

**WORK
WELL**

**LIVE
WELL**

A Public Health Agency initiative

Work Well Live Well is a FREE workplace health and wellbeing service, funded by the Public Health Agency (PHA) and delivered by NICHs across Belfast, South Eastern, Southern and Northern Trust areas.



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The aim of the programme is to engage with workplaces to seek their ongoing commitment to improving the health and wellbeing of their employees. This is achieved by identifying need, increasing capacity and supporting implementation of a 3-year workplace health and wellbeing plan.

Whats included:

- Access to an employee health and wellbeing survey to determine workplace health priorities
- A comprehensive report outlining the health of employees
- Assistance with the development and implementation of a 3-year workplace health and wellbeing action plan
- Health Champion Training for employees within your workplace
- Access to 3 NICHS Well Talks or Webinars for employees
- Access to further workplace health training including Mental Health First Aid and networking opportunities for Health Champions
- Support to register and implement the Mental Health Charter workplace commitments
- Provision of resources for health and wellbeing initiatives

WHAT ARE CLIENTS SAY

"I think this is an excellent platform to promote health and wellbeing in the workplace and the support from NICHS has been first class."

COLLOIDE ENGINEERING SYSTEMS

"This programme highlighted the main health issues facing our workforce. This has helped prioritise what we need to address and has buy in from all Directors."

OUT THERE SERVICES

REGISTER YOUR WORKPLACE:

Complete a registration of interest form online: www.nichs.org.uk/workwelllivewell