

**Healthy
Workplaces**

**North
Somerset**



Healthy Workplaces Programme Update & Award Member Stories

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What is the North Somerset Healthy Workplaces Programme?

- Public Health initiative
- Promote and maintain health & wellbeing of working age population
- Benefits to business and local economy
- A vehicle for greater reach of local health promotion activities
- Reduce health inequalities



How do we support workplaces?

- Access to free awards programme
- Evidence-based framework & guidance
- Training
- Events
- Shared resources
- Bespoke online or on-site support e.g. action plan support, topic-based health talks/workshops
- Workplace health checks



The Awards journey so far

- Started in 2021 with pilot
- Rolled out programme from 2023
- Now **24** workplaces members of the awards programme
- Total of **28,596 employees** in those organisations
- Sectors include local government, health, care and routine and manual occupations, more
- We have had 16 events





Bronze, Silver and Gold Healthy Workplace Awards

All levels of award are based on the following criteria:

Six key Healthy Workplace goals:

1. Leadership and commitment
2. Compassionate, inclusive and effective line management
3. All staff feel engaged and supported
4. Understanding employee health needs and evaluation of health and wellbeing programme
5. The workplace environment
6. Equity, equality, diversity, inclusion and belonging

Nine health and wellbeing topics:

1. Mental health and wellbeing
2. Musculoskeletal health
3. Smoking and vaping
4. Food, nutrition and oral health
5. Physical activity
6. Drugs and alcohol
7. Support for all life stages
8. Prevention and management of health conditions
9. Other aspects of health and wellbeing



What have we learnt?

- Workplace health check pilot evaluation
- Different employment types have different needs
- Good evidence of health and wellbeing interventions in workplaces e.g. smoking cessation
- Baseline assessment of health and wellbeing needs of organisation key to action planning
- Gap identified – food and nutrition – plans to develop offer for workplaces in 2026



Programme evaluation update

Internal evaluation – we are currently working on our internal evaluation.

Public Health Intervention Responsive Studies Team (PHIRST) Insight Team are exploring the feasibility of a more comprehensive, independent evaluation of the programme, helping us better understand its effectiveness and areas for development.

As valued members and partners, your insights are incredibly important to us. We welcome your feedback to ensure the programme continues to meet your needs and delivers meaningful outcomes in your workplaces.



Become a member

- Short registration form
- Healthy workplaces team will then contact you to introduce you to the programme

Contact the team at:

healthyworkplaces@n-somerset.gov.uk



Scan me!



Newsletter

- 4 x issues a year
- Information
- “What’s on” for workplaces
- Campaign resources
- Challenges
- Case studies
- Guidance

**** Sign up ****



Event plans for the new year

Compassionate Leadership: What Works

28 January 2026 10-11am tbc

Fuelling Wellbeing: How Employers can Support Nutrition in the Workplace

26 Feb 2026 10-11am

North Somerset Healthy Workplaces Network meeting

23 April 2026 11am-12:30pm



Scan QR code to register
for any event

Events in this collection

Upcoming (3) Past (9)



Healthy Workplaces Celebratory Event
Tue, Nov 18 - 10:00 AM
The Royal Hotel
Free



Fuelling Wellbeing: How Employers Can Support Nutrition in the Workplace
Thu, Feb 26 - 10:00 AM GMT
Free



North Somerset Healthy Workplaces Network Meeting
Thu, Apr 23 - 11:00 AM GMT+1
Free

For more information

- www.betterhealthns.co.uk/practitioners/healthyworkplaces
- Healthy Workplace Awards Brochure and Flyer
- Healthyworkplaces@n-somerset.gov.uk

