

Free advice and support

in *Wales*


Improve the health and well being of your staff



Workboost Wales

Free and impartial advice on workplace health from the
Welsh Assembly Government in partnership with HSE





This leaflet outlines initiatives in Wales providing **FREE** advice and support that can help improve the performance of your business by improving the **health and well being** of your staff.

For advice and support to improve health and well being in your workplace, and to get more information about the **Corporate Health Standard and Small Workplace Award** - please contact:

Carol Tunnah – North Wales

Tel: 07792 353336

Email: Carol.tunnah@nphs.wales.nhs.uk

Wendy Bowler – Mid & West Wales

Tel: 07973 749683

Email: Wendy.Bowler@nphs.wales.nhs.uk

Sion Lingard – South & East Wales

Tel: 07973 749729

Email: Sion.lingard@nphs.wales.nhs.uk

For information about how to prevent **Back Pain** at work and to provide support to employees suffering with Back Pain visit: www.welshbacks.com.


Mental Health First Aid (MHFA) is the help given to someone who is distressed, or who may be experiencing a mental health problem, before professional help is obtained. For information on MHFA and access to MHFA training visit Mind Cymru via **www.mind.org.uk**.

If stress, anxiety or depression is affecting you or any of your staff, healthy minds at work can help. Healthy Minds at Work is an initiative to help people deal with these conditions so they can remain in employment Call - **0800 028 1415** for confidential advice and support or visit **www.healthymindsatwork.org.uk** for more information.

To receive advice and support about how to get your workforce more **physically active** and to apply for funding to develop facilities and programmes for physical activity in your workplace, visit: **www.sports-council-wales.org.uk/getactiveatwork/getting-physical-in-the-workplace**.

For support for your staff to quit smoking contact **Stop Smoking Wales**. The service is easy to access, just phone the number below to find out where your local stop smoking service is based and information on how to join your local support group to help you give up smoking -Tel - **0800 085 2219**.





For more information about the Smoking Ban and your workplace, visit www.smokingbanwales.com or contact your local authority's environmental health department.

For information about **healthy eating** please visit www.foodstandards.gov.uk or www.eatwell.gov.uk.

Access to Work is available to help overcome the problems resulting from disability. It offers practical advice and help in a flexible way that can be tailored to suit the needs of an individual in a particular job, for further information, please contact:

Telephone - 02920 804070

FAX - 02920 804071

Minicom - 02920 220276

Health Challenge Wales is about providing information and promoting better health and well being activity . Latest research has shown that investment in workplace health promotion can bring about cost savings of ten pounds for every pound spent. Visit www.wales.gov.uk/healthchallenge to find out how your organisation can respond to Health Challenge Wales.