



# Workplace Health and Wellbeing Services 2025 Brochure



Working together to  
improve the health  
and wellbeing of our  
communities

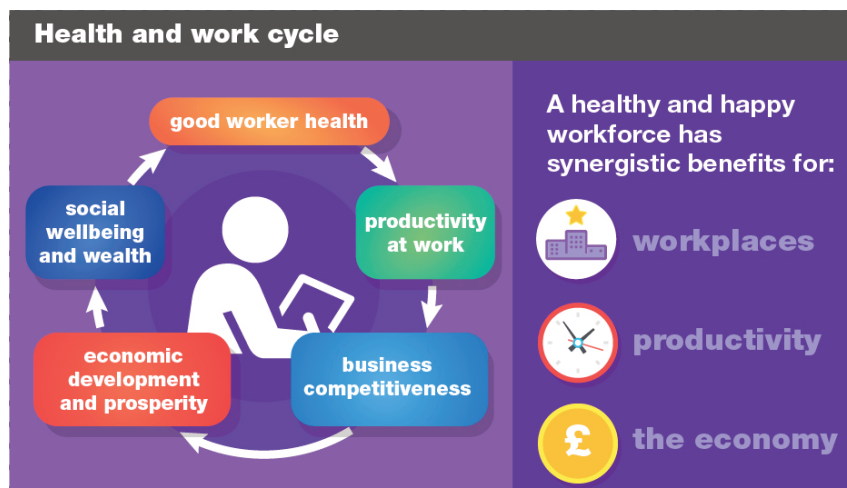
# Workplace Health and Wellbeing Services 2025 Brochure

The Public Health Workplace Health Team support local workplaces across Central Bedfordshire, Bedford Borough, and Milton Keynes to promote a healthy, productive, and motivated workforce.

This brochure provides information for local workplaces on the range of free health and wellbeing services available to them. These include:

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

## Why is this important?



Source: **Health matters: health and work** - GOV.UK ([www.gov.uk](http://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](mailto:public.health@milton-keynes.gov.uk)

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



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communities



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**MK:act**  
DOMESTIC ABUSE INTERVENTION SERVICES  
acknowledge it's happening • call it by its name • tell someone

## DOMESTIC ABUSE INTERVENTION SERVICES

With over 1.9million people in the UK experiencing domestic abuse year on year, we are committed to raising awareness & educating professionals & the public. Our trainers are experts in developing and delivering training tailored to the needs of your workplace.

### DOMESTIC ABUSE TRAINING



#### WORKPLACE DOMESTIC ABUSE TRAINING

Employers play a huge role in supporting victims of domestic abuse by creating a safe space in the workplace.

"Everyone at work knew. They must have done. I arrived late, left early, and was constantly checking my phone. He came to my office a few times and demanded to see me. It was so embarrassing, I'd say anything to make him leave."

- Sophie, Domestic Abuse Survivor -

#### BESPOKE DOMESTIC ABUSE AWARENESS TRAINING

Our training sessions range from 1-hour bitesize sessions to half-day or full-day sessions using real-life case studies, videos and thought provoking exercises, delivered online or in-person. Delegates will gain knowledge of the dynamics of domestic abuse, perpetrator tactics, how to spot the signs, be aware of some of the effects of domestic abuse, build their confidence to respond to disclosures effectively and make referral to specialist services.



#### BECOME A DOMESTIC ABUSE CHAMPION

Join the Milton-Keynes Domestic Abuse Champions Network. Find out how you and your colleagues can become Domestic Abuse Champions in Milton Keynes. You'll learn how to provide support to team members who may be experiencing domestic abuse.

CONNECT WITH US



training@mk-act.org



www.mkact.com

SCAN HERE:



## Domestic abuse champions and training

The domestic abuse champion network and domestic abuse awareness 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](mailto:info@mk-act.org)

For more information visit: [www.mkact.com/workplace-domestic-abuse-training/](http://www.mkact.com/workplace-domestic-abuse-training/)



# DOMESTIC ABUSE RESPONDERS' SCHEME

Central Bedfordshire

**Do you live or work in Central Bedfordshire? Would you like to be an advocate for Domestic Abuse concerns or your friends, family, colleagues and others in your community?**

**Why not apply to become a Domestic Abuse Responder?**

## WHAT IS A DOMESTIC ABUSE RESPONDER?

A Domestic Abuse (DA) Responder will be available to provide support and advice and to ensure that anyone living with, or who knows someone that is living with domestic abuse, can be provided with local and national signposting to 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 living with domestic abuse either personally or professionally.

## WHAT IS THE AIM OF THE SCHEME?

Research tells us that people living with domestic abuse can go to as many as five agencies before they find appropriate help, advice, and support. By having DA Responders across our County, the aim is to reduce this number and provide a more joined-up approach for anyone experiencing domestic abuse.

Anyone can be a DA Responder, all you need is to be passionate about supporting people and raising awareness in a safe way.

## HOW DO I BECOME A DOMESTIC ABUSE RESPONDER?

You would apply to attend a one-day workshop covering what domestic abuse is and learning about the support available to anyone experiencing domestic abuse in Central Bedfordshire.

You will have the opportunity to be part of a wider network of DA Responders that can assist in supporting, helping and advising a person experiencing domestic abuse and their family, and you will have the opportunity to attend twice yearly DA Responder networking events in future.

## WHEN CAN I START?

Our upcoming workshop dates can be found at [www.safeguardingbedfordshiretraining.co.uk](http://www.safeguardingbedfordshiretraining.co.uk)

Our free one-day workshops are 9.30am - 4.30pm and will be delivered in person at the Central Bedfordshire Council offices at Priory House, Monks Walk, Chicksands, Shefford. SG17 5TQ

## HOW CAN I APPLY?

Go to [www.safeguardingbedfordshiretraining.co.uk](http://www.safeguardingbedfordshiretraining.co.uk) and sign up for an account. Then click the 'Events' button, go to 'Available Events' and search Responders to book onto an available session



**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/>





## Free eLearning: Understanding Domestic Abuse

*Do you work with children, young people and families in Bedfordshire?*

*Would you benefit from understanding more about the impact of Domestic Abuse and how to support victims/ survivors and those impacted by the abuse?*

Safeguarding Bedfordshire offer a free\* 'Understanding Domestic Abuse' eLearning course aimed at those working or volunteering with children, young people, families and/ or vulnerable adults across Bedfordshire.

### eLearning overview:

Our free eLearning includes interactive scenarios and challenges to engage and check your knowledge as the course progresses.

Throughout the training, you are provided with statistics/ context, best practice guidance and principles for working with those experiencing, or impacted by, Domestic Abuse.

### This eLearning will:

- Types of Domestic Abuse
- Risk factors associated with Domestic Abuse
- The impact of Domestic Abuse on children, young people and vulnerable adults
- Barriers to seeking help, and how to address them
- MARAC Process (Multi-agency Risk Assessment Conferences) and the Independent Domestic Violence Advisor (IDVA) role
- Power and Control Wheel
- Effective Information Sharing
- Best practice for supporting those experiencing abuse

**Duration:** 1-2hrs

**How to enrol;** Log in or create an account via [Safeguarding Bedfordshire](#). (See the [User Guide](#) for support with creating an account, logging in and accessing training.)

\* Safeguarding Bedfordshire's eLearning offer is jointly funded by Bedford Borough, Central Bedfordshire and Luton Safeguarding Children Partnerships, making a wide range of courses available for FREE to those working/ volunteering with children, young people, families or vulnerable adults within Bedfordshire.

*This eLearning is not available to those outside of Bedfordshire. We regularly review eLearning enrolments and will remove any accounts not linked to a Bedfordshire based organisation. You may also be subject to charges for any eLearning you have started and your organisation will be removed from our system. Please contact Safeguarding Bedfordshire for more information.*

[CLICK HERE TO CONTACT US](#)



## Domestic abuse awareness e-learning

Available to workplaces in Central Bedfordshire and Bedford Borough

For more information:

- Email: [safeguarding.bedfordshire@centralbedfordshire.gov.uk](mailto:safeguarding.bedfordshire@centralbedfordshire.gov.uk)
- Enrol for the course by creating an account at: [www.safeguardingbedfordshiretraining.co.uk](http://www.safeguardingbedfordshiretraining.co.uk)
- User guide to access training can be viewed at: [www.safeguardingbedfordshire.org.uk/p/user-guide](http://www.safeguardingbedfordshire.org.uk/p/user-guide)



# IS YOUR BUSINESS IMPACTED BY MENTAL HEALTH CONCERNS?



Mental health issues have been cited as the **top reason** for employee sickness absence in recent years\*.

The **Access to Work Mental Health Support Service** is available at **no cost**, to help your employees **stay in work**.

This **quick-and-easy** service offers:



Up to nine months  
of work-focused  
mental health  
support



Coping  
strategies for  
the workplace



A personalised  
wellbeing plan,  
tailored to the  
individual's needs



Advice on  
workplace  
adjustments

**Just get in touch and we'll do the rest:**

✉ [atw@maximusuk.co.uk](mailto:atw@maximusuk.co.uk)

☎ 0300 456 8114

**maximus**

In  
partnership  
with  
  
Department  
for Work &  
Pensions

\*Mind / Federation of Small Businesses  
x22-1969



## Mental health and wellbeing in the workplace.

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

For more information:

- Call: 0300 456 8114
- Email: [atw@maximusuk.co.uk](mailto:atw@maximusuk.co.uk)
- Website: <https://atw.maximusuk.co.uk>





Central and  
North West London  
NHS Foundation Trust

## Milton Keynes Recovery College and Community Inclusion Service

We offer face-to-face training and workshops, which are a safe space to support each other on a journey of self-discovery. We are a self-referral service so simply use the contact details below to get in touch.



For more information, visit  
[www.cnwl.nhs.uk/recovery-and-wellbeing-college-milton-keynes](http://www.cnwl.nhs.uk/recovery-and-wellbeing-college-milton-keynes)

T: 01908 725351 E: [cnwl.mkrecoverycollege@nhs.net](mailto:cnwl.mkrecoverycollege@nhs.net)

Ref: 3003\_2023



*Wellbeing for life*

## Mental health and wellbeing in the workplace

Available to employees who live in Milton Keynes

For more information visit: [www.cnwl.nhs.uk/services/recovery-and-wellbeing-college/recovery-and-wellbeing-college-milton-keynes](http://www.cnwl.nhs.uk/services/recovery-and-wellbeing-college/recovery-and-wellbeing-college-milton-keynes)



Rethink

Relearn

Recharge

## Workplace Health & Wellbeing

*why is this important?*

People are at the centre of any organisation; they are it's lifeblood. Now more than ever, we need to look after the health and well being of those who work for us.

At **Beds & Luton Recovery College** - this is our speciality.

*what do we offer?*

- one-to-one coaching and support;
- learning and skills development;
- a 'safe space' for healthy conversations around mental health challenges;
- skills based training and interview preparation

Scan to register:



Or email [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)

Telephone **01582 315 987**

contact [carl.ramsey@nhs.net](mailto:carl.ramsey@nhs.net) for further information

## Mental health and wellbeing in the workplace

Available to workplaces based in Bedfordshire.

For more information:

Email: [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)

Call: **01234 263621**





**Milton Keynes  
Talking Therapies**



**Bedfordshire  
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 services offer a range of wellbeing webinars in 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 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.mkttoutreach@nhs.net  
01908 725099



## Mental health and wellbeing in the workplace

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

Milton Keynes and Bedfordshire talking therapies have come together to offer workplaces a range of webinars including:

- Mental health for employees webinar: <https://forms.office.com/e/W914NMqTGF>
- Mental health for employer's webinar: <https://forms.office.com/e/X7eCc9fWsd>
- Pre-recorded wellbeing webinars: [www.mktalkingtherapies.nhs.uk/about-us/wellbeing-webinars](http://www.mktalkingtherapies.nhs.uk/about-us/wellbeing-webinars)



on completion  
you will receive  
a certificate of  
attendance

## SEE THE SIGNS SAVE A LIFE

**FREE** Training Course 2025

This training is an introduction to basic suicide awareness for those who live or work in:

**Bedford Borough, Central Bedfordshire & Milton Keynes**

The training is delivered online, and the session is 2hrs 30 minutes.

Around 6,000 people die by suicide each year in the UK and 1 in 5 will experience suicidal thoughts at some point in their life.

### By Attending you will:-

- Be able to recognise the signs and symptoms of someone who may be having suicidal thoughts at some point in their life.
- Identify tools and techniques, so you can support the person in crisis. including stayalive app
- identify how to communicate with a person with suicidal thoughts
- recognise the importance of early professional help.

spaces are limited and must be pre-booked - Please select your chosen date, time and location:

**Venue:** via Teams

To find out more information and to book your place via Mind BLMK automated booking system:

**CLICK HERE**



[www.mind-blmk.org.uk](http://www.mind-blmk.org.uk)  
Charity No. 1068724



Working together to  
improve the health  
and wellbeing of our  
communities



## Mental health and wellbeing in the workplace

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

To book your training session visit: [www.mind-blmk.org.uk/training-and-education/courses-and-workshops/free-training-see-the-signs-save-a-life-suicide-prevention/](http://www.mind-blmk.org.uk/training-and-education/courses-and-workshops/free-training-see-the-signs-save-a-life-suicide-prevention/)

## How we can help you build financial wellbeing in the workplace


**At the Money and Pensions Service (MaPS) our mission is clear:  
“Everyone in the UK making the most of their money and pensions”**

We are backed by government and tasked to deliver the UK Strategy for Financial Wellbeing. This includes working closely with employers from many sectors across the UK at a national, regional and local level to support them in enhancing financial wellbeing in the workplace.


Almost 8 in 10 UK employees take their money worries to work, affecting their performance. Fortunately, there are many ways to champion financial wellbeing in the workplace.

### How we can help you and your organisation

Our UK Partnerships team works with employers to support you with a range of free and impartial products and services to help you build the financial wellbeing of your workforce and customers including:




Strategic and behavioural insights in staff financial wellbeing




Survey questions to understand workers' money worries, and support required




Free pensions support and guidance, including bespoke appointments



A suite of money and pensions guidance tools, and calculators to use on your internal and external channels



Printed money and pensions guides to share with your workforce and audiences\*



Free money guidance and support via phone, web and WhatsApp

\*Commercial organisations must conduct their own print production for printed guides

**Visit [maps.org.uk/employer](https://www.maps.org.uk/employer) and get in touch with your national or regional partnerships manager for free support and practical ways to help you build financial wellbeing across your organisation.**

If your organisation has multiple sites, please contact the national or regional manager closest to your head office.

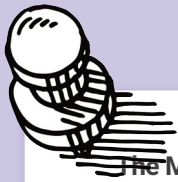


## Financial wellbeing in the workplace

Available to workplaces in Milton Keynes, Central Bedfordshire and Bedford Borough. For more information:

- Financial wellbeing in the workplace: [www.maps.org.uk/en/work-with-us/financial-wellbeing-in-the-workplace](https://www.maps.org.uk/en/work-with-us/financial-wellbeing-in-the-workplace)
- UK partnership team: [www.maps.org.uk/en/work-with-us/location](https://www.maps.org.uk/en/work-with-us/location)





Sponsored by



Department  
for Work &  
Pensions

### The Money and Pensions Service

We are an arm's-length body sponsored by the Department for Work and Pensions. We help people – particularly those most in need – to improve their financial wellbeing and build a better, more confident future.

#### Why financial wellbeing matters in the workplace



We believe a financially healthy nation is good for individuals, communities, business and the economy. Money worries are the biggest cause of stress for UK employees, and they are damaging to business too, often resulting in staff sickness.

Despite the pandemic and cost of living pressures, UK adults still don't find it any easier to talk about money, or even discuss it at all.

As both businesses and workers continue to face uncertainty, it highlights the increasing need to **build financial resilience**.

At the Money and Pensions Service, we take an active role in piloting and supporting initiatives that aim to make a difference and improve people's financial wellbeing, such as **introducing payroll-deducted saving schemes, promotion of workplace pensions** and **ensuring workers are supported in their money worries**.



Get involved in Talk Money Week to encourage your workers to talk about money in the workplace - as well as with family and friends:  
[maps.org.uk/talk-money-week](https://maps.org.uk/talk-money-week)

#### Contact our UK partnerships team today

Contact the national or regional partnerships manager in your area today to find out more on how we can provide you with free support and practical ways to help build financial wellbeing across your organisation.

Visit [maps.org.uk/employer](https://maps.org.uk/employer) to get in touch

Keep up to date with the latest MaPS news, events and opportunities:

✉ [partners@maps.org.uk](mailto:partners@maps.org.uk)  
📄 [maps.org.uk/newsletter](https://maps.org.uk/newsletter)

🐦 [@MoneyPensionsUK](https://twitter.com/MoneyPensionsUK)  
🌐 [linkedin.com/company/moneypensionsservice](https://linkedin.com/company/moneypensionsservice)

## Financial wellbeing in the workplace

Available to workplaces in Milton Keynes, Central Bedfordshire and Bedford Borough. For more information:

- Financial wellbeing in the workplace: [www.maps.org.uk/en/work-with-us/financial-wellbeing-in-the-workplace](https://www.maps.org.uk/en/work-with-us/financial-wellbeing-in-the-workplace)
- UK partnership team: [www.maps.org.uk/en/work-with-us/location](https://www.maps.org.uk/en/work-with-us/location)



# STOPLOANSHARKS

Intervention . Support . Education

As many as 1.08 million people  
in England could be in debt  
to an illegal money lender,  
commonly known  
as a loan shark

Would your HR department  
know how to help  
an employee?



## Our Offer to you

THE ENGLAND ILLEGAL MONEY LENDING  
TEAM DELIVERS FREE TRAINING SESSIONS TO  
WORKPLACES TO RAISE AWARENESS  
OF LOAN SHARKS

### Session Aims

- What is a loan shark?
- The impact illegal lending has on staff and the business
  - How to identify the signs of illegal lending
- What to do if you suspect it's happening in the workplace
- Help the England Illegal Money Lending Team can give
  - The training lasts around 1.5 hours
- The session is aimed at staff, middle managers, senior managers and HR teams

### A few things About us

The England IMLT investigates and prosecutes illegal money lenders while supporting those who have borrowed money from a loan shark. We operate a 24/7 Helpline 0300 555 2222 [www.stoploansharks.co.uk](http://www.stoploansharks.co.uk)

human  
resources

noun

the department  
of a business or  
organization that  
deals with the hiring  
administration, and  
training of staff.

loan shark

noun

a moneylender who  
charges extremely  
high rates of interest,  
typically under illegal  
conditions

To arrange a session or find out more contact us:

Bryony.McDonald@birmingham.gov.uk  
(for Bedford Borough, and Central Bedfordshire)

Nadeem.mahammed@birmingham.gov.uk  
(for Milton Keynes)

## Financial wellbeing in the workplace

Financial wellbeing in the workplace

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

For more information or to book training please contact:

- For Milton Keynes workplaces: [Nadeem.mahammed@birmingham.gov.uk](mailto:Nadeem.mahammed@birmingham.gov.uk)
- For Bedfordshire workplaces: [Bryony.McDonald@birmingham.gov.uk](mailto:Bryony.McDonald@birmingham.gov.uk)



## Acorn's Employee Benefit Scheme - Helping you to support your employees

As our PAYROLL PARTNER, you have the opportunity to enhance your employees' Financial Well-Being. Through this partnership your employees will be;

- Encouraged to develop positive savings habits.
- Get early access to our special savings incentives.
- Enjoy preferential interest rates on loans

Free to Join



Accessible Savings



Cheaper Loans

For more details contact us today.  
[www.acorncommunitybank.co.uk](http://www.acorncommunitybank.co.uk)

0303 030 0147  
[payroll@acorncb.co.uk](mailto:payroll@acorncb.co.uk)

# ACORN

Community Bank

**ACORN SAVER** – Start your savings journey with us and get rewarded. **Save a fixed £4/£8** per month regularly for **three months** and we will **match your total savings** as a reward up to a maximum of **£24**.



SCAN ME

Acorn Community Bank is a trading name for Wiltshire and Swindon Credit Union Limited. Regulated by the Financial Conduct Authority and Prudential Regulation Authority.FRN:213793

## Financial wellbeing in the workplace

Available to workplaces in Milton Keynes

For more information contact:

- Website: [www.acorncommunitybank.co.uk](http://www.acorncommunitybank.co.uk)
- Call: 0303 030 0147
- Email: [payroll@acorncb.co.uk](mailto:payroll@acorncb.co.uk)

if you are based outside of Milton Keynes, find your local credit union at:

[www.findyourcreditunion.co.uk](http://www.findyourcreditunion.co.uk)





East of England  
Gambling Service

**NHS**

# Is gambling harming you or someone you care about?

Information and guidance for  
all those affected by gambling



*Wellbeing for life*



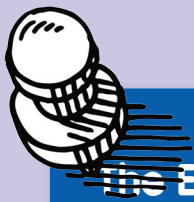
## Financial wellbeing in the workplace

Available to workplaces in Milton Keynes, Central Bedfordshire and Bedford Borough. Training is available to workplaces to raise awareness of the impacts of gambling, how to spot the signs and how to approach the topic.

For more information Contact:

- Email: [cnwl.eofegambling@nhs.net](mailto:cnwl.eofegambling@nhs.net)
- Call: **01908 724287**

You can refer yourself or others for support for gambling by filling out the online referral on the website: [www.eofegamblingservice.nhs.uk](http://www.eofegamblingservice.nhs.uk)



**The East of England Gambling Service is free and run by the NHS. Whether you are affected by your own gambling or someone else's, you are welcome to come and talk to us. We offer support to individuals and families experiencing the negative impact of gambling.**

It can feel difficult to reach out for help, and this may be the first time you have, but we want you to know that you are welcome here.

Our team is made up of lived experience peer support workers, psychologists, therapists, nurses and psychiatrists.

---

#### **What we offer:**

- An assessment to help us understand how we can help you
- Specialist Cognitive Behavioural Therapy (CBT)
- Tools and techniques to help you stop gambling
- Couple and family therapy
- Individual support for family members
- Psychiatric reviews
- Support from people who have gone through/are going through it too

Whether we see you individually or as a family/support network, we can meet with you online or face-to-face.

In some cases, we may work alongside other services involved in your care to ensure you receive the most appropriate help and support.

This service is provided by Central and North West London NHS Foundation Trust in partnership with Inclusion (part of Midlands Partnership University Foundation Trust (MPUFT)).



## **Financial wellbeing in the workplace**

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

Training is available to workplaces to raise awareness of the impacts of gambling, how to spot the signs and how to approach the topic.

For more information Contact:

- Email: [cnwl.eofegambling@nhs.net](mailto:cnwl.eofegambling@nhs.net)
- Call: **01908 724287**

You can refer yourself or others for support for gambling by filling out the online referral on the website: [www.eofegamblingservice.nhs.uk](http://www.eofegamblingservice.nhs.uk)



## Alcohol and Drugs 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 and drug use. A number of interventions can be offered including a rapid detox programme (where clinically indicated), medication, groups and 1-1 Keywork sessions.

Individuals can self-refer to the service by contacting:



01908 250730



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



[cnwl.arc-mk@nhs.net](mailto:cnwl.arc-mk@nhs.net)

ARC MK can also provide telephone advice to employers regarding drugs and alcohol.



## Drug and alcohol support in the workplace

Available to people living in Milton Keynes

For more information visit:

[www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/arc-milton-keynes](http://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 & Bedford Borough	Path 2 Recovery (P2R)	0333 332 4019	elt-tr.p2rbedford@nhs.net
Northamptonshire	Substance to Solution (S2S)	0808 169 8512	northants@cgl.org.uk
Buckinghamshire	One Recovery Bucks	0300 772 9672	ORB@mpft.nhs.uk
Luton	ResoLUTIONs (CGL)	0800 0546 603	Resolutions.info@cgl.org.uk
Cambridgeshire	Drug and Alcohol Service (CGL)	0300 5550 101 (Option 1)	cambridgeshirereferrals@cgl.org.uk
Peterborough	Aspire Recovery Service (CGL)	0800 1114 354	peterborough@cgl.org.uk

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 in the workplace

Available to people living in Milton Keynes

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

[www.nhs.uk/services/service-directory/support-advice-mentoring-and-advocacy-service-samas/N10965549](http://www.nhs.uk/services/service-directory/support-advice-mentoring-and-advocacy-service-samas/N10965549)

Drug and Alcohol Family support (DAF):

<https://www.milton-keynes.gov.uk/health-and-wellbeing/support-drugs-alcohol-and-gambling>





## 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](mailto:elft.p2rsupportsystems@nhs.net)



East London  
NHS Foundation Trust



## Drug and alcohol support in the workplace

Drug and alcohol support in the workplace

Available to workplaces in Central Bedfordshire and Bedford Borough

For more information please contact: [elft.p2rsupportsystems@nhs.net](mailto:elft.p2rsupportsystems@nhs.net)



## Drug and alcohol support services for young people.

### Supporting young people in the workplace

Milton Keynes Youth Drug and Alcohol Solution Team provide a wide range of interventions and support services aimed at helping young people fulfil their aspirations and flourish in the workplace.

If you are aged 18 or under and would like someone to talk to about your own, or someone else's, drug or alcohol use, please contact us.

### Support for employers

- Professional training – improve the support for employees who may be struggling with drug and/or alcohol issues.
- Advice, information, and factsheets on commonly used substances.
- Drug and Alcohol Awareness sessions for employees.



SCAN ME

[ydas@milton-keynes.gov.uk](mailto:ydas@milton-keynes.gov.uk) | 07557 317 317

**MK** Milton Keynes  
City Council

## Drug and alcohol support for young people

Available to workplaces based in Milton Keynes.

For more information:

- Email: [ydas@milton-keynes.gov.uk](mailto:ydas@milton-keynes.gov.uk)
- Call: 07557 317 317 / 07823 518 842



#### YOUNG PEOPLE'S DRUG AND ALCOHOL SERVICE BEDFORDSHIRE

Aquarius (Bedfordshire) is a Young People's Drug and Alcohol Service for Bedford Borough and Central Bedfordshire. We offer free, confidential support and advice to young people affected by their own or parental substance misuse. For information around the service or to request a referral form, please email: [ypbedfordshire@aquarius.org.uk](mailto:ypbedfordshire@aquarius.org.uk) or call 0746 733 6203 or visit [www.aquarius.org.uk](http://www.aquarius.org.uk).

#### Drug And Alcohol Support for Young People in the Workplace

**For employers... If substance misuse is not managed appropriately, as well as causing accidents, it can also result in other negative impacts, such as:**

- A loss of productivity and efficiency.
- Poor performance and conduct.
- A high employee turnover rate.
- Reduced morale amongst workers and across the organisation.
- A strain on working relationships.
- Poor company image.



#### Our Support

- ⇒ Awareness training for both employers and employees.
- ⇒ Confidential one to one support and advice to employees up to the age of 18.
- ⇒ Short term and long-term support (up to 20 weeks).
- ⇒ Holistic approach — we will look at other areas of the employee's life; such as family life, relationships, interests and hobbies and their physical and mental health.
- ⇒ Flexible appointments including face to face, telephone and online (Teams).
- ⇒ Ultimately, the wellbeing of the employee is paramount. Goals will be person centred and look at improving their overall quality of life.

**For information and advice or to request a referral please**

**email: [ypbedfordshire@Aquarius.org.uk](mailto:ypbedfordshire@Aquarius.org.uk)**

**Alternatively, ring: 0746 733 6203**

**Woburn Court, 2 Railton Road, Kempston MK42 7PN**



[www.aquarius.org.uk](http://www.aquarius.org.uk)

Registered Charity No: 1014305

## Drug and alcohol support for young people



Available to workplaces based in Central Bedfordshire and Bedford Borough.

For more information:

- Email: [ypbedfordshire@Aquarius.org.uk](mailto:ypbedfordshire@Aquarius.org.uk)
- Call: **0746 733 6203**
- Website: [www.aquarius.org.uk](http://www.aquarius.org.uk)



## Free and confidential contraception and sexual health services in Bedfordshire

### Services

- All methods of contraception including emergency contraception
- STI testing, treatment and advice
- Instant HIV point of care testing
- PrEP
- PEP (Emergency HIV prevention)
- HIV care and treatment
- Condoms including C-Card Scheme
- Chlamydia Screening
- Psychosexual therapy

### Outreach

- Professionals training
- Health Promotion
- Chlamydia screening programme
- C-Card and condom distribution

If you have any questions about our outreach offer, please contact us on [ccs.icashoutreachreferrals@nhs.net](mailto:ccs.icashoutreachreferrals@nhs.net) or visit [icash.nhs.uk/where-to-go/icash-bedfordshire](https://icash.nhs.uk/where-to-go/icash-bedfordshire) to find out more.

#### Services for employees living in Bedfordshire

For a clinic appointment please call

**0300 300 3030**

or visit the iCaSH Bedfordshire website  
[icash.nhs.uk/where-to-go/icash-bedfordshire](https://icash.nhs.uk/where-to-go/icash-bedfordshire)

#### Services for employees living in Milton Keynes

For a clinic appointment please call

**0300 300 3030**

or visit the iCaSH Milton Keynes website  
[icash.nhs.uk/where-to-go/icash-milton-keynes](https://icash.nhs.uk/where-to-go/icash-milton-keynes)

Cambridgeshire Community Services NHS Trust: providing outstanding regional integrated contraception and sexual health services in partnership with Preventx.

## Physical health - sexual health services

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

For more information:

Employees living in Milton Keynes  
Visit: <https://www.icash.nhs.uk/where-to-go/icash-milton-keynes>



Employees living in Bedfordshire  
Visit: <https://www.icash.nhs.uk/where-to-go/icash-bedfordshire>





# 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

## Physical health - smoke free workplace

Smoke free workplaces, programmes and training

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

For more information contact:

- Email: [blmkccg.stopsmokingservice@nha.net](mailto:blmkccg.stopsmokingservice@nha.net)
- Call 0800 013 0553
- or Visit: [www.thestopsmokingservice.co.uk](http://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](http://www.thestopsmokingservice.co.uk)**

## Physical health - smoke free workplace

Smoke free workplaces, programmes and training

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

For more information contact:

- Email: [blmkccg.stopsmokingservice@nha.net](mailto:blmkccg.stopsmokingservice@nha.net)
- Call **0800 013 0553**
- or Visit: [www.thestopsmokingservice.co.uk](http://www.thestopsmokingservice.co.uk)





Milton Keynes Community  
Physiotherapy Service

# Aches becoming a right pain?

Did you know that you can self-refer  
to your local physiotherapy service  
without the need to see your GP?



You can refer  
yourself into  
the service 24/7

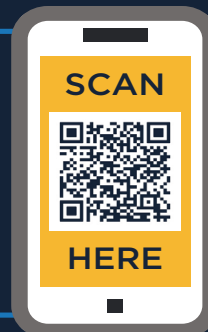
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immediate digital  
initial assessment  
via PhysioNow®



Visit  
[www.connecthealth.co.uk/resources/physionow](http://www.connecthealth.co.uk/resources/physionow)



Access  
further  
information  
including  
eligibility  
criteria and  
resources



Alternatively, please call  
**01908 229 432** and our Patient Care  
Coordinators will be happy to help.

 Lines are open Mon-Fri 8.30-17.00

Service provided by:

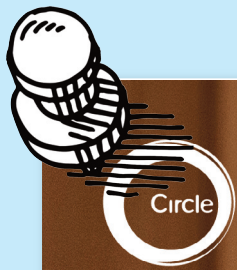


## Physical health - musculoskeletal conditions

Available to people who are registered to a GP in Milton Keynes

For more information visit:

[www.connecthealth.co.uk/resources/physionow](http://www.connecthealth.co.uk/resources/physionow)



Circle Integrated Care

## Back, neck, muscle or joint pain?

Download our CIC app to get information about musculoskeletal (MSK) problems, as well as exercises to help.

The app allows you to access our Circle MSK services. You can refer yourself for physiotherapy using the Phio self-referral tool.



## Physical health - musculoskeletal conditions

Available to people who are registered to a GP in Central Bedfordshire and Bedford Borough

For more information visit:

<https://circleintegratedcare.physiapp.com/>





## Morelife & Work Place Health

**Morelife is Working in Partnership with the Public Health - Work Place Health Team to Improve the Health and Well-Being of your Employees**

Free digital programmes available for employees

Monthly webinars for managers to learn more about the impact of obesity

Programmes available online and in the community for employees

Expert advice around weight management in the workplace

Call 0808 208 2340  
or email  
[morelife.bedsmk@nhs.net](mailto:morelife.bedsmk@nhs.net)

Healthy lifestyle taster sessions for your workforce  
\*dependent on practitioner availability



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Central  
Bedfordshire



**Milton Keynes**  
City Council

**Morelife**  
The power to be more you



## Physical health – healthy weight programmes and training

Available to workplaces in Milton Keynes, Central Bedfordshire and Bedford Borough  
For more information contact:

- Email: [bedsmk@morelife.co.uk](mailto:bedsmk@morelife.co.uk)
- or visit: <https://www.more-life.co.uk/places-we-work/bedfordshire-and-milton-keynes/>





**HEALTHIER YOU**  
NHS DIABETES PREVENTION PROGRAMME



## Are you at risk of type 2 diabetes?

Reduce your risk of type 2 diabetes with the Healthier You NHS Diabetes Prevention Programme



### What is Healthier You?

Healthier You is the free NHS Diabetes Prevention Programme providing tailored, personalised support to reduce your risk of developing type 2 diabetes.

The 13-session programme is available both as a face-to-face group service and as a digital service. You'll learn how to regulate your blood glucose levels through implementing change to:

- Nutrition
- Physical activity
- Weight management
- Overall wellbeing

This combination of lifestyle change has been clinically proven to help prevent the onset of type 2 diabetes.

*"I feel like a new person! I know there are thousands of people out there who would have their life changed by attending the programme."*

#### Available Free for Workplaces

- Risk screening
- Information sessions
- Delivered by Health and Wellbeing Coaches

#### For more information

07977 658 277

david.fisher18@nhs.net

preventing-diabetes.co.uk

Service provided by

**xyla**

Part of Acacium Group



## Physical health – diabetes prevention programme

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

- Email: [David.fisher18@nhs.net](mailto:David.fisher18@nhs.net)
- Call: **07977 658 277**
- Website: <https://preventing-diabetes.co.uk/>



# WELLBEING OF WOMEN



## Menopause Xplored

**Learn how to support your employees going through menopause**  
**Immersive film with expert advice and guidance**

Menopause Xplored brings innovative training using immersive film to SMEs (small and medium enterprises) in Milton Keynes, Bedford, Central Beds and Luton.

A programme from leading women's health charity, Wellbeing of Women, Menopause Xplored is part of our mission to improve the health and wellbeing of women.

### **Who can attend**

We welcome owners, managers and employees of small and medium organisations of up to 250 people, who are looking to support their workforce going through the menopause. Up to two free places per business are available.

### **Join a FREE 1 hour session near you**



**REGISTER YOUR  
INTEREST**

### **Immersive VR film**

We will begin with an immersive film, viewed through a virtual reality headset. The film shows one woman's experience of menopause and the challenges she faced in the workplace.

### **Group discussion**

We will then discuss the film and share our insights. This is a chance to reflect, and to consider particular situations or issues in our own workplaces.

### **Advice and guidance**

Expert trainer Diane Danzebrink from Menopause Support will provide information and practical tips, to help you and your organisation offer the right kind of support.

### **Resources**

You will receive an information pack to take away with you on the day and access to further online resources.

©2023 Wellbeing of Women. For further information, please email [training@wellbeingofwomen.org.uk](mailto:training@wellbeingofwomen.org.uk)

## Physical health - menopause training

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

For more information visit:-

- Website: <https://www.wellbeingofwomen.org.uk/>
- Email: [ziron@wellbeingofwomen.org.uk](mailto:ziron@wellbeingofwomen.org.uk)



## BENEFITS OF STREET TAG TO WORKPLACES



Street Tag aims to get every family, everywhere, physically active. It is a free gamified healthy lifestyle app that promotes and enhances community-wide participation in physical activities.

- \* **Increased Employee Well-being:** Street Tag encourages employees to walk more, leading to improved cardiovascular health, reduced stress, and increased energy levels.
- \* **Productivity and Engagement:** Staying active enhances cognitive function, leading to better problem-solving and decision-making at work. Plus, a healthier workforce can mean fewer sick days and increased productivity.
- \* **Promotes Team Building:** Friendly challenges among teams or departments fosters a sense of collaboration and healthy competition. It also helps colleagues connect through shared interests in walking and exploration.

Reach out to [catarina@streettag.co.uk](mailto:catarina@streettag.co.uk) for more enquiries on how you can get involved and partner with Street Tag.



## Physical health – physical activity app

Available to workplaces in Bedford Borough

For more information:

- Email: [catarina@streettag.co.uk](mailto:catarina@streettag.co.uk)



Sustainability Team at Central Bedfordshire Council  
[BeGreen@CentralBedfordshire.gov.uk](mailto: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 CO<sup>2</sup> 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

## Physical health – active travel

Available for workplaces in Central Bedfordshire

For more information:

- Website: <https://www.cbtravelchoices.co.uk/what-travel-choices-can-do-for-businesses>
- Email: [BeGreen@CentralBedfordshire.gov.uk](mailto:BeGreen@CentralBedfordshire.gov.uk)





## 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.



Bike security to keep your employees bikes safe and secure.



Active travel audits.



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](mailto:BeGreen@CentralBedfordshire.gov.uk) or visit [www.cbtravelchoices.co.uk/what-travel-choices-can-do-for-businesses](http://www.cbtravelchoices.co.uk/what-travel-choices-can-do-for-businesses)



## Physical health – active travel

Available for workplaces in Central Bedfordshire

For more information:

- Website: <https://www.cbtravelchoices.co.uk/what-travel-choices-can-do-for-businesses>
- Email: [BeGreen@CentralBedfordshire.gov.uk](mailto:BeGreen@CentralBedfordshire.gov.uk)



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## 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](mailto:sustainable.transport@bedford.gov.uk)

## Physical health – active travel

Available for workplaces in Bedford Borough

Modeshift STARS, a free online travel plan toolkit and guidance to help with the submission of travel plans.

For more information please contact: [sustainable.transport@bedford.gov.uk](mailto:sustainable.transport@bedford.gov.uk)



**BEDFORD**  
BOROUGH COUNCIL

## 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**

## Physical health – active travel

Available for workplaces in Bedford Borough

Modeshift STARS, a free online travel plan toolkit and guidance to help with the submission of travel plans.

For more information please contact: **sustainable.transport@bedford.gov.uk**



## 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.

**MK Milton Keynes City Council**



### To find out how

visit: [getaroundmk.co.uk/business](http://getaroundmk.co.uk/business)

email: [travelpans@milton-keynes.gov.uk](mailto:travelpans@milton-keynes.gov.uk)



## Physical health – active travel

Available for workplaces in Milton Keynes.

For more information visit:

[www.getaroundmk.org.uk/get-connected/help-for-businesses](http://www.getaroundmk.org.uk/get-connected/help-for-businesses)





## jobcentreplus

### Access To Work



Find out more at:

[gov.uk/access-to-work](https://gov.uk/access-to-work)



Access to Work can provide advice and support to enable people with a disability, mental health, or physical condition to start or stay in work.

It can provide support with Special Equipment or Adaptations Fares to work for those that cannot use public transport.

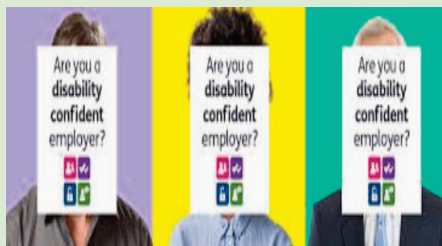
A support worker or Job Coach.

Disability Awareness Training for work colleagues.

A communicator at a Job Interview or in the Workplace.

Cost of moving equipment following a change in location or job.

Help and advice for employers to retain and employ staff.



It's free to sign up. Find out more and sign up at:

[gov.uk/disability-confident](https://gov.uk/disability-confident)



Disability Confident Signing up to the Disability Confident Scheme enables the employer to demonstrate that they are an open and inclusive employer.

This is done by demonstrating several commitments that ensures their recruitment and retention processes are both inclusive and accessible.

An employer can be supported along their Disability Confident journey through the assistance of their local Disability Employment Adviser as well as through a local network of those already signed up to the scheme which can offer further development and an opportunity to share best practices.

Each Jobcentre has access to a **DEA (Disability Employment Adviser)** In addition to being able to advise on the above services they can potentially support in cases where an individual is at risk of losing their role due to disability. For more information please just contact your local jobcentre

## Inclusive employment - build an inclusive workforce

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

For more information about access to work visit: <https://www.gov.uk/access-to-work>

For more information about becoming a disability confident workplace visit:

<https://www.gov.uk/government/collections/disability-confident-campaign>



## WORK WITH US

### THE VOICE OF YOUTH EMPLOYMENT

Youth Employment UK is an independent, not for profit social enterprise founded in 2012 to tackle youth unemployment.

As experts on youth employment and unemployment, we are ideally placed to understand the complex landscape facing young people, employers and policy makers.

#### WHY CHOOSE MEMBERSHIP WITH US?

Our diverse networks of young people are looking for organisations committed to The Good Youth Employment Standards.

Good Youth Employment Members gain access to support, advice, resources and insight from the leading youth employment experts on evolving youth employment topics.



#### MEMBERSHIP BENEFITS



##### Expert Insight

Access to exclusive resources on youth employment best practices and strategies via our members' dashboard.



##### Good Youth Employment Benchmark

Access the Good Youth Employment Benchmark which provides a custom report on organisational practice.



##### Exclusive Events

Regular series of exclusive members-only Q&A, CEO and policy insight sessions.

#### RECRUITMENT

Our recruitment packages allow you to showcase your brand and advertise your early careers opportunities with us.

Our skills and careers platform is viewed more than 3.5 million times a year by young people looking for inspiration and opportunities.

#### OPPORTUNITY FINDER

Our opportunity finder provides a place for young people to find quality opportunities with quality employers.



Posting unlimited vacancies is exclusive to our Profile Members.

We're here to assist you in supporting the next generation as they enter the workforce.

**Speak to us today, our team is ready to hear from you.**

#### CONTACT US

- [members@youthemployment.org.uk](mailto:members@youthemployment.org.uk)
- [www.youthemployment.org.uk](http://www.youthemployment.org.uk)



## Inclusive employment - youth employment

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

For more information visit:

- Email: [members@youthemployment.org.uk](mailto:members@youthemployment.org.uk)
- Website: [www.youthemployment.org.uk](http://www.youthemployment.org.uk)



# Good Youth Employment Benchmark

The Good Youth Employment Benchmark, a first-of-its-kind digital tool, allows employers to measure and monitor their current youth employment practices.

The Benchmark supports employers to access the information, advice and guidance they need to grow the quality of their early talent interactions and programmes, particularly for young people from disadvantaged backgrounds.

## HOW WILL THE BENCHMARK BENEFIT YOUR ORGANISATION?

- 1** It's a guided space that will help you review and reflect on your organisations current practice.
- 2** It'll support you to build on youth employment best practice.
- 3** You'll access a wide range of tailored content and resources that will support your strategic priorities.
- 4** You'll support the wider evidence base of good youth employment practice, feeding into systems of change.

"We're pleased to welcome the launch of the Youth Employment UK Good Youth Employment Benchmark. IES supported the development of the Benchmark with background research in 2022/2023.

We found that other benchmarks and toolkits are rarely based on robust research and most also lack systematic means of collecting data. We are therefore pleased that the Youth Employment UK Benchmark tackles these issues head on.

We are looking forward to seeing how employers can use the Benchmark to improve their recruitment, retention and development of young people in the workforce and how, with support from Youth Employment UK, a real difference is made in the lives of young people looking to get in, and on, in good quality employment."



**Joy Williams**  
Principal Research Fellow,  
Institute for Employment  
Studies

## WHAT YOU GET FROM COMPLETING THE BENCHMARK

- |   |   |  |
|---|---|--|
| <br><b>REPORTS</b><br>See how your organisation sits against industry and region averages. | <br><b>RESOURCES</b><br>Feed into our annual national 'Setting the Standard' report. | <br><b>INSIGHT</b><br>Tailored content based on your organisations needs. |
|---|---|--|

Access to the Benchmark is available through  
Youth Employment UK Membership.

## CONTACT US

[members@youthemployment.org.uk](mailto:members@youthemployment.org.uk)



[www.youthemployment.org.uk](http://www.youthemployment.org.uk)

## Inclusive employment - youth employment

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

For more information visit:

- Email: [members@youthemployment.org.uk](mailto:members@youthemployment.org.uk)
- Website: [www.youthemployment.org.uk](http://www.youthemployment.org.uk)



# 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.

Did you know by becoming a disability inclusive workplace you can employ and retain high quality staff who are skilled, loyal and hardworking and create a diverse workforce that more closely reflects your range of customers and the community where you operate?

We offer a range of services to help you build a thriving, disability inclusive workplace, from employee needs assessments to consultancy and training options. Contact our friendly and knowledgeable team to find out how we can help you with disability inclusion at your organisation.

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



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



## Inclusive employment - build an inclusive workforce

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

For more information visit: [www.abilitynet.org.uk/workplace](https://www.abilitynet.org.uk/workplace)





## 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.

AbilityNet has been helping to make the digital world accessible to all for more than 25 years. Our workplace services help address the disability employment gap and support workplaces to become more accessible and inclusive for all.

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

Learn more about our services:

- Disability Inclusion Gap Analysis – set up a free 15-minute consultation session
  - Training – join our free 'How to build a disability inclusive workplace' course
  - Online learning modules - teach your staff about accessibility and inclusion
  - Online resources – including free factsheets, webinars, podcasts and articles
- ... and more, including assistive technology training and workplace assessments.

Contact us to find out more about our workplace services.

0800 048 7642

[sales@abilitynet.org.uk](mailto:sales@abilitynet.org.uk)

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

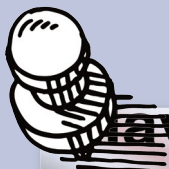
[abilitynet.org.uk/workplace](https://www.abilitynet.org.uk/workplace)



## Inclusive employment - build an inclusive workforce

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

For more information visit: **[www.abilitynet.org.uk/workplace](https://www.abilitynet.org.uk/workplace)**



## Have you employed any Ex-UK Armed Forces staff? You could be missing out!



The Armed Forces Covenant is a promise by the nation to those who've served, and their families, that they will be treated fairly. Any organisation can sign the covenant cost free. Benefits include:

- Advertising your vacancies cost free to veterans, reservist, service leavers and their families
- Employers National Insurance relief for the first 12 months when employing service leavers
- Applying for MOD Employer Recognition Scheme awards
- Access to networking opportunities, away days and team building events for your staff
- Armed Forces Awareness workplace training
- Connecting with other local 'Forces Friendly' employers

Ex-forces people come with a raft of benefits including:

- Communication skills
- Organisation and commitment
- Problem solving and adaptability
- Leadership and management skills
- Health and safety, security awareness
- Team working

**Get in touch to find out how your organisation can benefit from being a 'Forces-Friendly' employer!**



Scan QR code or email for more about signing the Covenant and employing members of the Armed Forces Community

[armedforcescovenant@milton-keynes.gov.uk](mailto:armedforcescovenant@milton-keynes.gov.uk)

[BBAFC@bedford.gov.uk](mailto:BBAFC@bedford.gov.uk)

[partnerships.communityengagementteam@centralbedfordshire.gov.uk](mailto:partnerships.communityengagementteam@centralbedfordshire.gov.uk)



**Milton Keynes**  
City Council



**BEDFORD**  
BOROUGH COUNCIL



**Central Bedfordshire**  
Council

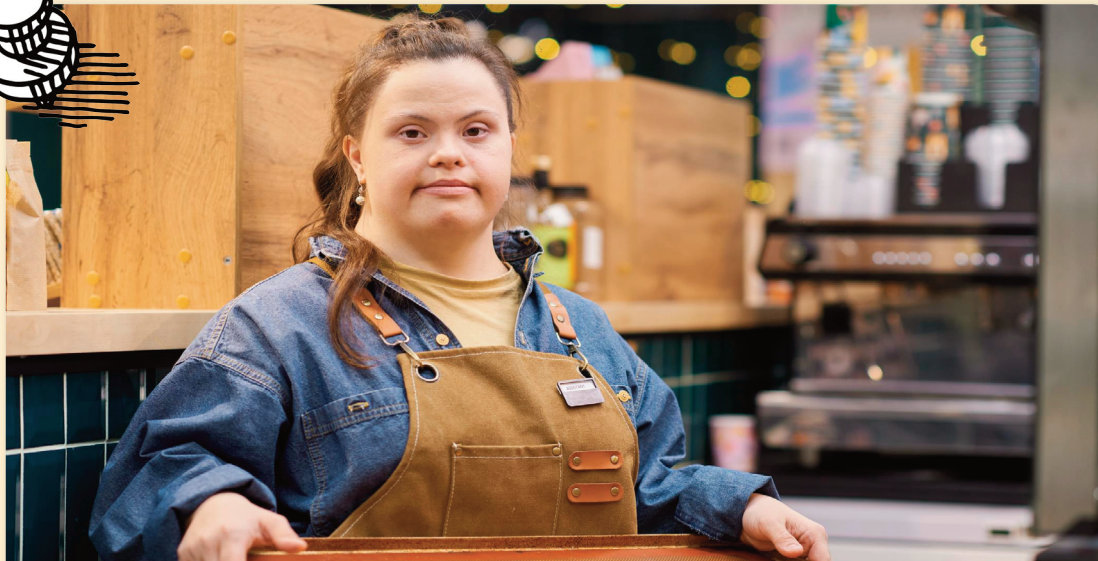


PROUDLY  
SUPPORTING  
THOSE WHO  
SERVE.

## Inclusive employment - build an inclusive workforce

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

- Milton Keynes, please email: **ArmedForcesCovenant@milton-keynes.gov.uk**
- Bedford Borough, please email: **BBAFC@bedford.gov.uk**
- Central Bedfordshire, please email:  
**partnerships.communityengagementteam@centralbedfordshire.gov.uk**



## Employment Support Services - SEND.

**Providing opportunities and support to people with a learning disability**

Our key priorities are to:

- Ensure more people with a learning disability have opportunities 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.

To find out more about the process and the range of support provided, visit:  
[www.milton-keynes.gov.uk/employment-send](http://www.milton-keynes.gov.uk/employment-send)

[communitylearning.mk@milton-keynes.gov.uk](mailto:communitylearning.mk@milton-keynes.gov.uk) | 01908 556727



## Supported employment for people with disabilities

Available to workplaces in Milton Keynes

- Website: [www.milton-keynes.gov.uk/schools-and-lifelong-learning/CLMK/supported-employment-mk](http://www.milton-keynes.gov.uk/schools-and-lifelong-learning/CLMK/supported-employment-mk)
- Email: [communitylearning.mk@milton-keynes.gov.uk](mailto:communitylearning.mk@milton-keynes.gov.uk)
- Call: 01908 556727



## 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](mailto:supported.employment@bedford.gov.uk)

*Adults and Community Services*



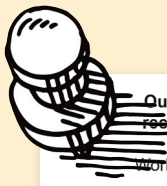
## Supported employment for people with disabilities

Available to workplaces across Bedford Borough

For more information:

- Website: <https://www.bedford.gov.uk/social-care-and-health/adult-social-care/community-teams/learning-disabilities/supported-employment>
- Email: [supported.employment@bedford.gov.uk](mailto:supported.employment@bedford.gov.uk)
- Call: **01234 718030 / 07879 423391**





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



## Supported employment for people with disabilities

Available to workplaces across Bedford Borough

For more information:

- Website: <https://www.bedford.gov.uk/social-care-and-health/adult-social-care/community-teams/learning-disabilities/supported-employment>
- Email: [supported.employment@bedford.gov.uk](mailto:supported.employment@bedford.gov.uk)
- Call: **01234 718030 / 07879 423391**

**NHS**

Central and  
North West London  
NHS Foundation Trust



# CNWL Employment Services

**Working together, changing lives**

**Individual Placement and Support (IPS)  
Employment Services at CNWL**

## **Employment Services at CNWL**

**We are a dedicated team of Employment Specialists; supporting clients from one of the largest healthcare trusts in the UK to achieve their employment goals.**

We provide a free recruitment service to businesses across Milton Keynes and surrounding areas. We work with clients with a range of skills and experience, and also support people to access training and development opportunities.



**For more information please contact Michelle Jacobs,  
Milton Keynes IPS Employment Services Team Leader  
[Michelle.Jacobs4@nhs.net](mailto:Michelle.Jacobs4@nhs.net) / 07849192412**

Ref: 2679 MAY2022



## **Inclusive recruitment - supported employment for people with mental health problems and /or addictions**

Available to workplaces in Milton Keynes

The IPS employment model is internationally recognised as the most effective way to support people with mental health problems and / or addictions into long term paid employment.

IPS provide employers with free access to skilled and qualified employees which reduce recruitment costs. Employee and employer receive ongoing support to ensure a smooth transition.

For more information:

- Email: [Michelle.jacobs@nhs.net](mailto:Michelle.jacobs@nhs.net)
- Call: **07849 192412**



## Bedfordshire and Luton Employment Services

**NHS**  
East London  
NHS Foundation Trust

### 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](mailto: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 you 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 recruitment - supported employment for people with mental health problems

Available to workplaces in Central Bedfordshire and Bedford Borough

For more information:

Email: [elft.employmentservice@nhs.net](mailto:elft.employmentservice@nhs.net)



# Free online qualifications

**with Bedfordshire Employment and Skills Academy (BESA)**

Central Bedfordshire

**great**  
prospects

Our popular level 2 & 3 qualifications are ideal for staff CPD. They are completed online in just 3-4 months, covering topics such as:

- Autism
- Challenging behaviour
- Mental health first aid
- Equality and diversity
- Early brain development
- Safeguarding and prevent

\*Free subject to meeting funding eligibility criteria.

## BESA also offers...

**Multiply maths and money skills**

**Apprenticeships**

**Employability support**

**Qualifications**

**English, ESOL and Maths skills**



**[www.centralbedfordshire.gov.uk/BESA](http://www.centralbedfordshire.gov.uk/BESA)**



**[BESA@centralbedfordshire.gov.uk](mailto:BESA@centralbedfordshire.gov.uk)**



**0300 300 8131**



Central Bedfordshire Council  
and Bedford Borough Council  
working together



Funded by  
UK Government



Bedfordshire  
**Employment &  
Skills Academy**



## Learning and development

Free short online qualifications are ideal for continued professional development (CPD), with workplaces across Central Bedfordshire and Bedford Borough.

Other funded learning opportunities and employment support is available for residents of Central Bedfordshire and Bedford Borough.

For more information:

- Email: **[BESA@centralbedfordshire.gov.uk](mailto:BESA@centralbedfordshire.gov.uk)**
- Website: **[www.centralbedfordshire.gov.uk/BESA](http://www.centralbedfordshire.gov.uk/BESA)**





## Free provision to build staff's maths confidence in the workplace



**SKILLS  
FOR LIFE  
MULTIPLY**

### Supercharge your team's numeracy skills with fully funded numeracy training for local employers.

Central Bedfordshire and Bedford Borough Councils are offering free courses to build confidence using maths and money skills at work and home as part of the government's Multiply programme.

Courses are designed to support progression onto achieving an accredited maths qualification and accessing higher level training.

#### How can Multiply support you as an employer?

Multiply funding can support local businesses looking to help employees increase number confidence and encourage them to consistently use maths skills accurately at work.

Delivery can be in-house, at a local community venue or virtually on Microsoft Teams. It can also be added onto, or embedded within, any existing or planned training being delivered.

Whether it's improving numeracy skills for job-related tasks or a more specific maths-based skills gap, we can develop bespoke courses that focus on the needs of your business and teams.

If you are interested in discussing how we might be able to help you, please email BESA at [BESA@centralbedfordshire.gov.uk](mailto:BESA@centralbedfordshire.gov.uk).

#### Why offer this to your staff?

Investing in staff development will:

- Improve confidence to complete day-to-day tasks using numbers
- Encourage accessing higher level training and achieving a maths qualification
- Support career opportunities and their progression within your organisation
- Build staff confidence with money skills to manage personal finances
- Boost parents' ability to help children with their education

#### Who can access this provision?

Funding covers employees aged 19 and over who live or work in Central Bedfordshire and Bedford Borough, subject to meeting eligibility criteria.



Central Bedfordshire Council  
and Bedford Borough Council  
working together



Funded by  
UK Government



Bedfordshire  
Employment &  
Skills Academy



## Learning and development

Available to workplaces in Central Bedfordshire and Bedford Borough.

Multiply provision can be delivered bespoke for your staff's numeracy skills gaps (until March 2025).

For more information:

- Website: [www.centralbedfordshire.gov.uk/multiply-maths-skills](http://www.centralbedfordshire.gov.uk/multiply-maths-skills)
- Email: [BESA@centralbedfordshire.gov.uk](mailto:BESA@centralbedfordshire.gov.uk)



## Community Learning MK.

### FREE Health and Wellbeing courses for adults

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.

All our Health and Wellbeing courses are FREE to anyone aged 19+, regardless of income. They cover a wide range of topics and activities all geared towards developing new, healthier habits and strategies for improving wellbeing.

#### 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.

[www.milton-keynes.gov.uk/courses](http://www.milton-keynes.gov.uk/courses)  
01908 252500

**MK** Milton Keynes  
City Council



## Learning and development

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

For more information:

- Website: [www.milton-keynes.gov.uk/schools-and-lifelong-learning/CLMK/adult-education/adult-education-courses](http://www.milton-keynes.gov.uk/schools-and-lifelong-learning/CLMK/adult-education/adult-education-courses)
- Email: [communitylearning.mk@milton-keynes.gov.uk](mailto:communitylearning.mk@milton-keynes.gov.uk)
- or Call: 01908 556700



## South Midlands Growth Hub

### Providing free business advice and guidance across the South Midlands.

We're a multipurpose, multifunctional hub that goes above and beyond for all businesses.

Our team of business advisors work directly with you to provide your workforce with the right employee support, identify career development opportunities and connect you with training providers who can offer bespoke programmes.

With experience across the business landscape, we can also help you identify wider business growth opportunities and develop achievable action plans to reach key objectives and goals.

### Discover the free support available to your business

Call 0300 01234 35 or visit  
[www.semlepgrowthhub.com](http://www.semlepgrowthhub.com)

Business Support

Funding & Grants

Resource Provision



## Learning and development

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

For more information:

- Website: [www.semlepgrowthhub.com](http://www.semlepgrowthhub.com)
- Call: **0300 01234 35**

# Other resources and information for workplaces:

The Workplace Health Team have free resources and information available to workplaces across Milton Keynes, Central Bedfordshire and Bedford Borough which can support your health and wellbeing agenda.



## Workplace health and wellbeing resources and services

Information to support workplaces to improve the health and wellbeing of its employees.

[www.milton-keynes.gov.uk/health-and-wellbeing/workplace-health-and-wellbeing-resources-and-services](http://www.milton-keynes.gov.uk/health-and-wellbeing/workplace-health-and-wellbeing-resources-and-services)



## Workplace training and webinars

Training and webinars to support workplaces and their employees.

[www.milton-keynes.gov.uk/health-and-wellbeing-hub/workplace-health-and-wellbeing-across-milton-keynes-bedford-borough-and-1](http://www.milton-keynes.gov.uk/health-and-wellbeing-hub/workplace-health-and-wellbeing-across-milton-keynes-bedford-borough-and-1)



## Healthy workplace monthly bulletin and campaigns

Here you will find regular updates, information on hot topics and campaigns relevant to workplace health and wellbeing.

[www.milton-keynes.gov.uk/health-and-wellbeing-hub/workplace-health-and-wellbeing-across-milton-keynes-bedford-borough-and-2](http://www.milton-keynes.gov.uk/health-and-wellbeing-hub/workplace-health-and-wellbeing-across-milton-keynes-bedford-borough-and-2)



Working together to  
improve the health  
and wellbeing of our  
communities



# Notes



Working together to  
improve the health  
and wellbeing of our  
communities

Notes



Working together to  
improve the health  
and wellbeing of our  
communities

**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