

WORKPLACE HEALTH

A BULLETIN FOR EMPLOYERS TO SUPPORT WORKPLACE HEALTH AND WELLBEING

A FOCUS ON TRAINING OPPORTUNITIES



The WPH team have collected a range of free training opportunities for ALL workplaces across Milton Keynes, Bedford Borough and Central Bedfordshire.

If you need help to improve the health and wellbeing of your workforce please visit the [Healthy Workplace webpages](#).

You will find a range of [resources](#) the FREE [Workplace Health and Wellbeing Service Offer](#) and information about the [Healthy Workplace Standards](#).

One of the five ways to wellbeing is to keep learning [click here](#) for more information.



Being in 'good work' is good for your health and wellbeing. Good work is defined as having a safe and secure job with good working hours and conditions, supportive management and opportunities for training and development.

Education and training supports employees to develop and progress in work, which not only results in better employment rates, it can create an environment where your employees feel valued.

A happy, healthy workforce makes great business sense!

The following Health and wellbeing training opportunities are available: -

- Financial Wellbeing - Protect your staff from Illegal money lending. [Stop Loan Sharks](#)
FREE online training courses teach you the skills and confidence to have a potentially life-saving conversation with someone you're worried about. [Zero Suicide Alliance](#)
- The importance of taking breaks webinar. [The Bank Workers Charity](#)

You will also find a range of **FREE** training opportunities on the Workplace Training and Webinars webpage [click here](#), including the following:-

- How to be more dementia friendly [Alzheimer's Society](#)
- How to set up a domestic abuse champions network [MK:act](#)
- How to build a disability inclusive workplace. [Ability NET](#)
- Improving awareness around suicide prevention [Zero Suicide Alliance](#)



Congratulations to 2 of our local workplaces who were presented with their Healthy Workplace Awards by the Mayor and Mayoress of Milton Keynes at our successful workplace health breakfast event in May! Delegates at the event heard from a range of speakers about free inclusive employment services, and were able to chat to many health and wellbeing service providers throughout the morning. Thank you to all of the stall holders that attended, that included, the stop smoking service, domestic abuse awareness and menopause awareness. The next breakfast workplace health event is being held on **Tuesday 26th September 2023 at the Forest Centre Marston Moretaine Bedford MK43 OPR.**

Further details will be published nearer the time.

