

A healthy, happy workforce is better for business



"OUR TECHNICIANS NEED TO BE ON THE BALL, PHYSICALLY AND MENTALLY, SO IT MAKES GOOD BUSINESS SENSE FOR US TO PRIORITISE EMPLOYEE WELLBEING. THE REVIEWS FROM OUR CUSTOMERS SPEAK FOR THEMSELVES."

Kevin Pearce - Owner, Cedar Garage, Worthing

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Did you know that 131 million days are lost to sickness absence every year in the UK?

Adur & Worthing Wellbeing offers a free service to support you to improve the health of your workforce.

Benefits for employers:

- Increased productivity
- Less absence
- Fewer workplace injuries
- Greater staff retention

Benefits for employees:

- Better physical health
- Better mental health and wellbeing
- Early detection of health issues
- Less sickness



Booking in for a Wellbeing MOT

MOTs with a difference have been taking place at Cedar Garage in Worthing. Men who are more used to opening up the bonnets of cars have been encouraged to take a look at their own mental mechanics and bodywork.

With the help of an Adur & Worthing Wellbeing Advisor, staff - both men and women who work at Cedar Garage - have been given free wellbeing check-ups as part of a drive to improve health and wellbeing in the community.

The one-to-one wellbeing assessments evaluate the worker's emotional health, activity levels, hydration levels and weight.

The owner of Cedar Garage, Kevin Pearce is confident that by focusing on the wellbeing of his employees, his business is fitter as a result.

"THINK OF A TEAM MEMBER AS A CAR. IT'S IMPORTANT TO MAINTAIN THEIR WELLBEING NOT WAIT UNTIL A BREAK DOWN OCCURS."

4 TIPS FOR CREATING A HAPPY, HEALTHY WORKFORCE:



1

Create opportunities and incentives for staff to be physically active, e.g. walk & talk meetings.

2

Help staff to access wellbeing services – e.g. by signposting to Adur & Worthing Wellbeing for help with quitting smoking, cutting back on alcohol, losing weight and getting more active.

3

Promote campaigns like *Stoptober* and *Dry January*.

4

Provide a supportive environment for employees, encourage conversations about health and wellbeing and reduce the stigma around mental health.

HOW WE CAN HELP

Our Wellbeing Advisors will work with you to develop the right approach for your workplace. This can include:



Free on-site NHS health checks and wellbeing assessments, with tailored one to one support for your employees.



Lunchtime wellbeing workshops on topics such as healthy eating and quitting smoking.



Personalised reports and signposting to other services that can help to improve the wellbeing of your workforce.

Putting employee mental health on the menu

The mental health of hospitality workers is of growing concern, something that local businessman and owner of the Fat Greek Taverna, Andy Sparsis was keen to address after recognising that his own staff were struggling.



"As a business, by law, we have to go through various safety checks and risk assessments. This includes making sure our cooks wear chef whites, have the right footwear and are fit for work in a physical sense, but there's nothing about mental health."

An Adur & Worthing Wellbeing Advisor worked with Andy and his team to put in place a programme of support.

"Hospitality is low paid and the hours are unsocial so you have to find ways to make it enjoyable. When you invest well in your staff, they give everything in return. Creating the time to prioritise mental health has made a huge difference to our employees."

Peter, one of the chefs at the restaurant, was keen to take advantage of the opportunity to check in with a Wellbeing Advisor. Formerly a police officer in Poland and having retrained, he describes his work in the kitchen as high pressured and welcomed some help with managing his stress levels.



GET IN TOUCH

To find out how we can help you improve the health of your workplace:

Email: info.wellbeing@adur-worthing.gov.uk

Telephone: 01903 221450

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