



Livewell Workplace Health

Supporting Wellbeing in the Workplace

We offer a Wellbeing at Work Awards programme, a Wellbeing Champion programme, and Wellbeing Training. Our programmes are available to businesses and communities within Plymouth, or to businesses where over 50% of their employees live in Plymouth. **Check out our animation to find out more!**

Wellbeing Awards

Bronze Award

Gain a Bronze Award with our free programme for Plymouth based businesses, with more than 25 employees, by setting up a staff wellbeing steering group, implementing wellbeing champions, conducting a staff wellbeing survey, and creating a wellbeing action plan. Free training and support are provided.

Silver and Gold Award

Choose three topics for Silver and four further topics for Gold. A Public Health England and Business in the Community toolkit is provided for each topic alongside an assessment.

- Sleep and recovery
- Mental health
- Physical activity, healthy eating, and healthier weight
- Drugs alcohol and tobacco
- Reducing the risk of suicide
- Musculoskeletal health in the workplace
- Domestic abuse

Contact us

Tel: 01752 437177

Email: livewell.workplacehealth@nhs.net





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Wellbeing Champions

More than 500 Wellbeing Champions in Plymouth are supported and trained in the promotion of mental health and wellbeing. To influence healthy cultures in their workplaces and communities.

In any business or community setting, it is essential to have a Wellbeing Champion. Free and easy to access, training is available virtually or in-person. Businesses and communities can also benefit from bespoke sessions.

Designed to improve the health and mental wellbeing of others by increasing team morale. This is done by providing practical, supportive health and mental wellbeing messages, distributing relevant information, organising healthy lifestyle projects and social events.

Training

We deliver professional and accredited Wellbeing Training packages through a mixture of virtual and face-to-face sessions, with the majority being free of charge. Our training aims are to increase awareness around both physical and mental health, allowing those that attend to support individuals in their workplaces and communities.

Resources

Our website and social media platforms are regularly updated with the latest wellbeing advice, news, and guidance. We issue a regular e-newsletter which keeps you up to date with local wellbeing, events, promotions, and campaigns.

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