

WORKPLACE HEALTH

A BULLETIN FOR EMPLOYERS TO SUPPORT WORKPLACE HEALTH AND WELLBEING

A FOCUS ON SMOKE FREE WORKPLACES



The Stoptober campaign increases the odds of making a quit attempt in October by 80%. Don't miss out on the opportunity to promote this health campaign! You can find out more on our campaign [webpages](#).

The Stop Smoking Service offers FREE level 2 advisor training to committed BMK workplaces seeking to set up an in house stop smoking support service

To book a place please contact Jane.Kendall@centralbedfordshire.gov.uk



The [Healthy Workplace Standards](#) are a best practice framework which will support you to become a smokefree workplace. [Register now](#) and the Workplace Health Team will help you to achieve your smokefree goals and a healthy workplace award.



Are you a smokefree workplace?

Did you know that the average smoker takes more sick leave than a non-smoker and smoking breaks also cost an employer on average £1,815 per year? Every employee that quits will improve their mental health, have higher energy levels and after a year, will halve their risk of heart attack.

The workplace offers an ideal opportunity to encourage and support employees who want to quit and create a smokefree environment by;

- Signposting individuals to the [Stop Smoking Service](#)
- Designating a smokefree champion
- Offering basic awareness training for employees
- Offering advisor training for employees
- Developing a smokefree policy
- Working to achieve the Healthy Workplace Smoking and Tobacco standard
- Designating the entire site as a smokefree workplace



How can the Stop Smoking Service help you and your employees?

The [Stop Smoking Service](#) is there to help your workplace to become a smokefree environment with the assistance of friendly advisors.

- Free resources including posters and leaflets to improve awareness and help employees access the service
- Advice in policy development
- Support for individuals to stop smoking, either online, in person, individually or in a group. Check out this [video](#) for one service user's experience
- Very brief advice training on quitting
- Stop smoking level 2 advisor training enabling the workplace to support employees in house to stop smoking. Your workplace will be rewarded financially for each successful quit!
- Workplace drop ins and support for your wellbeing events
- Free lung health checks for employees aged 55- 74

For more information or to access the Stop Smoking Service please contact :

Jane.Kendall@centralbedfordshire.gov.uk



You are invited to a **FREE** breakfast Workplace Health and Wellbeing event at [The Forest Centre Marston Moretaine](#) on 26th September 2023 to meet a range of Health and Wellbeing provider services, hear presentations focusing on inclusive employment and be part of the Health Workplace Awards. To book please [click here](#).

