

# Cambridgeshire and Peterborough Healthy Workplace Service



Cambridgeshire and Peterborough Healthy Workplace Service works with local employers to support their employees to make achievable lifestyle changes. These small changes to how we live can have a big impact on our health and wellbeing.

We know that people are our greatest asset and now more than ever we need to support our employees to be the very best versions of themselves. In return we know that healthier workplaces are more productive, have less sickness absence, save money and are more profitable.

Let our team help and support you to make your workplace a healthier place to work by providing a wide range of **FREE** healthy lifestyle support services. For more information visit: [HealthyWorkplacesCP.co.uk](http://HealthyWorkplacesCP.co.uk)



# Our **FREE** Healthy Workplace offer includes...

- Understanding what your workplace health and wellbeing needs are via our Healthy Workplace Needs Assessment
- Support in creating a plan of action to address your workplace health and wellbeing needs and assistance in achieving those goals
- Mental Health First Aid Training
- NHS Health checks for colleagues, and other health and wellbeing services such as Stop Smoking support
- Attendance at our Workplace Network events throughout the year
- Healthy Workplace resources for your workplace



Supporting your workplace to identify healthy lifestyle needs such as:

**Mental Health** **Physical Activity and Sedentary Behaviour**  
**Healthy Eating** **Sleep and Recovery** **Drugs Alcohol and Tobacco**



## Healthy You

The Healthy Workplace service works in partnership with Healthy You, a free service for Cambridgeshire and Peterborough residents who are looking to make changes to their lifestyle. So, whether you want help to stop smoking, lead a more active lifestyle, lose some weight, or simply take advantage of the NHS Health Checks we offer, we can help. We will provide you with the tools, encouragement and motivational support every step of the way. For more information visit: [www.healthyyou.org.uk](http://www.healthyyou.org.uk)

Contact us for a free consultation

Email: [HealthyWorkplace@everyonehealth.co.uk](mailto:HealthyWorkplace@everyonehealth.co.uk) or

Visit: [HealthyWorkplacesCP.co.uk](http://HealthyWorkplacesCP.co.uk)



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## Healthy workplaces