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| Healthy WorkplaceSupporting local employers with health and wellbeing in the workplaceAugust 2025The Workplace Health Team work in partnership with others to offer FREE health and wellbeing services and training, 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.The [Workplace Health webpages](https://links-1.govdelivery.com/CL0/https%3A//www.milton-keynes.gov.uk/health-and-wellbeing/workplace-health-and-wellbeing-across-milton-keynes-bedford-borough-and/1/0100019865a1e2e1-360c6fcb-49b7-48f5-b6c7-1ab7719283ea-000000/zqf-hyYt-4eQ8XHLG4YLu0qSwJb20g-sz5WHuHVUZ94%3D416) provide a range of free resources and information. |

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Monthly FocusFinancial Wellbeing Financial wellbeing is more important than ever with the rise of everyday money worries. Financial stress can seriously harm people's mental and physical health, affecting individuals, workplaces and communities. [Research from The Money and Pension Service](https://links-1.govdelivery.com/CL0/https%3A//maps.org.uk/en/media-centre/press-releases/2024/eight-million-people-need-debt-advice%23/1/0100019865a1e2e1-360c6fcb-49b7-48f5-b6c7-1ab7719283ea-000000/TPezVGxMUITvlvzi8jIdaLyZgNtOvgUxWyncIoU6YEk%3D416) shows that just over one in three adults are at risk financially, meaning they’re struggling to keep up with bills and borrowing commitments, therefore needing debt advice or are at risk of needing it soon.By prioritising financial wellbeing within the workplace employers can create a happier, healthier, more engaged workforce, with the added benefit of improved retention and productivity. For workplace support, CIPD offer guidance for [Employee financial wellbeing](https://links-1.govdelivery.com/CL0/https%3A//www.cipd.org/uk/knowledge/guides/employee-financial-well-being//1/0100019865a1e2e1-360c6fcb-49b7-48f5-b6c7-1ab7719283ea-000000/ACsUBGISJQqcK9Y_FHgENv88-_VSJ4zRWx_V2CwCCpo%3D416)

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Training for workplacesThe Workplace Health Team work in partnership with local and national organisations to bring free health and wellbeing training and webinars to workplaces.  **To explore what new training is available available, click the button below:**

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| [**FREE workplace health and wellbeing training and webinars**](https://links-1.govdelivery.com/CL0/https%3A//www.milton-keynes.gov.uk/health-and-wellbeing/workplace-health-and-wellbeing-across-milton-keynes-bedford-borough-and-2/1/0100019865a1e2e1-360c6fcb-49b7-48f5-b6c7-1ab7719283ea-000000/ptp151p_TpsWKbgeoq3ItepMNWwD6rudypi2vjxr3pY%3D416) |

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Service offer spotlight

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| The Money and Pensions Service (MaPS) 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.MaPS also have a [regional partnership team](https://links-1.govdelivery.com/CL0/https%3A//maps.org.uk/en/work-with-us/location%23%21/1/0100019865a1e2e1-360c6fcb-49b7-48f5-b6c7-1ab7719283ea-000000/Xq_l2SxVF0AEacZeY4keeKSERlxvTvy-I0UYJRkLREU%3D416) who can support workplaces with practical ways to build financial wellbeing across the organisation.**For more information about other workplace services available, click button below:** |  |  |

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| [**2025 Workplace Health and Wellbeing Service Brochure**](https://links-1.govdelivery.com/CL0/https%3A//www.milton-keynes.gov.uk/sites/default/files/2024-12/Workplace%2520Health%2520and%2520Wellbeing%25202024%2520V16.pdf/1/0100019865a1e2e1-360c6fcb-49b7-48f5-b6c7-1ab7719283ea-000000/hZHTkc5BrS_vKIVskKLHgXU4dwosY9eq3fqhjw6beZI%3D416) |

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CampaignsUK savings week22nd-26th September 2025. As part of UK savings week, the Workplace Health Team are bringing local and national services to you online. These sessions will show case workplace support services and provide information and resources that you might find useful. Please click on the button below to see our calendar of events for UK savings week.

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| [**UK Savings Week, calendar of events**](https://links-1.govdelivery.com/CL0/https%3A//www.milton-keynes.gov.uk/health-and-wellbeing/workplace-health-and-wellbeing-across-milton-keynes-bedford-borough-and/uk/1/0100019865a1e2e1-360c6fcb-49b7-48f5-b6c7-1ab7719283ea-000000/gKWlW9WO8w2G_rjG5lVvQeCOel2QPUQ3dI5rU_DQO4s%3D416) |

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Connect with us...For regular workplace health information, resources and training updates please connect with us on LinkedIn: Lisa: [**linkedin.com/in/lisa-neal-892595279**](https://links-1.govdelivery.com/CL0/https%3A//www.linkedin.com/in/lisa-neal-892595279/1/0100019865a1e2e1-360c6fcb-49b7-48f5-b6c7-1ab7719283ea-000000/0iltUiVOPVLmuNxtT_qC1bm6JOwNJF_BS3C99Yb17F4%3D416)Jilly: [**linkedin.com/in/jilly-albone-97482019**](https://links-1.govdelivery.com/CL0/https%3A//www.linkedin.com/in/jilly-albone-97482019%3Flipi%3Durn%253Ali%253Apage%253Ad_flagship3_profile_view_base_contact_details%253BeaBMQ5E0Qj%252BWDj6JUkMq%252Fw%253D%253D/1/0100019865a1e2e1-360c6fcb-49b7-48f5-b6c7-1ab7719283ea-000000/UyE3dHmxKZW1OSYYUWJWOaTYO1kREz1ZsJpngljrnsI%3D416) Thank you for reading our bulletin. If you would like to share any feedback with us please [click here](https://links-1.govdelivery.com/CL0/https%3A//forms.office.com/pages/responsepage.aspx%3Fid%3DAPcI1dKKd0aPljbhwlL6dtpmDqd3a41Cp-GX9aOc_YVUMkdZWTBMVlo4T0JQUEdEWFREUE1TWE4wWi4u%26route%3Dshorturl/1/0100019865a1e2e1-360c6fcb-49b7-48f5-b6c7-1ab7719283ea-000000/gFhB8mMXCART_HF11kriPfU_H6EYoTwyJcL1nlk03XI%3D416). 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  |

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