



WORKPLACE HEALTH

A BULLETIN FOR EMPLOYERS TO SUPPORT WORKPLACE HEALTH AND WELLBEING

A FOCUS ON LOOKING AFTER YOURSELF THIS CHRISTMAS



48% of adults in England its



Ready for a healthier relationship with alcohol?

Time Gentlemen Please

- 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?

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 are a best practice framework which will help you to support employees. [Register now](#) and the Workplace Health Team will help you to achieve your goals and a healthy workplace award.



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.

Its 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:

be yourself

- 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.

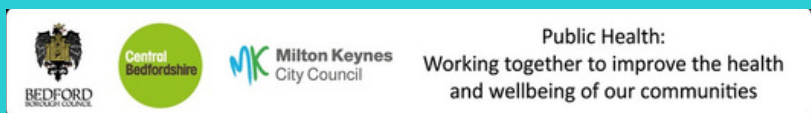
Available support for workplaces include:

- Cruse bereavement support. 30 minute webinar on grief in the workplace for grief awareness week from 2-8 December 2023.
- Good Grief Trust. The Good Grief Trust exists to help all those affected by grief in the 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 with Every Mind Matters.
- Every Mind Matters. 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 Offer pre recorded webinars for employers and employees in Milton Keynes. For Bedfordshire Talking Therapies click [here](#). 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. A best practice framework and award scheme
- Free training and workshops on a range of health and wellbeing topics
- A range of information and resources covering all aspects of workplace health

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



Public Health:
Working together to improve the health and wellbeing of our communities

