



**FORSBERG**



## WELL-BEING

Helping to balance physical, mental and social well-being is at the forefront of our business. Supporting busy lifestyles in the pursuit of good health and fulfilment for all.



### MENTAL HEALTH SUPPORT

Inhouse Mental Health First Aiders to support and signpost.



### OCCUPATIONAL HEALTH

Supporting employees physically to manage their attendance.



### TRAINED HEALTH & SAFETY

To reduce work-related illness and accidents to work in a safe environment.



### COUNSELLING

Providing access to a confidential service helping employees to improve coping skills.



### CYCLE TO WORK SCHEME

Promoting healthy living and ability to purchase cycles and safety equipment.



### STAFF SOCIALS

Increase employee engagement, social connections and motivation. Most importantly... Have some fun!



PROACTIVE



ACCOUNTABLE



INNOVATIVE



COLLABORATIVE



PROGRESSIVE



### OCCUPATIONAL HEALTH

We can refer employees to Occupational Health to support their health and wellbeing and assist in creating a healthy workplace. The following Occupational Health and Wellbeing Services can be offered;

- Clinical appointments with a healthcare professional
- Advice on managing sickness absence and return to work planning
- Lifestyle advice
- Health surveillance programmes
- Physiotherapy
- CBT therapy
- Hypnotherapy



### CYCLE TO WORK SCHEME

The scheme enables a person to purchase a cycle and safety equipment and spread the cost through salary sacrifice.

Cycling improves cardio-vascular and aerobic fitness, lowers blood pressure, boosts energy, builds muscle, and improves coordination.

The aim is to encourage people to make healthier and more environmentally friendly lifestyle choices.



### MENTAL HEALTH SUPPORT

We have two employees trained as Mental Health First Aiders who are available to talk to and assist in signposting help and support requested.

Line managers and supervisors receive training to spot the signs of stress and anxiety in their teams and share their concerns with HR and the Mental Health First Aiders.

Having trained inhouse mental health support available means we can be proactive as soon as a concern is raised by a line manager or an employee.



### STAFF SOCIALS

We support and encourage staff social events to increase employee engagement, social connections, motivation and loyalty.

Social events help people to become more understanding as they get to know each other better, and in turn this improves office morale and staff retention.



### TRAINED HEALTH AND SAFETY

Health and Safety training is essential to protect the wellbeing of employees, customers and visitors.

By providing effective training it enables employees to identify risks or hazards and the ability to take measures ensuring all safety procedures are effective to prevent incidents.

Adopting a safe and healthy approach to work helps to provide good habits that can have a positive effect on efficiency and productivity.



### COUNSELLING

Counselling services are offered to employees who are struggling to cope or deal with any emotional issues. Counselling gives the employee the opportunity to talk to an independent professional in confidence, away from the workplace.

The service is a positive approach to help;

- Clarify the needs
- Explore best options
- Develop coping strategies
- Increase self-awareness