



**WORK
WELL**

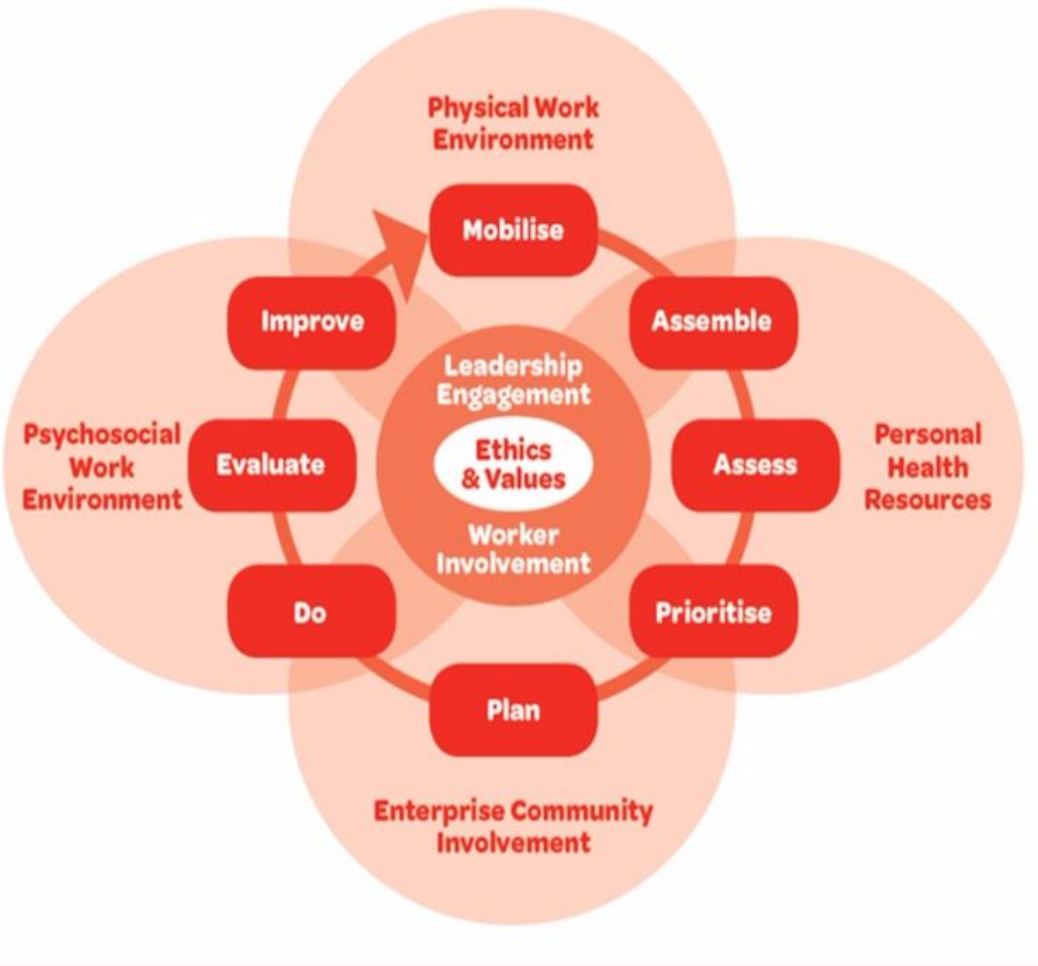


**Developing
Healthy
Communities**

A Public Health Agency initiative

A free workplace health and wellbeing support programme, funded by the Public Health Agency.

World Health Organisation (WHO) Healthy Workplace Model





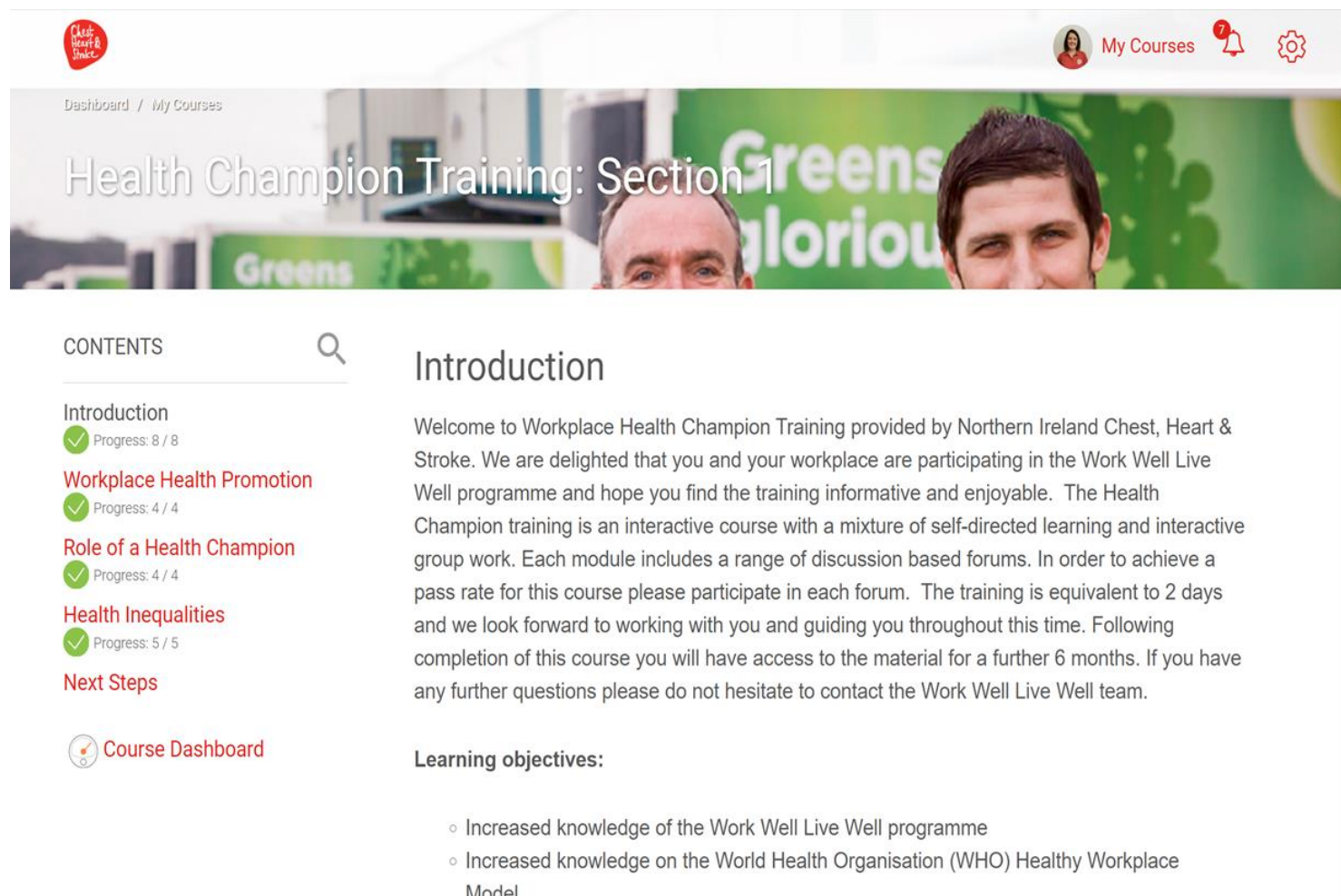
WORK WELL LIVE WELL

Supporting your Health and Wellbeing at Work


Organisations	Employees
<ul style="list-style-type: none">Decrease in sick daysIncreased employee retention	<ul style="list-style-type: none">Better workplace servicesThree year health plan





1. Employee engagement survey & workplace report


2. Health Champion training & action plan development



The screenshot shows a user interface for a course titled "Health Champion Training: Section 1". At the top left is the "Chest, Heart & Stroke" logo. At the top right, there are navigation elements: "My Courses" with a user profile icon, a notification bell with a red "7", and a settings gear icon. Below the navigation is a breadcrumb "Dashboard / My Courses" and a large banner image featuring two men and the text "Greens are glorious".

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 **Course Dashboard**

Introduction

Welcome to Workplace Health Champion Training provided by Northern Ireland Chest, Heart & Stroke. We are delighted that you and your workplace are participating in the Work Well Live Well programme and hope you find the training informative and enjoyable. The Health Champion training is an interactive course with a mixture of self-directed learning and interactive group work. Each module includes a range of discussion based forums. In order to achieve a pass rate for this course please participate in each forum. The training is equivalent to 2 days and we look forward to working with you and guiding you throughout this time. Following completion of this course you will have access to the material for a further 6 months. If you have any further questions please do not hesitate to contact the Work Well Live Well team.

Learning objectives:

- Increased knowledge of the Work Well Live Well programme
- Increased knowledge on the World Health Organisation (WHO) Healthy Workplace Model

Mental Health Charter

Equality Commission
FOR NORTHERN IRELAND

We recognise that many people experience mental ill health during their lives and that, with the right help at the right time, they can recover.

We believe that everyone in the workplace has a responsibility to create an environment that promotes wellbeing and to look after their mental health.

We positively engage in agreeing reasonable adjustments with our applicants, employees and service users. As an employer and service provider, we will work to create a workplace culture that promotes equality of opportunity and respect for those with mental ill health and provide a positive service to people with mental ill health.

We note that those with mental ill health suffer particular disadvantages in the workplace and in accessing goods and services. Therefore this Charter focuses on the area of mental ill health. However, we recognise that many of the Charter commitments relate equally to those with other disabilities including physical, sensory, learning and hidden disabilities.

Charter Commitments

www.equalityni.org/MentalHealthCharter #MHCharterNI



3. Mental Health Charter & MHFA training

4. Health Champion support

Northern Ireland Chest Heart & Stroke

Well Webinar

Our interactive webinars empower people to make informed lifestyle changes that will reduce their risk of developing chest, heart and stroke illnesses.



Chest Heart & Stroke

Charity Reg No. NI010503
Company No. 181609

Northern Ireland Chest Heart & Stroke

Workplace Health Champion Learning & Networking Events

Booking details: To book to attend any of the events below, please [click this link](#) and enter the relevant booking code. All events will be hosted via Zoom or Microsoft Teams. If you have any questions, please contact your NICHs Workplace Health & Wellbeing Coordinator.



Chest Heart & Stroke

- ### 1 Get Up and Get Active!

Delivered by: Lisburn & Castlereagh City Council Sports Development Team
Date: 10th March 2021
Time: 11.30am - 12.30pm
Booking code: NE1
T&C's: Limited to 1 representative per workplace.
- ### 2 Smoking Cessation Brief Intervention Training

Delivered by: Cancer Focus NI
Date: 24th March 2021
Time: 10am - 11.30am
Booking code: NE2
T&C's: Limited to 1 representative per workplace.
- ### 3 Musculoskeletal Health

Delivered by: Posturite UK
Date: 7th April 2021
Time: 10 - 11am
Booking code: NE3
T&C's: Limited to 5 representatives per workplace.
- ### 4 Fatigue & Burnout

Delivered by: Health & Safety Executive NI
Date: 29th April 2021
Time: 10 - 12pm
Booking code: NE4
T&C's: Limited to 1 representative per workplace.
- ### 5 Mood Matters in the Workplace

Delivered by: Aware NI
Date: 3rd May 2021
Time: 10 - 12pm
Booking code: NE5
T&C's: Limited to 1 representative per workplace.
- ### 6 Creating an Open & Inclusive Workplace Culture

Delivered by: Equality Commission NI
Date: 27th May 2021
Time: 10 - 11am
Booking code: NE6
T&C's: Limited to 1 representative per workplace.
- ### 7 Financial Wellbeing

Delivered by: Money & Pensions Service
Date: 3rd June 2021
Time: 10 - 11.30am
Booking code: NE7
T&C's: Limited to 1 representative per workplace.
- ### 8 Alcohol & Other Drugs

Delivered by: Addiction NI Inspire Wellbeing
Date: 29th June 2021
Time: 10 - 11am
Booking code: NE8
T&C's: Limited to 1 representative per workplace.

Northern Ireland Chest Heart & Stroke



Chest Heart & Stroke

8 Week Couch to 5k Programme for workplaces

WORK WELL LIVE WELL

A Public Health Agency initiative

Northern Ireland Chest Heart & Stroke

Mental Health First Aid (MHFA) Training



Chest Heart & Stroke

First aid as we know it is the help given to an injured person before medical treatment can be obtained. MHFA differs only in that it is the help provided to a person developing a mental health problem or who is in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

The aim of MHFA is to:

- Preserve life where a person may be a danger to themselves or others
- Provide help to prevent the mental health problem becoming more serious
- Promote the recovery of good mental health
- Provide comfort to a person experiencing a mental health problem.

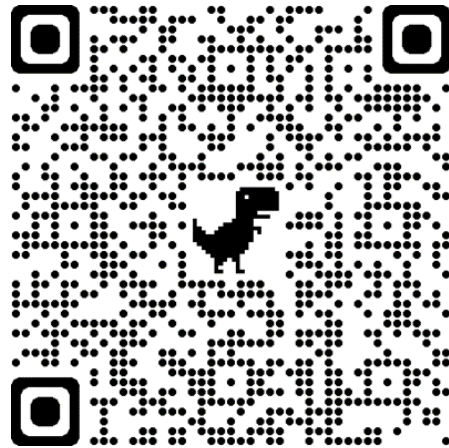
Booking details:

- Maximum of 1 member of staff per workplace
- Delivered by Aware NI and funded by Public Health Agency
- To view available courses and to register please click [this link](#) and enter code: MHFA21
- You must attend all sessions within your course to complete the training and be awarded certificate
- Places offered on a first come, first served basis.

Work Well Live Well in action...

How does my workplace register?

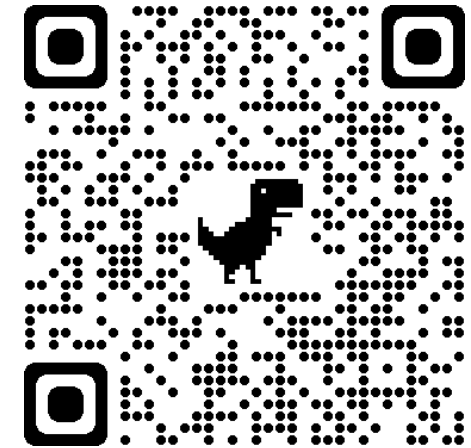
NI Chest Heart & Stroke



Covers: Belfast, Northern, South Eastern & Southern HSCT areas of NI

www.nichs.org.uk/workwelllivewell

Developing Healthy Communities



Covers: Western HSCT area of NI

www.dhcni.com/work-well-live-well

Q&A

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