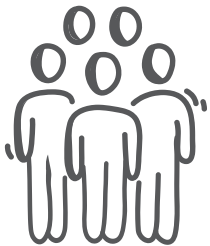


Workplace Health Toolkit



What is Workplace Health and why is it important?

Having a workplace that promotes staff health and wellbeing benefits both employees and employers. Employment in a job that offers 'good work' improves the health and wellbeing of employees. A healthy workforce has fewer sickness absences, better productivity and longer careers before retiring. Having a healthy workforce can support staff and businesses to thrive.



Workplace Health in Slough

The life expectancy of men and women living in Slough town is lower than the average for the rest of the country. In Slough, 73.5% of 16-64 year-olds were in employment in 2019/20. That equates to around 73,600 people living in Slough who are in employment. The workplace is therefore an important part of the health and wellbeing of the people of Slough.

The COVID-19 pandemic has had a severe impact on both the health and economy of Slough. Health, wellbeing and employment are all key issues in our town right now.

Resources

- Business in the Community has produced a helpful toolkit called the "Health and Wellbeing at Work Summary Toolkit". This toolkit provides guidance on how employers can support their employees to improve the health and wellbeing of the workforce.
You can find the toolkit on the Business in the Community Website: www.bitc.org.uk
- The Slough Borough Council Public Health Website contains resources on health in the workplace. The site contains advice and guidance on a range of topics, including mental health and wellbeing, reducing sedentary behaviour, stopping smoking and heart health.
You can access the Slough Borough Council Public Health Website: www.publichealthslough.co.uk
- You can also access resources about health on the Health and Wellbeing Slough Website. Their website contains information and guidance on a range of health topics, including keeping active, emotional wellbeing and weight management. The website allows any Slough resident to arrange a call with Solutions for Health to discuss which free services are available to them.
You can access the Health and Wellbeing Slough Website: <https://healthandwellbeingslough.co.uk/>

More details

For more information and to view the full Workplace Health Toolkit, go to Slough Borough Councils Website: www.slough.gov.uk/strategies-plans-policies/workplace-health-toolkit

