



June 2025

The Workplace Health Team work in partnership with others to offer FREE health and wellbeing services, to all workplaces in Milton Keynes, Bedford Borough and Central Bedfordshire.

Our regular bulletin provides updates on different health and wellbeing topics, a service offer spotlight and information about forthcoming campaigns to support health and wellbeing in your workplace.

Our webpages provide a wide range of resources and are available at:

[Workplace Health Webpages](#)

Monthly focus



[Help us shape our bulletin...](#)

**WE WANT
YOUR
FEEDBACK**



The Workplace Health Team have published our Workplace Health Bulletin's since March 2023. Topics that have been shared include: stress, menopause, domestic abuse, smoking, vaccinations and more.

We provide resources and best practice information to support your workplace health agenda, and we are keen to hear what you think about the bulletin to help us plan future updates.

Please take a few moments to tell us your thoughts about the bulletin by completing this short anonymous survey, using the QR code or via this link:

<https://forms.office.com/e/eYQbHg8aUr?origin=lprLink>

Service offer spotlight

The Workplace Health Team are working with mind BLMK to deliver a variety of workplace mental health and wellbeing training sessions and webinars. Which will be coming to you soon.

Training/webinars will include: mental health and wellbeing for managers, awareness of neurodiversity in the workplace, workplace stress management and work life balance, workplace resilience and positive mindset and many more.

Spaces are limited and to make sure you don't miss out check our July bulletin for specific dates and connect with us on LinkedIn.

Please find us on LinkedIn at:

Lisa: [linkedin.com/in/lisa-neal-892595279](https://www.linkedin.com/in/lisa-neal-892595279)

Jilly: [linkedin.com/in/jilly-albone-97482019](https://www.linkedin.com/in/jilly-albone-97482019)

For more details about other workplace services available, please click link below:

[2025 Workplace Health and Wellbeing Service Brochure](#)

Campaigns



Youth Employment Week

7th to 11 July 2025 is Youth Employment Week.

Youth Employment UK connect young people to opportunities and support, they also raise awareness of the benefits of recruiting young people.

If you want to find out more about Youth Employment Week or the services that Youth Employment UK offer, including the National Youth Voice Census click [Youth Employment UK](#)

Thank you for reading our bulletin. Please feel free to share this bulletin and contact us if you would like to be added to our mailing list:

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

Please do not reply to this email

Send all queries to workplacehealth@milton-keynes.gov.uk