



Wellbeing at Work

It's easy to promote health and wellbeing at work. Not only does it help staff be happier, more productive and increase attendance, the business has a better brand image, retention and recruitment.

Business owners, managers and employees can find information and support on the happyandwell.me website. Find out what online resources and local services are available to you. Improve your own and your employees' wellbeing using the 'five ways to wellbeing'.

If you are interested we'd like to come and talk to you about what you think would work best for your staff and for you as an employer. We will develop an activity plan tailored just for your business and you will then have a direct link to East Riding of Yorkshire Council for future support. Visit our website eryc.link/wellbeing-workplace or email us at [@healthatwork@eastriding.gov.uk](mailto:healthatwork@eastriding.gov.uk)

SCAN FOR MORE



Working Well

EAST RIDING

INFORMATION FOR EMPLOYERS

HEALTH AND WELLBEING AT WORK

What is WORKING WELL?

Working Well wants to work with local businesses in their efforts to support a healthy workforce.

Working Well will support local businesses to be aware of and have access to health and wellbeing services and initiatives and encourage businesses to work together in a network and share good practice.

Working Well will assist employers to focus on supporting employees to ensure that the workforce remains healthy, engaged and motivated. Employers may have to embrace different ways of working, creating exciting and flexible working environments that inspire staff. The response to COVID-19 has brought new challenges that will no doubt have long-term effects on employee's mental, physical and financial wellbeing. The health and wellbeing of employees has never been more important and **Working Well** wants to support local business.



Why get involved? Why it matters...

Employers have a pivotal role to play in creating healthy and inclusive workplaces. Greater health and wellbeing in the workplace can support higher productivity through fewer days lost because of sickness, illness, lower absenteeism and presenteeism. Supporting employees to concentrate on their own physical health and wellbeing is vital to encouraging economic growth and sustaining a strong and productive workforce.

Investing in employee wellbeing can only have a positive effect. Changes to the workplace, being able to access and create awareness of available local and national services, promoting wellbeing alongside addressing mental and physical health issues all increase resilience to stress. Employee wellbeing boosts employee engagement, reduces sickness and absence and encourages higher performance and productivity.

What's in it for the employer?

- A direct contact with East Riding of Yorkshire Council to support workforce health and wellbeing.
- A means of supporting workforce health and wellbeing by providing opportunities to engage, consult and share good practice about health and wellbeing within a local network.
- Support with creating awareness, promoting and accessing local services. Information on how to signpost and refer into both local and national health and lifestyle services.
- Access to health and wellbeing campaign resources, materials and information.
- Support to create workforce wellbeing events.
- Opportunities to attend seminars, webinars and training centred around health and wellbeing.
- Opportunity to become involved within a local network of businesses, sharing good practice with the introduction of workplace Health and Wellbeing 'champions'.
- Great publicity. We will share our partnership working across the East Riding and beyond via a plethora of communication channels including social media and websites.

