

200+ workplaces receive health and wellbeing support.

As the Public Health Agency funded 'Workplace Health and Wellbeing Support Service' powers into its third year the three delivery partners reflect on the successes seen in year two.

Employers both large and small have availed of this innovative service which has engagement with employees at the centre of its programme.

"The more innovative the better" said Emma McCrudden of NI Chest Heart and Stroke "Employees do respond when they see this programme is for them"

Pictured below is P&O Ferries, following a 'Healthy Heart Workshop'. The red heart balloons more associated with Valentine's day and romantic events assist with the subliminal message and add a bit of fun to the event.



Mayobridge contractor Bavan Contracts judging by their photo have a team of fit and healthy employees; however the message delivered by Health Matters does have a serious side when they hear the facts about men's ill health in Northern Ireland.



Key to improving workplace health and wellbeing is being able to access relevant information on health issues and Sabrina Moore from Health@Work NI is more than willing to provide it.



Nikki Sturgeon recently spoke at NI Safety Group's 'Supporting Men's Health Week' meeting and not only posed the question why do men ignore health issues but also challenged them with a provocative slide 'Check up or chicken out'.



As the Workplace Health and Wellbeing Support project enters year 3 all three providers are looking to work with new employers. Find out more about this free initiative by contacting emccrudden@nichs.org.uk, Nikki@healthmattersni.com or sabrina@dncni.com