

About OND

One Northern Devon is developing a Workplace Wellbeing programme to support local businesses alongside Southwest Business Council leaders & DWP.

The evaluated and accredited scheme will engage with 20 local businesses initially to promote healthier lifestyles for the workforce, increase mental health awareness and create a local workplace health champion network

Aims

To support employers and employees make positive lifestyle choices, boost morale, increase resilience and protect the long-term wellbeing of our local workforce.

To reduce sickness rates and improve productivity in Northern Devon by supporting small and medium sized local businesses and organisations to improve the workplace wellbeing of their employees

Benefits to your Business

Everyone should feel able to thrive at work. The One Northern Devon 'Workplace Wellbeing Programme' will support local employers and their staff develop a sustainable strategy that focuses on their health and wellbeing.

Its aim is to help prevent and manage ill-health and protect the long-term wellbeing through building individual and workforce resilience.

Businesses will be championed at a locality level for creating a culture and ethos that promotes understanding of health and wellbeing and supports staff to make simple changes such as eating better and moving more.

This programme will strive to not only make workers healthier and happier but make them feel genuinely cared about, heard, understood, listened to and valued.

Dr Kay Brennan – Workplace Wellbeing Advisor and GP

Objectives

Wellbeing Scheme

To create an 'Investors in Wellbeing' scheme for organisations to work towards

Mental Health

To increase mental health awareness amongst employers and employees and have access support and resources.

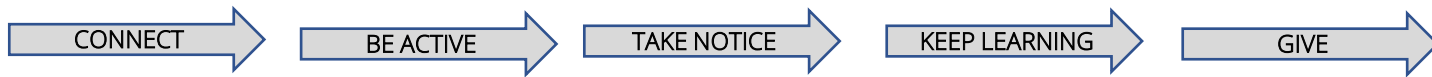
Anchor Institutions

To share good practice, wellbeing resources and experience with Northern Devon SMEs and organisations

Connectivity

To create a local network of 'Workplace Wellbeing champions', who will promote wellbeing at work, cascade information and learning and help peers access support

5 Ways of Wellbeing



onenortherndevon
Workplace wellbeing project

REGISTRATIONS ARE NOW OPEN TO JOIN OUR FREE WORKPLACE WELLBEING WEBINARS

- **Just how much of an issue is poor mental health in the workplace?**
 - **What has the impact of the Covid Pandemic really been on employee wellbeing?**
 - **What are the links between mental health and wellbeing?**
 - **How do we create a workplace culture and strategy that supports all whilst also managing the return on investment?**
- Join us to answers these question and explore your organisation's obligations and how to build inclusive and supportive strategies suitable for both individuals and our collective workforce.
 - **All attendees will be invited to follow up bonus resources, including a directory of tools, a FREE 30 minute 1:1, and team development and taster sessions.**
- **Please register today for one of our two sessions:**
 - **Tuesday 17th May - 8:30am**
 - **Monday 30th May - 8.30am**
 - **email info@swbc.co.uk to book your place**

Upcoming workplace wellbeing events!!!!

Photography for Wellbeing	29th April 10am	
Physical activity for wellbeing	4th May 11am	
Wellbeing at Work Masterclass	Thursday 12 th May at 9am	book here
Doodling for Wellbeing	23 rd May 12pm	book here
Build a Routine for Your Wellbeing	10 th June 12pm	book here
5 Ways to Wellbeing	16 th June at 12pm	book here
Wellbeing at Work Masterclass	Friday 17 th June at 12pm	book here
Tai Chi and Qigong for Wellbeing	30 th June 11am	book here
Real Food and a good night's sleep; the essential ingredients for a happy life	6 th July 6pm	book here

Wellbeing Works: Supporting Devon to Thrive

Michelle McCartan - Devon Communities Together

michelle.mccartan@devoncommunities.org.uk



IT'S A NEW DAY!

Recruitment, Wellbeing and Advice Fair

Can you relate to any of these statements?

- Are you looking to start work?
- Keen to find out more about Apprenticeships?
- Thinking of a career change or looking for a new and exciting challenge?
- Not sure where your career is going?
- Been out of work for a while and need a new direction?
- Do you need wellbeing advice?

Some of the companies attending:

- Griffiths
- Brend Hotels
- Fortel
- DS Fire Service
- Seetec / Postive People
- Job Centre
- Waymaker
- One South Molton
- One Barnstaple

Join us

Wednesday 29th June 2022 at South Molton Pannier Market, EX36 5AB

OR Wednesday 13th July 2022 at Barnstaple, Pannier Market, EX31 1SY

10am - 3pm



Seetec
PLUS



GRIFFITHS



“TOGETHER, BY PRIORITISING WELLBEING, WE CAN THRIVE...”

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Workplace Wellbeing