



Workplace Health and Wellbeing 2022 - 2023



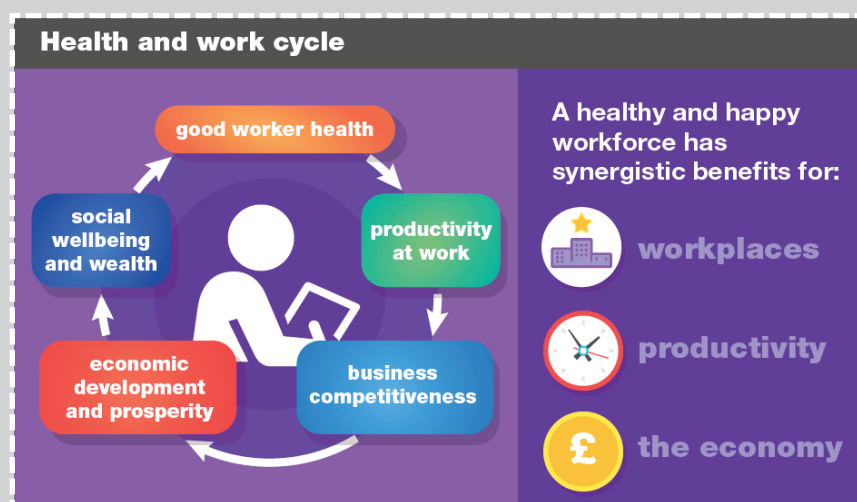
Working together to improve the health
and wellbeing of our communities

Workplace Health and wellbeing Offer Brochure 2022 - 2023

The Public Health Workplace Health Team are working with local businesses across Central Bedfordshire, Bedford Borough and Milton Keynes to promote a healthy, productive and motivated workforce through the offer of health and wellbeing services:

- Healthy weight programmes and training
- Smoke free workplaces, programmes and training
- Mental health and wellbeing support and training
- Domestic abuse awareness training
- Active travel advice and support
- Inclusive employment support, advice and training
- Addiction and recovery services
- Sexual Health advice and support

Why is this important?



Source: Health matters: health and work - GOV.UK (www.gov.uk)

Where can I find out more?

Contact the Public Health Workplace Health Team,
Milton Keynes City Council, Civic, 1 Saxon Gate East, Milton Keynes MK9 3EJ
Email: public.health@milton-keynes.gov.uk



-  Improve the health and wellbeing of your workforce with the free **Healthy Workplace Standards**.
-  Retention of staff, reduced sickness absence, increased productivity, improved reputation as a best practice employer.

Eight best practice standards

For small, medium, and large businesses.
Bronze, silver, and gold levels.

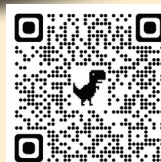
To register for the Workplace Health Standards or to find out more:
Web: www.healthyworkplaceaward.org.uk
Email: public.health@milton-keynes.gov.uk *

* This email address should also be used for workplaces located in Central Bedfordshire, Bedford Borough and Milton Keynes.



Milton Keynes
City Council

Working together to improve the health
and wellbeing of our communities



Healthy workplace standards

A best practice framework and award scheme to help you to improve the health and wellbeing of your employees

Available to workplaces in Milton Keynes, Central Bedfordshire and Bedford Borough

Register now and reap the benefits of a happy healthy workforce!

For more information visit: www.healthyworkplaceaward.org.uk



Milton Keynes
Talking Therapies
Service (IAPT)

Bedfordshire Wellbeing Service
Making a positive difference through Talking Therapies

WORKPLACE SUPPORT

Milton Keynes Talking Therapies and Bedfordshire Wellbeing Service offer mental health support for businesses and employees in the local area.

INCLUDING:

Wellbeing Webinars

Both IAPT services offer a range of wellbeing webinars in live and pre-recorded formats for your convenience. These are informative sessions led by our highly trained NHS clinicians that offer coping strategies and professional wellbeing advice.

Workplace Workshops

For local employers in the Bedfordshire and Milton Keynes area, both IAPT services offer workshops to support the needs of employees. We have a range of available topics and can also accommodate bespoke requests that are tailored to your workplace.

BEDFORDSHIRE:



elft.bwsoutreach@nhs.net
01234 880400

MILTON KEYNES:



cnwl.mktoutreach@nhs.net
01908 725099

Mental health and wellbeing support and training

Available to workplaces in Milton Keynes, Central Bedfordshire and Bedford Borough

Milton Keynes: for more information visit: www.mktalkingtherapies.nhs.uk

Bedfordshire: for more information visit: www.yourwellbeingbedfordshire.org.uk/



Mind
BLMK

Mind BLMK - services



- **FREE – Short audio-visual support films for Managers and Colleagues 'Managing difficult conversations with concern for mental health distress and / or in a crisis'**

Managers - <https://www.mind-blmk.org.uk/training-and-education/companies/audio-visual-managers-managing-difficult-conversations/>

Colleagues - <https://www.mind-blmk.org.uk/training-and-education/companies/audio-visual-for-colleagues-managing-difficult-conversations-in-the-workplace/>

- **FREE – Online training sessions for Managers and Colleagues for workplaces 'Managing difficult conversations with concern for mental health distress / and or in a crisis'**

- **Managers – (30mins)** <https://www.mind-blmk.org.uk/training-and-education/courses-and-workshops/free-training-for-managers-working-across-bedford-borough-central-bedfordshire-and-milton-keynes/>

- **Colleagues (1.5hr)** <https://www.mind-blmk.org.uk/training-and-education/courses-and-workshops/free-training-for-all-staff-working-across-bedford-borough-central-bedfordshire-and-milton-keynes/>
(The above training is for people working across Bedford Borough, Central Bedfordshire, and Milton Keynes) To book your place click on link, you will be able to book via the automated booking system)

FREE – See the Signs / Stayalive training (suicide awareness) 2.5hr
<https://www.mind-blmk.org.uk/training-and-education/courses-and-workshops/free-training-see-the-signs-save-a-life-suicide-prevention/>
(The above training is for people working across Bedfordshire, Luton, and Milton Keynes) To book your place click on link, you will be able to book via the automated booking system)



Mental health and wellbeing support and training

Available to workplaces in Milton Keynes, Central Bedfordshire and Bedford Borough

For more information visit: www.mind-blmk.org.uk



Fee paying training services

- Mental Health First Aid (Adult) course
- Mental Health First Aid / Workplace Health Champion Course
- Mental Health First Aid half day & Refresher courses
- Mental Health Awareness
- Wellbeing workshops
- Webinars
- Consultancy
- Coaching

For further information contact: training@mind-blmk.org.uk
Telephone: 0300 330 0648 (option 6)

FREE – Operational Services

- **Supporting mental health needs across Bedfordshire, Central Bedfordshire, Luton, and Milton Keynes** www.mind-blmk.org.uk
- **Crisis Cafes – 365 days per year 5pm – 11pm 01525 722225** <https://www.mind-blmk.org.uk/how-we-can-help/crisis-support/>
- **Suicide prevention pathway** <https://www.mind-blmk.org.uk/how-we-can-help/suicide-prevention-pathway-service/> 01525 203 778 or email: spps@mind-blmk.org.uk
- **Want to volunteer with us** <https://www.mind-blmk.org.uk/get-involved/volunteer/>
- **Fundraising activities** <https://www.mind-blmk.org.uk/support-us/fundraising/>



Mental health and wellbeing support and training

Available to workplaces in Milton Keynes, Central Bedfordshire and Bedford Borough

For more information visit: www.mind-blmk.org.uk



Community Learning MK

Adult Education



Health and Wellbeing Courses

Education empowers! A workforce that enjoys good mental health is key to any successful workplace. Having access to support when it is needed enables staff to learn about their own wellbeing and how best to maintain it. Our courses cover a wide range of topics and activities all geared towards developing new, healthier habits and strategies for improving wellbeing.

Current courses

- Building a Resilient Mindset
- Less Stress more Happiness
- Mindfulness for Busy People
- Living with Chronic Fatigue
- Finding Your Way through Grief
- Present Moment Living
- Menopause and You
- Motivated for Success
- The Art of Communication
- Essential Self Care
- Boost Your Self Esteem, Grow in Confidence
- Live with Purpose
- Living Well with Hearing Loss
- Art Journaling
- Art for Wellbeing
- Textile Heaven

All our Health and Wellbeing courses are FREE to anyone aged 19+, regardless of income.

Many of these courses can be delivered in-person and/or online apart from Living with Chronic Fatigue which only runs online, and art and craft-based courses which only run in-person.

Classroom based courses are held across our various centres in Milton Keynes - CLMK Learning Centre in CMK Library, Westbury Arts Centre, The Church of Christ the Cornerstone in CMK, and Oakgrove School.

If you are an employer and would like to commission a course from us, please email – jane.sharp@milton-keynes.gov.uk or call 01908 556745

To find out more and/or to enrol online, visit <https://www.milton-keynes.gov.uk/courses> and select 'Health and Wellbeing'. You can also enrol by calling 01908 556727 or email communitylearning.mk@milton-keynes.gov.uk

Did you know?

We also offer courses in IT & Digital Skills, Languages, Maths, English and ESOL, Arts, Crafts and Creative Media and Professional Training up to Level 2. Visit the website to find out more.



Community adult learning MK

Available to all employees in Milton Keynes, Central Bedfordshire and Bedford Borough

For more information visit:

www.milton-keynes.gov.uk/schools-and-lifelong-learning/CLMK



DOMESTIC ABUSE HAS A DEVASTATING IMPACT ON INDIVIDUALS AND THEIR FAMILIES.

Join our free virtual training sessions to support workplaces.
Delivered by MK-Act.



This workshop is for businesses of all sizes, employers, HR professionals, line managers and front-facing staff working in Milton Keynes.

Employers do play a huge role in supporting victims of domestic abuse, by creating a safe space in the workplace to provide a network of support outside of a victim's home.

- What is Domestic Abuse and the impact.
- Awareness of stalking and harassment in the workplace
- How your workplace can become a safe place for victims to disclose domestic abuse incidents
- How your workplace can identify, and support victims affected by domestic abuse

Training dates available throughout the year. To book a place on the course visit our website [MK-ACT \(mkact.com\)](https://www.mkact.com) or scan the QR code.



Domestic abuse awareness workshops

Domestic abuse awareness workshops - Training is available to Milton Keynes workplaces.

Webinars are available to workplaces across Milton Keynes, Central Bedfordshire and Bedford Borough

To access online webinars visit: <https://www.mkact.com/webinars/>

For more information contact: info@mk-act.org

For more information visit: www.mkact.com/free-virtual-domestic-abuse-training/



Workplace Guidance for Domestic Abuse

Join us on our Domestic Abuse Awareness Workshop, and learn how to create a Safe Space in your workplace for staff and clients.

A variety of **free workshops** available for local businesses

Did you know:

- * UK Business's lose £14 billion a year due to time off and reduced productivity as a result of Domestic Abuse.
- * 1 in every 4 Women and 1 in every 6 Men suffer from Domestic Abuse in their lifetime
- * The new Domestic Abuse Bill asks Employers to recognise and support those experiencing Domestic Abuse, in the workplace.

WE CAN HELP

Through our work with victims and survivors of domestic abuse and sexual violence, we know the difference it makes to victims when their employers offer a safe and supportive environment.



Scan me to see all available workshops

Please visit

eventbrite.co.uk/o/early-childhood-partnership-training-36152175083

to find a suitable date for you.

YMCA
Herts • Beds • Bucks
[OneYMCA.org](https://www.OneYMCA.org)

Safe Space
in the
Workplace



Workplace guidance for Domestic abuse

Available to workplaces in Bedford Borough and Central Bedfordshire

For more information visit: www.oneymca.org/safe-space-in-the-workplace



Central
Bedfordshire

DOMESTIC ABUSE RESPONDERS' SCHEME

Do you work in Central Bedfordshire and have a passion for helping people? Why not apply to become a Domestic Abuse Responder?

WHAT IS A DOMESTIC ABUSE RESPONDER?

A Domestic Abuse (DA) Responder is an advocate for DA issues within their agency or team. They will be able to advise their colleagues and ensure that their team are aware of local and national support services and resources. DA Responders will have access to a network of other DA Responders that can assist in supporting, helping and advising anyone who is, or who knows someone that is experiencing DA either personally or professionally.

WHAT IS THE AIM OF THE SCHEME?

Research tells us that victims can go to as many as five agencies before they find appropriate help, advice and support. By having DA Responders in Central Bedfordshire Council and its partners agencies, the aim is to reduce this number and provide a more joined-up approach for anyone experiencing domestic abuse. You do not need to be a frontline worker to be a DA Responder, you just need to be passionate about raising awareness in a safe way.

HOW DO I BECOME A DOMESTIC ABUSE RESPONDER?

You would apply to attend a two-day workshop covering all aspects of what domestic abuse is and learning about all the support available to anyone experiencing domestic abuse in Central Bedfordshire. You will have the opportunity to be part of a wider network of domestic abuse professionals that can assist in supporting, helping and advising a victim of domestic abuse and their family, and you will have access to a Domestic Abuse Responders' Forum to contact other DA Responders directly for support or advice.

WHEN CAN I START?

Our upcoming workshop dates are:

- Thursday 15th & 22nd September 2022
- Tuesday 6th & 13th December 2022
- Monday 16th & 23rd January 2023
- Thursday 11th & 18th May 2023

Workshops are 9.30 - 4.30pm and will be delivered in person. Both workshops must be attended.

HOW CAN I APPLY?

If you would like to become a DA Responder please register on www.safeguardingbedfordshiretraining.co.uk and then search for DA Responders workshops



**Relationships
Shouldn't
Hurt**



Domestic abuse responders' scheme

Become a domestic abuse responder

Available to workplaces in Central Bedfordshire

For more information visit: <https://www.safeguardingbedfordshiretraining.co.uk/>



Drug and Alcohol Support in the Workplace

- Drug and alcohol misuse in the workplace leads to
 - Millions a year lost in staff absences
 - Reduced performance and productivity
 - Serious injuries
 - Conduct issues
- Emotional impact on the entire workforce

- P2R can support by:
- Providing staff awareness training
 - Providing policy development advice
 - Providing treatment for staff

Path 2 Recovery (P2R)

Provided by ELFT NHS Trust, P2R is the drug and alcohol treatment service for Bedford Borough and Central Bedfordshire

We work with local businesses to support staff with drug and alcohol misuse and help them to make better choices

- With our support you can:
- Improve safety in your workplace
 - Learn to recognise signs of drug misuse
 - Develop effective policies on drug and alcohol misuse
 - Support your Occupational Health processes
 - Help discharge your duty to protect employees

Contact us on: 0333 332 4019 or elft.p2rsupportsystems@nhs.net



East London
NHS Foundation Trust

Drug and alcohol support

Drug and alcohol support in the workplace

Available to workplaces in Central Bedfordshire and Bedford Borough.

For more information please contact: left.p2rsupportsystems@nhs.net



Alcohol, Drugs and Gambling Supporting Employees in Milton Keynes



What is Dependency?

A drug and/or alcohol dependency is when an individual does not have control over using substances to the point that it could be harmful to health. Dependency may occur as a result of many things, for example as a result of stress, or previous trauma. It is important to support someone and help them to access appropriate treatment if they are struggling with their use.



Why is it important to recognise the signs of dependency?

- Provide support to employees
- Reduce days lost through sickness or loss of productivity
- Improve safety in the workplace
- Support Occupational Health processes
- Legal duty to protect employees' health and safety



What can you do to support your employees?

It is important for employees who are struggling with dependency to feel supported as they begin to seek treatment.

For employees who live in Milton Keynes, they can access drug and alcohol treatment with ARC-MK (Addiction Recovery Community).

This NHS based service is a free and confidential treatment service for anyone struggling with alcohol, drug or gambling use.

Individuals can self-refer to the service by contacting:

01908 250730

Cnwl.arc-mk@nhs.net



33-37 Farthing Grove, Netherfield,
Milton Keynes, MK6 4JH



Drug and alcohol support

Available to people living in Milton Keynes

For more information visit:

<https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/arc-milton-keynes>



Further support

Individuals can also access help from [SAMAS](#) (our Support, Advice, Mentoring and Advocacy Service) to support their recovery. If an employee is affected by someone else's use, they can find support through [DAFS](#) (Drug and Alcohol Family Support). More information can be found in our Service Information leaflet



If employees do not live in Milton Keynes

ARC-MK can only support individuals who live in Milton Keynes. Similar support will be available to your employees in their local area if they live outside of Milton Keynes:

Area	Service name	Telephone number	Email address
Central Bedfordshire	Path 2 Recovery (P2R)	0333 332 4019	elt-tr.p2rbedford@nhs.net
Bedford Borough	Path 2 Recovery (P2R)	0333 332 4019	elt-tr.p2rbedford@nhs.net
Northampton	Substance to Solution (S2S)	0808 169 8512	ORB@mpft.nhs.uk
Buckinghamshire	One Recovery Bucks	0300 772 9672	Resolutions.info@cgl.org.uk
Luton	ResoLUTIONs (CGL)	0800 0546 603	cambridgeshirereferrals@cgl.org.uk
Cambridgeshire	Drug and Alcohol Service (CGL)	0300 5550 101 (Option 1)	peterborough@cgl.org.uk
Peterborough	Aspire Recovery Service (CGL)	0800 1114 354	

You can search for additional addiction support using the NHS website:
[Alcohol addiction support services - NHS \(www.nhs.uk\)](#)

You may wish to access support through Alcoholics Anonymous, Narcotics Anonymous or Gamblers Anonymous

- [Alcoholics Anonymous Great Britain \(alcoholics-anonymous.org.uk\)](#)
- [Welcome to UKNA | UKNA | Narcotics Anonymous in the United Kingdom](#)
- [Gamblers Anonymous](#)

Drug and alcohol support

Available to people living in Milton Keynes

SAMAS: Overview - Support, Advice, Mentoring And Advocacy Service - NHS

<https://www.nhs.uk/services/service-directory/support-advice-mentoring-and-advocacy-service-samas/N10965549>

DAF: <https://www.facebook.com/groups/MKFamilysupportgroup/>



drinkaware

Drinkaware provides impartial, evidence-based information, advice, and practical resources, helping reduce the risks to health caused by harmful levels of drinking.

Individuals and organisations can access free and paid for resources and support.

Use our **state-of-the-art App** or visit **drinkaware.co.uk** and head to our online shop where you can download a range of posters, flyers, and interactive videos to support your specific needs



Posters and Flyers



Digital Scratchcard



Self-Assessment Tool



DrinkCompare Quiz



Well-being videos



Unit & Calorie Calculator



Drinkchat



Drinkaware is an independent national charity which aims to reduce alcohol-related harm by helping people make better choices about their drinking
email **daw@drinkaware.co.uk** or visit **www.drinkaware.co.uk**

To access all our resources, go to **resources.drinkaware.co.uk/collections/all-resources**



Alcohol information and advice

Available to workplaces in Milton Keynes, Central Bedfordshire and Central Bedfordshire

For more information visit: **www.drinkaware.co.uk/**



Sexual health and wellbeing services for workplaces

Services offered by Terrence Higgins Trust:

- Chlamydia screening programme (outreach, pick up a postal kit or online)
- C-Card and condom distribution
- Youth outreach and education (including group work and 1:1s)
- Health Promotion & Community outreach and HIV testing (clinic, outreach or online)
- Professionals training (Free, can be online or face to face, in-house or multi agency)

Services offered by iCaSH:

- Symptomatic full screens
- Contraception - including coil consultations and fittings
- Emergency contraception
- HIV testing
- HIV Care and Treatment
- PrEP
- Psychosexual service
- Support and advice

Services for employees living in Bedfordshire

For a clinic appointment please call **0300 300 3030** or visit the iCaSH Bedfordshire website:

[iCaSH Bedfordshire](https://www.icashbedfordshire.org.uk)

Contact Details:

Email: sexualhealthbedford@ttht.org.uk

Instagram: [@ttht_beds](https://www.instagram.com/ttht_beds)

Twitter: [@THT_Beds](https://twitter.com/THT_Beds)

Service Information links:
<https://linktr.ee/THTBedford>

Services for employees living in Milton Keynes

For a clinic appointment please call **0300 300 3030** or visit the iCaSH Milton Keynes Website:

[iCaSH Milton Keynes](https://www.icashmiltonkeynes.org.uk)

Contact Details:

Email: Info.MiltonKeynes@ttht.org.uk

Instagram: [@tthtmiltonkeynes](https://www.instagram.com/tthtmiltonkeynes)

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

Service information link:
<https://linktr.ee/THTMiltonKeynes>



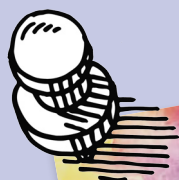
Advice and support regarding sexual health

Advice and support regarding sexual health

Available to workplaces in Milton Keynes, Central Bedfordshire and Bedford Borough

For more information visit:

<https://www.icash.nhs.uk/contraception-sexual-health/out-and-about>



MORE Life

MoreLife is working in partnership with the Public Health - Work Place Health Team to improve the health and wellbeing of your employees

Free digital programmes available for employees

Management/practitioner training available in how to approach the topic of obesity

Programmes available online and in the community for employees

Expert advice around weight management in the workplace

Healthy lifestyle - Taster sessions for your workforce

Call 0808 208 2340 or email beds-mk@more-life.co.uk



Working together to improve the health and wellbeing of our communities

MORE Life



MoreLifeBedsMK



Healthy weight programmes and training

Available to workplaces in Milton Keynes, Central Bedfordshire and Bedford Borough

For more information contact: beds-mk@more-life.co.uk

or visit: <https://www.more-life.co.uk/what-we-do/our-services/in-your-area/bedsmk/>



Becoming a smoke-free workplace

The Stop Smoking Service is here to help your workplace to become a smoke-free environment with the assistance of our friendly, specialist advisors.



Did you know:



Smoking breaks for a typical part-time employee costs a workplace £447 a year and £1,815 for a full-time employee?



The average smoker takes roughly 0.7 days more sick leave per annum than their non-smoking colleagues.



This equates to an additional cost of £50 per year, per employee.



This means smokers' sick leave and breaks cost UK workplaces £8.7 billion per year.



Smokers not only put themselves at harm, but those around them too. Second-hand smoke in the workplace is responsible for an estimated 617 employee deaths per year – can exacerbate respiratory problems and trigger asthma attacks.



Smoking is prohibited by law in the workplace and work vehicles – workplaces can be fined up to £2,500 if they don't stop people from smoking indoors.



No smoking signs must be displayed – there can be a fine of up to £1000 for failure to do so.



Working together to improve the health and wellbeing of our communities



Becoming a smoke free workplace

Smoke free workplaces, programmes and training
Available to workplaces in Milton Keynes, Central Bedfordshire and Bedford Borough

For more information contact: blmkccg.stopsmokingservice@nha.net
call **0800 013 0553** or visit www.thestopsmokingservice.co.uk



How can the Stop Smoking Service help?

We are a free specialist council run service who support people to quit smoking. We offer structured programmes with specialist behavioural support alongside products designed to make quitting easier. As a service we can support your workplace by:

Providing resources

The Stop Smoking Service can provide resources to your workplace, such as posters, leaflets and workplace cards for you to display to help your staff access support to quit smoking.

Supporting your smokefree policy

If you don't already have one, we can support you in developing any smoke-free policies for your workplace or update any that you may already have in place; these measures will support you in adhering to smoke-free legislation.

Supporting your staff to quit smoking

We run one-to-one clinics on the phone or in the local area in person, with our experienced specialist advisors. An employee can refer themselves into the service or a referral can be made from your workplace. We can also provide support to those who are using vapes, e-cigarettes and other tobacco products and want to stop smoking.

Providing training (can be delivered virtually or in person)

Very Brief Advice Training (VBA) – Equips your staff to be able to have brief informative conversations about smoking, encouraging someone to quit and help someone access stop smoking support either by signposting or referring into the Stop Smoking Service.

Level 2 Advisor Training – Our service will train a member of your staff to become a Level 2 Stop Smoking Advisor, learning about behaviour, addiction and the products to aid this and as part of this, they will receive ongoing support from us. The Level 2 Advisor will support colleagues to stop smoking and be a point of contact for them.

Your organisation can receive payment from the Stop Smoking Service for providing this in-house service in your workplace.

Attending Health and Wellbeing Events

We are happy to attend health and wellbeing events to promote the benefits of quitting smoking and offer our support to quit.

Contact us by phone on
 **0800 013 0553**

or through our website
 **www.thestopsmokingservice.co.uk**



Becoming a smoke free workplace

Smoke free workplaces, programmes and training

Available to workplaces in Milton Keynes, Central Bedfordshire and Bedford Borough

For more information contact: blmkccg.stopsmokingservice@nha.net
call **0800 013 0553** or visit www.thestopsmokingservice.co.uk



Sustainability Team at Central Bedfordshire Council
BeGreen@CentralBedfordshire.gov.uk



Central
Bedfordshire

Help your business develop active and sustainable travel



Healthy people and business

You will have a fitter, healthier and more productive workforce, with reduced sickness levels and improved mental health.



Improved environment

Be in a better place for incoming environmental legislation and reduce emissions around your workplace.



Higher competitiveness

Improve your corporate image with customers and competitors by being more sustainable.



Reduced costs

Reduction in the cost of running your fleet as well as CO² emissions.

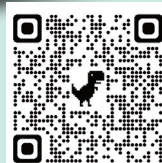


Enhance your journey to Net Zero

Work towards the National Infrastructure Strategy 2020 which sets out plans to transform UK infrastructure in order to achieve net zero emissions by 2050.



#BeGreen



Active travel

Available to workplaces in Central Bedfordshire

For more information visit:

www.cbtravelchoices.co.uk/what-travel-choices-can-do-for-businesses



Ways in which we can support you achieve your sustainable travel goals:

Dr Bike MOTs for your employees, to ensure their bikes are fit and safe for the road.



Advice on electric vehicles - either with your own fleet, or with individual employees.



Arrange and advise on guided walks around the local area (before, during or after the working day).



Advice on setting up a car sharing scheme.



Active travel audits.



Bike security to keep your employees bikes safe and secure.



Travel Plan advice and personal travel planning.



Set up and demonstrate Modeshift STARS, which will enable you to monitor and develop sustainable travel at your site.



More information

Email BeGreen@CentralBedfordshire.gov.uk or visit www.cbtravelchoices.co.uk/what-travel-choices-can-do-for-businesses



Active travel

Available to workplaces in Central Bedfordshire

For more information visit:

www.cbtravelchoices.co.uk/what-travel-choices-can-do-for-businesses



**Get
Around
MK**

Get your business moving.

With initiatives that help your business and create a smarter, healthier, greener city.

Get Around MK is working with employers and businesses across Milton Keynes to provide practical support to help you encourage your employees to travel more sustainably.

Encouraging people who travel to your place of work to use greener travel choices can have huge benefits to your organisation, as well as your employees.

We provide advice and support to help workplaces produce a Modeshift Stars travel plan, a platform that enables businesses to create travel plans and work towards green travel accreditations.

Having a happy and healthy workforce is the key to the success of any business.

> To find out how

visit: getaroundmk.co.uk/business
email: travelplans@milton-keynes.gov.uk



Active travel

Available to workplaces in Milton Keynes

For more information visit: www.getaroundmk.org.uk/



Why choose active & sustainable travel?



Healthy People & Business

Fitter, healthier employees, reduced in-and-out of workplace sickness.

Improved Environment

Be in a competitive place for environmental legislation & improve your workforces health and wellbeing.



Higher Competitiveness

Attract eco-minded customers & cheap and speedy delivery of services and products.

Reduced Costs

Reduce costs of business especially using renewable energy.



Towards Net Zero

Pathway to national net zero to meet The Nation Infrastructure Strategy (2020).

To find out more, please email:

@ sustainable.transport@bedford.gov.uk

Active travel

Available to workplaces in Bedford Borough

For more information email David Fisher at sustainable.travel@bedford.gov.uk



How can we help?

Bike MOTs



FREE bike checks (Dr. Bike) for your employees

Guided Walks



Nordic walking or led walks before, during or after the working day

Bike Security



FREE security marking, and security advice

Cycle Training



Sessions to improve confidence and skills

Travel Planning



Advice on sustainable & active travel plans

Go Electric



Advice on using electric transportation

Creating Cycle Fleets



Advice on fleet creation and management

Car Share Scheme



Advice on creating employee travel share plans

Active Travel Audit



Advice on active travel protocols and infrastructure

Car Club



Information about Bedford Borough's Car Club

To find out more, please email:

 sustainable.transport@bedford.gov.uk

Active travel

Available to workplaces in Bedford Borough

For more information email David Fisher at sustainable.travel@bedford.gov.uk



BEDFORD
BOROUGH COUNCIL


Member of Nordic Walking UK
Membership No. 769450714

Free Nordic Walking Sessions

Nordic Walking is
for all levels of fitness.
It improves heart health,
increases strength and
demands more energy
than walking alone!

Why Nordic Walking?

- ✓ Low impact.
- ✓ Good for heart health.
- ✓ Full-body workout.
- ✓ Helps improve balance & posture.

How can we help?

FREE Nordic Walking taster
sessions with a qualified instructor.



For more information or to book a taster session

Please contact David Fisher:

@ sustainable.transport@bedford.gov.uk

Active travel - Nordic walking

Available to workplaces in Bedford Borough

For more information email David Fisher at sustainable.travel@bedford.gov.uk



Supported Employment Team



Central
Bedfordshire

great
prospects

We aim to support people with significant disabilities to secure and retain paid employment.

We would like to work closely with businesses to support them when hiring someone with a disability, with the aim of increasing the numbers of people with learning disabilities in paid employment.

There are many bright and eager applicants looking for work.

By employing a disabled person, you are increasing the number of high-quality applicants available to you, and you may discover untapped potential.

Interested? To find out how we can support your business to introduce skilled, loyal, and committed employees into your workforce.

contact: lucinda.moore@centralbedfordshire.gov.uk

A great place to live and work.

Find us online  www.centralbedfordshire.gov.uk



Inclusive employment -

Supported employment team

Support to workplaces when hiring someone with a disability

Available to workplaces in Central Bedfordshire.

For more information visit: www.centralbedfordshire.gov.uk



Supported Employment MK

Providing opportunities and support to those with a learning disability.

Our key priorities are to:

- Ensure more people with a learning disability have the opportunity to work.
- Promote the benefits of supported employment with local employers.
- Ensure people with a learning disability are given the support necessary to find sustainable and meaningful employment.

The SE:MK process

- Initial assessment and Training needs assessment for individuals
- Application stage - one to one support spent applying for jobs and preparing for work, during this time you could complete work experience.
- Employment gained – Support to employee during their induction at a workplace
- Independent employment – Support to the individual is faded once the individual is suitably trained with potential for further support if needed.

Contact:

Web: [Supported Employment MK | Milton Keynes City Council \(milton-keynes.gov.uk\)](https://SupportedEmploymentMK|MiltonKeynesCityCouncil(milton-keynes.gov.uk))
Email: communitylearning.mk@milton-keynes.gov.uk
Tel: 01908 556727

MK Milton Keynes
City Council



Inclusive employment - Supported employment MK

Support to workplaces when hiring someone with a disability

Available to workplaces in Milton Keynes

For more information visit:

www.milton-keynes.gov.uk/schools-and-lifelong-learning/CLMK/supported-employment-mk



A Supported Employment Service

For people living in Bedford Borough
who have a Learning Disability

We will help you find the right employee



01234 718030 or 07879 423391



Bedford Borough Council
Centre for Independent Living
21-23 Gadsby Street
Bedford MK41 3HP



supported.employment@bedford.gov.uk

Adults and Community Services



Inclusive employment

- Supported employment service

Support to workplaces when hiring someone with a disability

Available to workplaces in Bedford Borough

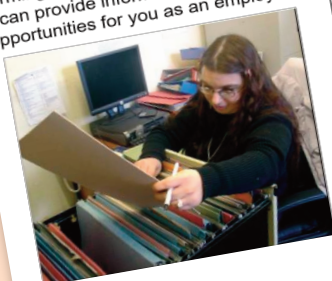
For more information visit:

www.bedford.gov.uk/social-care-and-health/adult-social-care/specialist-support/learning-disabilities/supported



Our team can help you with recruitment and training by-

- Working in partnership with you.
- Job matching- helping you find the right people for your vacancies.
- Providing job coaching in the workplace if required.
- Offering guidance on Disability Awareness
- Providing ongoing support and long term commitment to you and your employee.
- Arranging unpaid job tasters which provide real work experience.
- Forming links with other agencies who can provide information on further opportunities for you as an employer.



Our Aims

- To support employers to access a diverse workforce.
- To promote social inclusion in the workplace.

Why You

- Join the other employers in this area who have benefitted from employing disabled people
- See the potential in people from diverse backgrounds and abilities.

The business case for employing people with learning disabilities

Research has found that disabled employees generally stay in the job for longer than their non-disabled counterparts.

Disabled employees have a strong commitment to work, as well as good punctuality records and low absentee rates.

Employers considered employment practices concerning people with learning disabilities to be part and parcel of their general aim to be good employers.

Employers also recognise that having a workforce that reflects the diversity of the community they serve is good public relations.

Employers emphasise that having people with learning disabilities in their workforce enhanced their public image.

The practical experience of employers is that people with learning disabilities are very valuable employees, their businesses benefit from their input and their public image is enhanced.

Would you hire someone with a Learning disability?

Call or email to speak to our Supported Employment Officer



01234 718030 or 07879 423391



supported.employment@bedford.gov.uk

Adults and Community Services



Inclusive employment

- Supported employment service

Support to workplaces when hiring someone with a disability

Available to workplaces in Bedford Borough

For more information visit:

www.bedford.gov.uk/social-care-and-health/adult-social-care/specialist-support/learning-disabilities/supported



Bedfordshire and Luton Employment Services

Introducing a FREE Recruitment service for Employers
Let Bedfordshire and Luton employment services help you, to staff your business quickly and at NO COST to you...

Please contact our Employment service on:

elft.employmentservice@nhs.net

Contact us today,
it's simple and FREE!

**We can support YOU and the
Candidate for FREE...**

"Bedfordshire and Luton Employment service has supported me greatly with recruitment and in-work support... I wouldn't hesitate to use them again"

MAMOUTH WEAR

We are based at number of sites throughout Bedfordshire, we are well placed to help with your needs covering Bedford, Central Bedfordshire and Luton.

What we can do for you?

- FREE and flexible services, helping you to reduce your recruitment costs.
- Advertising your vacancies at no cost to you.
- Pre-screening candidates that meet your criteria.
- Marketing of your vacancy to job ready individuals on our database. We have a large pool of suitable candidates who have the right skill set, and are motivated and committed.
- We provide post-employment support.
- You will receive professional, ongoing contact, from a dedicated Employment Specialist.
- We work with all business sizes and in all sectors.



Inclusive employment - Employment services

Supporting workplaces to recruit people with mental health challenges

For workplaces in Central Bedfordshire and Bedford Borough please contact:

elft.employmentservice@nhs.net or visit **<https://www.elft.nhs.uk/services/individual-placement-support-ips-team-bedfordshire-and-luton>**

For workplaces in Milton Keynes please contact: **Michelle.Jacobs4@nhs.net** or visit

<https://www.cnwl.nhs.uk/patients-and-carers/employment-services>



Two thirds of people with dementia live at home, some still work and drive

Dementia is one of the greatest challenges we face in society today. All businesses and organisations can contribute to tackling the social and economic impact of dementia. From retail to housing, utilities to entertainment, finance to transport, all sectors have a part to play

Part of being dementia friendly is about supporting staff as well as customers and clients. The following statistics indicate the scale of dementia as an issue facing society as a whole. They also reveal the impact on the UK working environment:

- Nearly 1 in 9 employees in the UK have a caring responsibility
- 650,000 people in the UK care for older relatives or people living with dementia
- Currently, 18% of people diagnosed with dementia under the age of 65 continue to work after a diagnosis of dementia
- As well as this, there are 45,000 people between the age of 30 and 65 years old with young onset dementia, many of whom continue to work after a diagnosis
- 89% of employers believe that dementia will become a bigger issue for their organisation as the workforce ages, the retirement age rises and the number of people with dementia increases

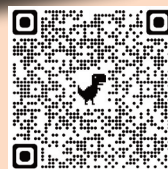
Please contact

Annlouise.Taylor@alzheimers.org.uk for free support and guidance to become more dementia friendly. A business or organisation in MK that commits to action via Alzheimer's Society's

recognition scheme will be awarded with the 'Working to become Dementia Friendly' logo

What does becoming a dementia-friendly business involve?

Businesses and organisations can make a big difference for people with dementia and their carers by making a commitment to become more dementia-friendly in three key areas: People, Processes and Place. The following guidance has been split into these areas to support existing guidance through the British Standards Institute Code of Practice for Dementia Friendly Communities.



Inclusive employment - Become a dementia friendly workplace

Available to workplaces in Milton Keynes

For more information visit:

www.dementiafriends.org.uk/WEBArticle?page=about-partner-organisations#.Y0fmcNfMJPY



AbilityNet

About AbilityNet

AbilityNet supports anyone living with any disability or impairment to use technology to achieve their goals at home, at work and in education.

Our vision is "a digital world accessible to all". That means every single website, app, digital document, and digital experience is designed to work for everyone who wants to use it.

We provide training, support and resources to help address the disability employment gap.

Disabled people have an employment rate that is 28.8 percentage points lower than that of people who are not disabled.
Source: House of Commons Library

AbilityNet is a Charity, registered in England and Wales, registration number 1067673, and in Scotland registration number SC039866.



abilitynet.org.uk/workplace



Inclusive employment - Workplace support regarding inclusive employment

Available to workplaces in Milton Keynes, Central Bedfordshire and Bedford Borough

For more information visit: www.abilitynet.org.uk/about



Embed accessibility in your working practices

Embracing an inclusive workforce is transformative. With the rapid move online since the Covid pandemic, we've seen improvements for disabled workers with flexible working now common, and inclusive working practices being explored by most organisations. But some new challenges and barriers have emerged.

You can help your organisation flourish with a focus on disability inclusion – it's a strategic imperative from a moral, legal and commercial standpoint. It also brings great rewards for any organisation, as quoted by Croner.co.uk:

- better hiring
- differing perspectives
- increased creativity
- reduced employee turnover
- varied problem-solving skills
- improved employee engagement

AbilityNet has been helping to make the digital world accessible to all for more than 20 years. Our workplace services are a vital part of how we fulfil that goal and help to enact lasting culture change by promoting understanding and celebrating diversity in the workforce.

We can support you in building a workplace that uses technology to enable all employees to perform at their best.

Our services

- GAP Analysis
- Training
- eLearning
- Assistive technology training
- Helpline & online resources

Contact us

0800 048 7642

sales@abilitynet.org.uk

[abilitynet.org.uk/workplace](https://www.abilitynet.org.uk/workplace)

[abilitynet.org.uk/workplace](https://www.abilitynet.org.uk/workplace)



Inclusive employment - Workplace support regarding inclusive employment

Available to workplaces in Milton Keynes, Central Bedfordshire and Bedford Borough

For more information visit: www.abilitynet.org.uk/about



All flyers shown in this brochure are available at:

Web: <https://www.milton-keynes.gov.uk/health-and-wellbeing-hub/workplace-health-and-wellbeing-resources-and-services>

where service provider fliers from this brochure are saved with accessible links



For further resources and information please go to the Public Health Workplace Health Team:

Web: <https://www.milton-keynes.gov.uk/health-and-wellbeing-hub/workplace-health-and-wellbeing>

Email: public.health@milton-keynes.gov.uk

Public Health

Milton Keynes City Council

Civic

1 Saxon Gate East

Milton Keynes

MK9 3EJ



Working together to improve the health
and wellbeing of our communities