**The workplace health team would like to wish you all a Merry Christmas.**

**Thank you for all your hard work in supporting the health and wellbeing of your employees this year.**

It’s worth remembering that whilst this is a joyous time for most people, for some Christmas can be a challenge.

**Consider these tips to support employees at this time of year:**

* Remember that not all employees will want to embrace the festive spirit.
* Some people may need extra support due to loneliness, financial hardship or grief.
* Promote healthy lifestyle choices at work.
* Review your drug and alcohol at work policy to ensure it includes work related events.
* Make best use of the opportunity to allow employees to connect with each other and recognise the good work carried out over the year.
* Remind employees of the support available through your Employee Assistance Programme, occupation health service, or Wellbeing Champions where applicable.

**Available support for workplaces include:**

* [Cruse bereavement support](http://www.cruse.org.uk/organisations/). 30 minute [webinar](https://events.teams.microsoft.com/event/c6e6e318-4ccb-4aad-8eeb-0eb56fbff2e4%400859eb45-f1ae-4e0a-9efa-e6d66bbb672f) on grief in the workplace for grief awareness week from 2-8 December 2023.
* [Good Grief Trust](https://www.thegoodgrieftrust.org). The Good Grief Trust exists to help all those affected by grief in the UK.
* [Better Health](https://www.nhs.uk/better-health/) Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health offer lots of free tools and support including [simple ways to lift your mood](https://www.nhs.uk/every-mind-matters/) with Every Mind Matters.
* [Every Mind Matters.](https://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/) Coping with loneliness. Understanding our own reasons for feeling lonely and how to manage it can make a big difference to our mental wellbeing. And although it can be difficult to talk about, sharing our feelings of loneliness can encourage others to talk too.
* [Talking Therapies Services](http://www.mktalkingtherapies.nhs.uk/about-us/wellbeing-webinars) Offer pre recorded webinars for [employers](https://forms.office.com/e/X7eCc9fWsd) and [employees](https://forms.office.com/e/W914NMqTGF) in Milton Keynes. For Bedfordshire Talking Therapies click [here](https://www.elft.nhs.uk/bedfordshire-talking-therapies).

 Free to all workplaces in Milton Keynes and Bedfordshire.

**Would you like to be added to our mailing list for more information on**:

* [The Healthy Workplace Standards](https://www.milton-keynes.gov.uk/health-and-wellbeing-hub/workplace-health-and-wellbeing-across-milton-keynes-bedford-borough-and-0). A best practice framework and award scheme
* [Free training and workshops](https://www.milton-keynes.gov.uk/health-and-wellbeing-hub/workplace-health-and-wellbeing-across-milton-keynes-bedford-borough-and-1) on a range of health and wellbeing topics
* A range of [information and resources](https://www.milton-keynes.gov.uk/health-and-wellbeing/workplace-health-and-wellbeing-resources-and-services) covering all aspects of workplace health

Please email the Workplace Health Team at public.health@milton-keynes.gov.uk

**Ready for a healthier relationship with alcohol?**

[**Time Gentlemen Please**](https://www.timegentlemenplease.org)

* 48% of adults in England drink alcohol weekly, with 55% being males and 8% drinking daily
* Men face twice the risk of alcohol-related deaths compared to women
* Alcohol-related mortality is highest in men, and alcohol-related admissions are highest in men aged 65+ years old

[**Dry January - are you in?**](https://alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january)

Take on 31 days alcohol-free with Alcohol Change UK for a total body and mind reset. From clearer skin and a mental health boost, to saving money and time - there's a whole lot to gain this Dry January.

The [Healthy Workplace Standards](https://www.milton-keynes.gov.uk/health-and-wellbeing-hub/workplace-health-and-wellbeing-across-milton-keynes-bedford-borough-and-0#:~:text=The%20HWS%20are%20flexible%20to,Health%20and%20safety)

are a best practice framework which will help you to support employees.

[Register now](https://www.healthyworkplaceaward.org.uk)

and the Workplace Health Team will help you to achieve your goals and a healthy workplace award.