

# WORKING VOICES

Linking the NHS and the workplace

Information for employers



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BETTER.

# WHAT IS WORKING VOICES?

Working Voices is a local NHS programme that aims to reach people at work. The scheme helps build relationships between employers and the NHS in partnership with local authorities, voluntary community services, voluntary sector organisations and other health service providers. The NHS has always been at the heart of local communities. We want to support your staff to improve their health and wellbeing by providing information about local health and lifestyle services. We also want your employees to have their say about local health services to help us plan and design services that meet their needs and preferences.

In the UK 118.6 million\* working days were lost to sickness or injury in 2020. In Yorkshire and the Humber region 2% of working days are lost due to sickness absence compared to a national rate of 1.8% for the UK. Musculoskeletal problems, such as back and joint pain, and mental health conditions are two of the main causes for absence with nearly 37 million days lost for these two reasons alone.

Supporting your employees to have good health and wellbeing brings many benefits to your business including reducing sickness absence, lowering staff turnover, increasing employee satisfaction, and improving productivity.

We want to help your business in your efforts to support a healthy workforce.

*\*2020 ONS figures*

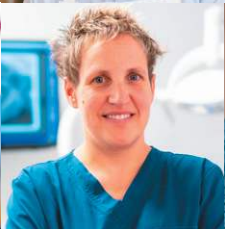


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# WHAT'S IN IT FOR THE EMPLOYER?

- A direct contact in your local NHS to support workforce health and wellbeing
- A means of helping the workforce understand that employers care about their health, by giving opportunities to have their say about local health services
- Signposting to lifestyle services for delivery in the workplace
- Access to health campaign information
- Opportunities to attend health seminars tailored to businesses
- Support to create workplace wellbeing events
- Good publicity – we'll be sharing our partnership working across the NHS and social media



# WHAT SUPPORT IS AVAILABLE?

Joining Working Voices gives local businesses direct access to a range of services that can support employee health and wellbeing. Examples may include the following which can be tailored to each individual business:

- NHS Health Checks
- Emotional wellbeing; mindfulness, stress management, mental health first aid
- Support to become a 'Mindful Employer'
- Access to smoking, drug, alcohol and weight management services
- Physical activity options
- Access to health campaign materials



# WHAT'S THE NEXT STEP?

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 into the NHS for future support.

Email: [hnyicb.workingvoices@nhs.net](mailto:hnyicb.workingvoices@nhs.net)

Facebook: [letsgetbetterhny](https://www.facebook.com/letsgetbetterhny)

[letsgetbetter.co.uk](https://www.letsgetbetter.co.uk)



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