|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | | |
| |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Healthy WorkplaceSupporting local employers with health and wellbeing in the workplace.May 2025 The Public Health Workplace Health Team work with local service providers to offer FREE workplace health and wellbeing services, to workplaces based in Milton Keynes, Bedford Borough and Central Bedfordshire.  Our regular bulletin focuses on different health and wellbeing topics, a service offer spotlight and highlights forthcoming campaigns to support health and wellbeing in your workplace. | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  Monthly FocusCarers in the workplace  |  | | --- | |  |   In the UK around 3 million carers aged 16 and over are in paid employment, 73% of which find juggling work and care stressful, with 44% reducing their working hours. 38% of carers in employment are working part time, compared to 29% of non carers. (Carers UK)  The benefits of supporting carers to manage their caring responsibilities and work can include, reduced stress, improved job performance, improved job satisfaction, improved commitment to the workplace and decreased turn over of staff. (Carers Trust)  For more support and advice about how to support your the carers in your workplace visit:   * [CarersUK](https://links-1.govdelivery.com/CL0/https:%2F%2Fwww.carersuk.org%2Ffor-professionals%2Fsupport-for-employers%2F/1/0100019681f3ba0b-7714448d-a8e8-4e4c-823e-05577df08dc3-000000/nLJmpj8_y8OXE3yKJWSzzfVltjy-_pzjwrS206gLd7w=403) - Exploring the carer confident scheme * [Carer's passport](https://links-1.govdelivery.com/CL0/https:%2F%2Fwww.gov.uk%2Fgovernment%2Fpublications%2Fcarers-passport/1/0100019681f3ba0b-7714448d-a8e8-4e4c-823e-05577df08dc3-000000/Db0aWPbzqoc20ZMyJc-DOQJyVzchN-ZgygX6C6CNw0E=403), - Enables a carer and their manager to discuss and document the flexibilities needed to combine caring and working. * [CIPD](https://links-1.govdelivery.com/CL0/https:%2F%2Fwww.cipd.org%2Fuk%2Fknowledge%2Fguides%2Fcarer-friendly-workplace%2F/1/0100019681f3ba0b-7714448d-a8e8-4e4c-823e-05577df08dc3-000000/GSH7VlNf_RSHSqy_QhB2FnmRbVed0WlNXRzhKfCVzp0=403) - Carer friendly workplaces: guide for people professionals * [Business in the community](https://links-1.govdelivery.com/CL0/https:%2F%2Fwww.bitc.org.uk%2Fwp-content%2Fuploads%2F2019%2F10%2Fbitc-age-toolkit-supportingcarers-may2019.pdf/1/0100019681f3ba0b-7714448d-a8e8-4e4c-823e-05577df08dc3-000000/kPJMeEA8e19ciy-MLql7iJAA3QasERhcNNHfx5CSwbc=403) - supporting carers in the workplace. A practice guide for employers. | | | |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | |  |  Service offer spotlight [**Access to Work**](https://links-1.govdelivery.com/CL0/https:%2F%2Fwww.gov.uk%2Faccess-to-work/1/0100019681f3ba0b-7714448d-a8e8-4e4c-823e-05577df08dc3-000000/_c9n8FzesbJUOwlDBbVeu9F2RJErQ-ruDAcP6R-Iy1k=403)**: Gain FREE support for your employees who have a disability or health condition**  Access to Work is funded by the Department for Working Pensions (DWP) and can help people get or stay in work if they have a physical or mental health condition or disability.  The support offered to a workplace will depend on the individual needs. Through Access to Work, workplaces can apply for::   * a grant to help pay for practical support with your work * support with managing your mental health at work * money to pay for communication support at job interviews     **For more details about the service offers available, please click link below:**   |  |  | | --- | --- | | |  | | --- | | [**2025 Workplace Health and Wellbeing Service Brochure**](https://links-1.govdelivery.com/CL0/https:%2F%2Fwww.milton-keynes.gov.uk%2Fsites%2Fdefault%2Ffiles%2F2024-12%2FWorkplace%2520Health%2520and%2520Wellbeing%25202024%2520V16.pdf/1/0100019681f3ba0b-7714448d-a8e8-4e4c-823e-05577df08dc3-000000/qqCVbAIk_syiy_e605RswltEMuD1PI42HSwi6C8eua8=403) | |  |  | | --- | |  |   **Campaigns**   |  | | --- | | Carers Week - 9th - 15th June 2025.   [Carers Week](https://links-1.govdelivery.com/CL0/https:%2F%2Fwww.carersweek.org%2F/1/0100019681f3ba0b-7714448d-a8e8-4e4c-823e-05577df08dc3-000000/wUQtGv2V-039zTMGDZjTxDZH2uxbOG8I7QjcVFbQUto=403) is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.  This year the theme is '[Caring About Equality](https://links-1.govdelivery.com/CL0/https:%2F%2Fwww.carersweek.org%2Fabout-carers-week%2Fcarers-week-theme-caring-about-equality%2F/1/0100019681f3ba0b-7714448d-a8e8-4e4c-823e-05577df08dc3-000000/N911fgU81lUaOtoIFsaFAR-gy9CLCyoJjOzWNxr8Mso=403)' highlighting the inequalities faced by unpaid carers, including a greater risk of poverty, social isolation, poor mental and physical health. Far too often, carers of all-ages miss out on opportunities in their education, careers, or personal lives, just because of their caring role. Get involved in Carers Week 2025, and together let’s work towards an equal society, where carers are truly valued, recognised and supported. |  |  | | --- | | Loneliness Awareness Week - 9th - 15th June 2025   This years Loneliness Awareness Week's theme is all about reducing the stigma around this emotion.  To find out more about this campaign click [here](https://links-1.govdelivery.com/CL0/https:%2F%2Fwww.lonelinessawarenessweek.org%2Fabout/1/0100019681f3ba0b-7714448d-a8e8-4e4c-823e-05577df08dc3-000000/rCVZjOzyz31Ams35lginz4eHM-E3nZchjjTSMXMPO6o=403). |  |  | | --- | |  |   Thank you for reading our bulletin. If you would you like to be added to our mailing list or for more information on:   * [Free training and workshops](https://links-1.govdelivery.com/CL0/https:%2F%2Fwww.milton-keynes.gov.uk%2Fhealth-and-wellbeing-hub%2Fworkplace-health-and-wellbeing-across-milton-keynes-bedford-borough-and-1/1/0100019681f3ba0b-7714448d-a8e8-4e4c-823e-05577df08dc3-000000/QgIlGe71k9KvcrWLMR9DuFT4IVaILeqauwjQiCFBDdM=403) on a range of health and wellbeing topics * A range of [information and resources](https://links-1.govdelivery.com/CL0/https:%2F%2Fwww.milton-keynes.gov.uk%2Fhealth-and-wellbeing%2Fworkplace-health-and-wellbeing-resources-and-services/1/0100019681f3ba0b-7714448d-a8e8-4e4c-823e-05577df08dc3-000000/KkCUIIYtqBmRC_KEKF5Ktl_LNBqNztqrMSUYHE7h9_o=403) covering all aspects of workplace health   Please email the Workplace Health Team at [public.health@milton-keynes.gov.uk](mailto:public.health@milton-keynes.gov.uk) | | | |