



# Healthy Workplaces

Our journey in Stagecoach West

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# Health; Mental & Physical

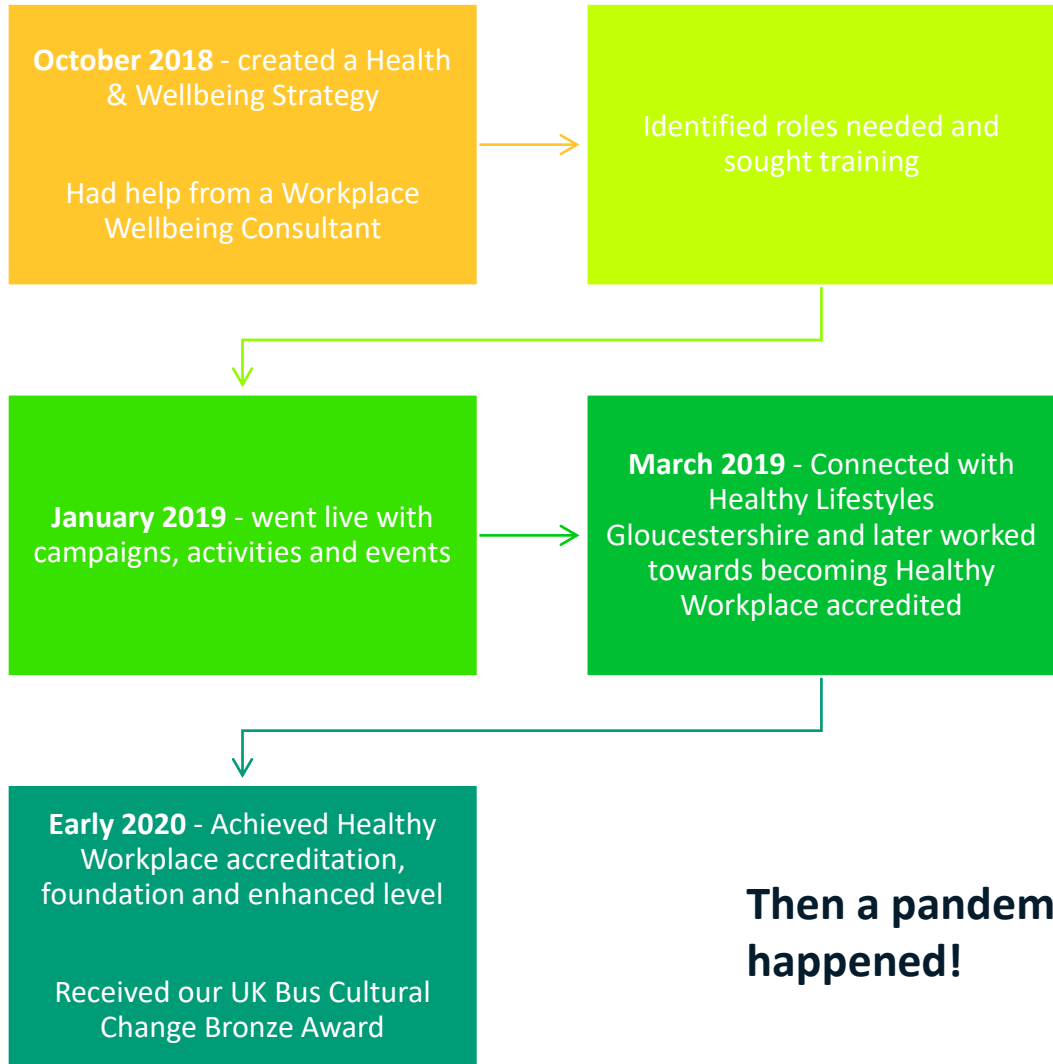
Mental health issues cost employers up to £42 billion last year alone (in the UK)

Only 13% of employees would be comfortable discussing mental health in the workplace

Mental health issues are the number 1 cause of sickness absence in the UK

Programmes addressing mental health issues in the workplace can present a return of interest of up to 800%

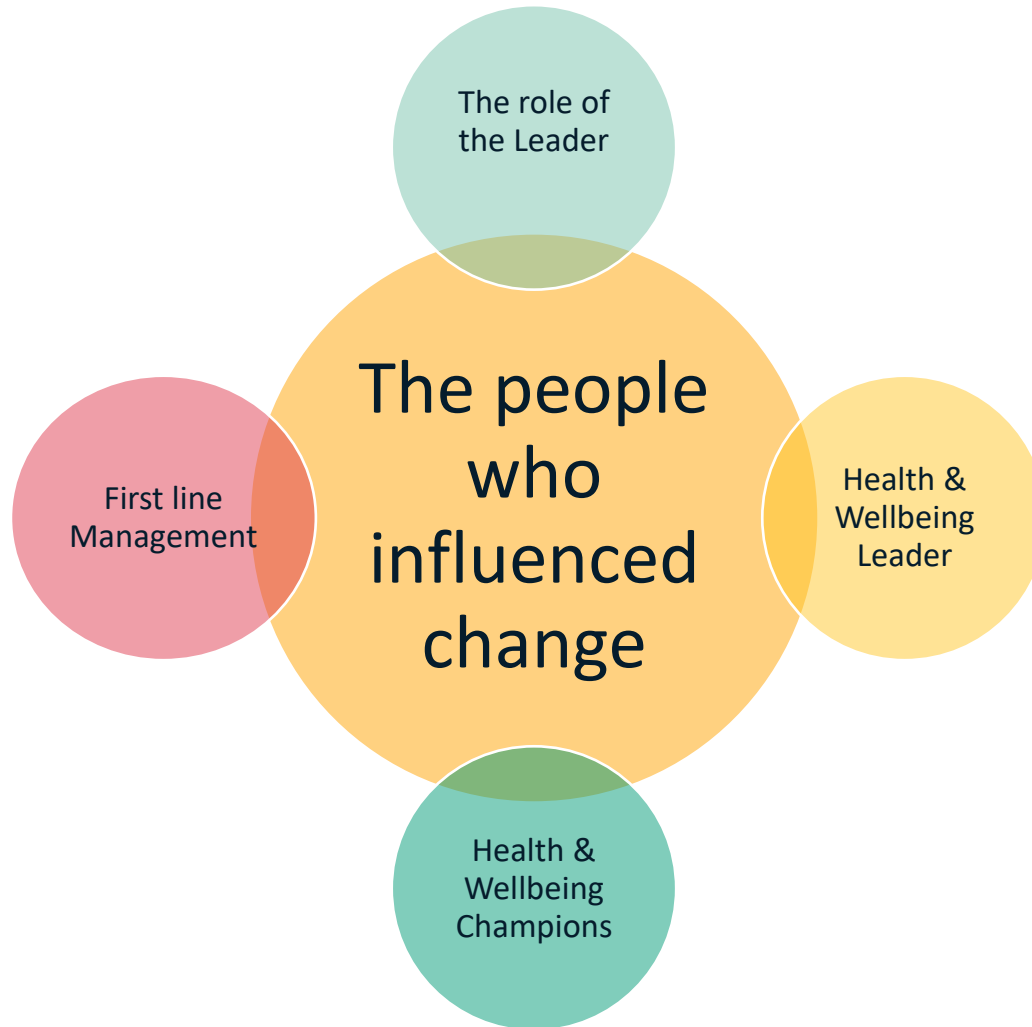
In 2020/2021 there were an estimated 470,000 UK workers affected by musculoskeletal disorders



# The start of our journey



# The People



# Our activity...

Manager training and support... WAP them!

Campaign Calendar

- 5k a day in May
- Heart Health Month
- Time to Talk Days
- Sleep campaign

Events

- Breakfast/ Supper Clubs (led by Managers)
- West Football Tournament
- Biggest Loser Competition

Bring in the experts!

Financial advisors, nurses, fitness coaches, back care specialists...

Staff satisfaction surveys

Access to Support

- Health & Wellbeing Champions
- Signposting on our intranet
- Hapi App
- Employee Assistance Program

# For free! (or low cost at least)



Wellness Action Plans  
Mind (WAP's)

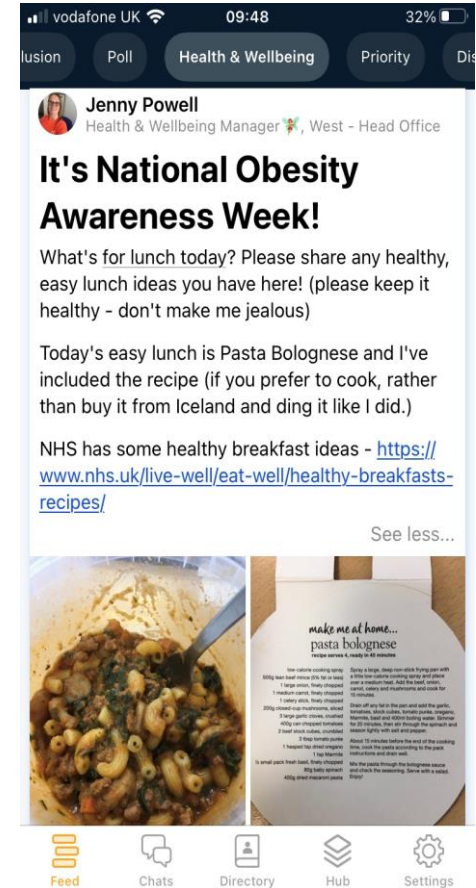
Healthy Lifestyles  
Gloucestershire – Making  
Every Conversation Count  
Course (free!)

Best Apps are Best You and  
Buddyboost

Best priced Mental Health  
First Aider Course – Swindon  
and Gloucestershire MIND

Free webinars we love;  
Westfield Health & Liggy  
Webb. Liggy does great bite  
sized books for staff too

Healthy Lifestyles  
Gloucestershire for free  
employee referrals for  
smoking cessation, alcohol  
and weight management





# The results...

- Improved sickness & attrition
- Improved morale & team spirit
- Healthier workforce mentally & physically
- More inclusive workplace



# The best resource...

## Each other!

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