



Wellbeing at Work

Supporting Wellbeing in the Workplace

Wellbeing at Work provide a Wellbeing at Work Awards programme, a Wellbeing Champion programme, and Wellbeing Training for Plymouth businesses. [Check out our animation to find out more](#)

Commissioned by Plymouth City Council to deliver services to businesses in Plymouth or to those businesses with over 50% of their employees living at a Plymouth postcode.

Wellbeing at Work Awards

Bronze Award

Gain a Bronze Award with our free programme for Plymouth based businesses, with more than 25 employees, by setting up a staff wellbeing steering group, implementing wellbeing champions, conducting a staff wellbeing survey, and creating a wellbeing action plan. Free training and support are provided.

Silver and Gold Award

Choose three topics for Silver and four further topics for Gold. A Public Health England and Business in the Community toolkit is provided for each topic alongside an assessment.

- Sleep and recovery
- Mental health
- Physical activity, healthy eating, and healthier weight
- Drugs alcohol and tobacco
- Reducing the risk of suicide
- Musculoskeletal health in the workplace
- Domestic abuse



Contact us

Tel: 01752 437177

Email: wellbeingat.work@nhs.net





Wellbeing at Work

Wellbeing Champions

We have over 500 trained Wellbeing Champions who influence a healthy culture in their communities and organisations. Through signposting staff, organising social events, and bringing the team together, Wellbeing Champions support and promote physical and mental health messages to improve the working environment. Our dedicated Wellbeing Champion Lead will also provide continued support, resources, and free networking opportunities.

Training

We deliver professional and accredited Wellbeing Training packages through a mixture of virtual and face-to-face sessions, with the majority being free of charge. Our training aims are to increase awareness around both physical and mental health, allowing those that attend to support individuals in their workplaces and communities.

Resources

Our website and social media platforms are regularly updated with the latest wellbeing advice, news, and guidance. We issue a regular e-newsletter which keeps you up to date with local wellbeing, events, promotions, and campaigns. Please sign up to our regular e-newsletter on our website.



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