



Working together to improve the health and wellbeing of our communities

Healthy Workplace

Supporting local employers with health and wellbeing in the workplace

December 2024

The Public Health Workplace Health Team work with local service providers to offer FREE workplace health and wellbeing services, to workplaces based in Milton Keynes, Bedford Borough and Central Bedfordshire.

Our monthly bulletin outlines our offer, focuses on different health and wellbeing topics, showcases services and highlights forthcoming campaigns to support health and wellbeing in your workplace.



Seasons greetings

The Workplace Health Team would like to wish you a happy holiday over the Christmas and New Year period.

Thank you for your commitment and hard work in supporting the health and wellbeing of your employees this year.

Monthly focus



Winter health messages - Flu vaccine



As the flu season approaches, it's more important than ever to safeguard your health and that of your colleagues, friends, and family. Influenza, or the flu, is a serious respiratory illness that can lead to severe complications, especially in high-risk populations.

Did you know....?

- Respiratory infections over the last five years have been one of the top five reasons for sickness absence in the UK (ONS)
- Locally, in 2022-2023 just over 600,000 fit notes were issued for respiratory infections permitting at least five days absence from work
- Every year, flu strains change, making it essential to get vaccinated annually
- The flu vaccine is carefully updated each year to match circulating viruses
- Getting vaccinated not only protects you but also those around you, particularly individuals who are more susceptible to serious flu-related complications, such as older adults, people with chronic medical conditions, and pregnant women

- There are a number of providers selling workplace flu vouchers to help protect employees from flu

Flu prevention tips in the workplace

In addition to getting vaccinated, you can take simple yet effective measures to prevent the spread of flu:

- Practice good hygiene by washing hands regularly with soap and water
- Use tissues to cover your mouth and nose when you cough or sneeze, and dispose of tissues in waste bins promptly
- Avoid close contact with people who are unwell
- Stay home if you experience flu-like symptoms to protect others
- Wipe desks, equipment and office surfaces with antibacterial wipes every day

Remember, the flu vaccine is one of the best ways to protect your health this season. Stay informed, get vaccinated, and encourage others to do the same

For more information including what to do if an employee has respiratory infection click here [Government guidance on reducing the spread of respiratory infections in the workplace](#)

Service offer spotlight

Flu vaccination

The NHS is running a free flu vaccination programme in 2024. People of working age qualify for a free flu jab if they are:



- Pregnant
- Certain health conditions, such as asthma, diabetes, or heart disease
- A carer for someone who might be at risk if they fall ill
- Close contacts of immunocompromised individuals
- Frontline health or social care workers (NHS or other providers)
- Aged 65 or over

Employees who are eligible for a free NHS flu vaccine can book an appointment through their GP, local pharmacy, the NHS app or online [Book, change or cancel a free NHS flu vaccination at a pharmacy](#)

For those not eligible, many pharmacies and private healthcare providers offer the vaccine for a fee. Check with your employer to see if workplace flu vaccination options are available.

Campaigns



Dry January 2025

Take on 31 days alcohol-free with Alcohol Change UK, a leading UK alcohol charity for a total body and mind reset.

From better sleep and a mental health boost, to saving money and time - there's a whole lot to gain. For more information [Dry January](#)

Time Gentlemen Please

Supporting men make healthier choices with alcohol designed to help, not judge.

Whether people are concerned about excessive drinking or seeking ways to go easy on alcohol, this campaign is designed to signpost people to local and national services that can support them on their journey. For more information [Time Gentlemen Please](#)



Thank you for reading our newsletter. If you would you like to be added to our mailing list or for more information on:

- [Free training and workshops](#) on a range of health and wellbeing topics
- A range of [information and resources](#) covering all aspects of workplace health

Please email the Workplace Health Team at public.health@milton-keynes.gov.uk

Please do not reply to this email

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