a range of topical workshops, training and events are made available free of charge.
- Work towards and achieve the [Be Well@Work South Yorkshire award](#) at bronze, silver or gold levels.

Employee health and wellbeing survey



"The Be Well @ Work scheme helped us with an employee health and wellbeing survey. It showed the main areas staff wanted more details and guidance. It was quick and easy to convey and encouraged them to think about their lifestyles. The results were collated on our behalf, and it was interesting to find issues of concern. It helped us with a starting point of what support our employees would value most."



What is an employee wellbeing survey?

Completing this survey helps you to decide where to invest in improving health and wellbeing for your employees.

The survey is designed to help employers find out about staff health needs within their organisation and to set a baseline of employee health. It involves conducting a survey of staff and analysing the results to help an organisation plan a programme of health and wellbeing activities that staff will value and feel appropriate to their needs.

Why should you do an employee wellbeing survey?

The survey helps with measuring the impact of health and wellbeing activities that are put in place. Repeating the survey after a suitable period, such as a year, would help to show the difference made by the activities that have been implemented.

GENERAL HEALTH AND WELLBEING

1- How is your health in general?



Training and events

- Bi monthly topical workshops – rewards and benefits, social value, mental health and menopause
- Workplace Health Champion Training
- Awareness raising presentations – sleep, mental health and menopause
- Health and wellbeing webinars



Supporting menopause in the workplace

- Understanding menopause – what is it and when does it occur?
- Common symptoms – raising awareness and considering the impact at work
- Why do we need to offer support to menopausal women in the workplace?
- How can managers and employers offer support?
- What ongoing support can be offered to ensure staff are empowered and informed?



Wednesday 14 December
from 10am to 12 noon
at Barnsley's Town Hall



Partnership working and signposting

- More Money In Your Pocket
- Warmer Homes
- ‘How’s Thi Ticker’
- Health checks
- What’s your move
- Signposting to services e.g. mental health , smoking , drugs and alcohol



“We're really keen to ensure we offer a friendly and welcoming place. Where our employees can thrive to be their best. Whilst providing an outstanding support service to our clients.”

“Thanks to our involvement with the Be Well @ Work programme, we're able to find out about local events. Including this mental health first aid course. It's great to now have six mental health first aiders and we'd strongly encourage other businesses to get involved.”

South Yorkshire Be Well @ Work Award

- Provides a framework for a business to work towards building good practice in workplace health and wellbeing
 - Suitable for businesses of all sizes
 - Includes mandatory requirements and allows a business to select from a range of themes
 - Allows progression - bronze, silver and gold
 - Once awarded lasts for two years



Workplace Health Champions

- Workplace health champions are members of staff that encourage the workforce to take positive steps for healthy living
- They work closely with management and employees to develop and deliver initiatives and activities
- Businesses are encouraged to create these roles to foster a culture of support and improve overall employee wellbeing
- Opportunity to network and share good practice with other businesses through the twice yearly network meetings



Be Well @ Work supported Natural Cement to set Laura up as a Workplace Health Champion. After accessing free advice and workshops, Laura could contribute toward supporting a healthy and productive workforce.

"Laura is our workplace health champion. She really enjoys attending the meetings, finding new tips and advice for us all to try. She's now completed a Level 2 certification in mental health first aid and mental health advocacy in the workplace."

Business case studies in the South Area

- Euramax – introduced a number of wellbeing initiatives to support staff, including rewards and benefits and have introduced 4 day week for staff
- Cranswick foods – have appointed a team of wellbeing champions who are helping with developing a wellbeing programme. The Champions have all been training on MHFA
- Universal Products – undertaking the employee wellbeing survey as a starting point to a wellbeing programme
- Freshpak – undertaking the employee wellbeing survey and taken up the offer of free ESOL training on site

Skills and employability

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SUPPORTING BUSINESSES AND
THE WORKFORCE

Improve your
business by
supporting
and
developing
your staff



Skills &
Employability

Happy, healthy, productive employees are a great asset

Improve your business by supporting and developing your staff. Promoting a healthy workplace, looking after the wellbeing of your employees, and providing training and development options has considerable benefits for businesses. As well as reducing sickness absence and staff turnover it can lead to enhanced productivity and improved performance.

Through our teams, you'll gain access to knowledge and expertise to identify the right opportunities for you.



Skills &
Employability

For more information email