

## Living Well West Midlands

Living Well West Midlands is a BIG Lottery funded programme, supported by the West Midlands Regional Assembly delivering 29 innovative health and well-being projects across 14 West Midlands locations.

Through a strong partnership of public, voluntary and private sector organisations Living Well West Midlands will encourage people to take part in exercise and healthy eating that can help improve their physical and mental well-being no matter what the age.

## bWell Birmingham

bWell Birmingham is a project that aims to promote positive mental health and well-being in Birmingham through a two pronged approach. Firstly, bWell Employers provides a programme of training, support and guidance for private, public and voluntary sector employers across the city to help them promote positive mental health in the workplace. The project is encouraging employers to implement changes to working practices that cause stress and anxiety, to recognise poor mental health and to handle issues sympathetically and constructively.

The second part of the project is, bWell Communities, which promotes health and therapeutic physical activities, particularly in Birmingham's most deprived neighbourhoods, in order to address the most common issues of poor mental health, namely physical inactivity, isolation, stress and depression. The focus for this part of the project will be on the eleven most deprived wards across the city.

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## Coventry Body and Mind

The Body and Mind project aims to improve the overall sense of health and well-being by working holistically and addressing three key areas; physical activity, diet, nutrition and mental health. The physical aspects of the programme involve physiological assessments (BMI, height, weight, lung capacity etc) to let participants know how their body is improving. They also tailor home workout sessions to individuals needs.

To help participants maintain a healthy diet, practical food advice is given on budgeting, menu planning and basic cookery. There are a range of informative workshops covering areas from 'The Balance of Good Health' to food and hygiene.

The mental and emotional health aspects of this project work to build confidence, self esteem, and manage anxiety. There is also an emphasis on motivation to set and accomplish goals and work through possible barriers.

This project will help children and young people from 7 years and above as well as adults of all ages.

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## Dudley Workmate

The Work Mate Project provides training, support and raises awareness to encourage positive healthy working environments and better access to employment for individuals with high dependency needs.

The project focuses on two main areas – Information, Advice and Guidance for individuals and their families to move into work when faced with barriers of disability or previous health problems and work place health to help employers recognise and support the employment of individuals with health issues or disabilities. In addition the project also provides more general workplace health promotion to support other projects within the Happy & Healthy portfolio.

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## Dudley Healthy Retail

The aim of the Healthy Retail project is to increase the consumption of healthier foods including fruit and vegetables of local residents living in three deprived areas of the Dudley Borough by using social marketing techniques. Dudley Primary Care Trust is working alongside the National Social Marketing Centre to deliver the project as part of their National Demonstration Projects Scheme.

The Healthy Retail project includes focus groups to explore local residents' food culture including food shopping habits, food access issues and thoughts and attitudes on healthy eating. Further insights are being gained from working with key stakeholders and collecting baseline data on fruit and vegetable consumption.

A detailed individual action plan is then developed and implemented in relation to increasing the access to and consumption of healthier foods.

The project works in partnership with food retailers, local residents, neighbourhood officers and schools within deprived areas. The project looks to strengthen links with ongoing community and health services within each neighbourhood to address healthy eating and any food access issues identified in the scoping phase.

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## Dudley Park Life

The Parklife project promotes and provides greater physical activity in parks and open spaces across the borough. The project provides a Parks Physical Activities Coordinator who works alongside Friends of Parks groups to support a summer programme of physical activity and walking programmes.

The project will increase hours of activities that are available to users.

There is a particular focus on groups with access issues and perhaps where a lack of confidence prevents the use of the facilities by individuals or by certain groups.

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## Priority Care in Dudley

The Priority Care Project aims to reduce the isolation suffered by older people within our communities by offering a person centred service to people with long term conditions. The projects provides improved well-being, social contact, meaningful activity, safety and security, appropriate accommodation and prevent unnecessary deterioration in health or admission to hospital.

The project is being co-ordinated by Dudley MBC and delivered by Heantun Housing Association, a local charitable housing organisation.

Following assessment, a support/ action plan is created for individual service users that are used as the guidance for the Priority Care Project. An enabling approach is then used to assist service users and those in the local community to help and support themselves and each other. Service users are encouraged to support one another rather than be wholly dependent on professional service providers.

Advice, Guidance and support will aim to increase understanding and the ability to make choices and negotiate complex processes whilst minimising unnecessary anxiety and worry.

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## Dudley Healthy You

Healthy You is a project delivered through Ehsas Carers which is a support group for family carers of individuals with learning disabilities and the Apna Group, an advocacy and social group for people with learning disabilities from minority communities.

The project provides funds to undertake specific activities to promote the importance of regular exercise and develop a structured plan to support healthy lifestyles, including improving diets for individuals with learning disabilities from minority communities.

The project also supports family carers to reduce feelings of isolation and depression by linking into health activities and wider services available across the borough.

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## Living Well Herefordshire

There are three elements that make up the Living Well Herefordshire project. These are sports sessions, woodland activities and counselling sessions accessed through school nurse referral. The sports sessions consist of weekly children's activities such as football, trampolining and badminton, which aim to provide fun in a non-competitive setting. Participants can learn and develop new skills whilst increasing their physical activity levels. These sports sessions aim to improve agility, balance and co-ordination and provide opportunities for parents to volunteer and participate in the programme.

The woodland activities offer children and their parents the chance to visit nearby woodlands and participate in fun and exciting activities including building fires and shelters and learning to follow maps to find hidden treasures. Finally, Living Well Herefordshire offers counselling and psychotherapy services for young people (aged 10 and above), and their families to improve their emotional and psychological well-being.

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## Being Well in Sandwell

This project, delivered through Being Well in Sandwell, provides low cost courses of aromatherapy and therapeutic massage. It aims to reduce trait anxiety and improve awareness that supports the promotion of well-being.

Studies into massage suggest multiple treatments will reduce trait anxiety and depression. It also suggests that adolescents who may be at a stage in life where they receive little physical attention will benefit. Massage may also reduce aggression in adolescents and depression in young mothers.

The project, managed by the West Bromwich YMCA, is available to all adults, but with a particular focus on young people.

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## Sandwell Community Café

The Community Café, at West Bromwich YMCA, provides a healthy menu incorporating the '5-a-day' fruit and vegetable message as well as a variety of dishes including daily specials, pensioners specials, meal deals, sandwiches, jacket potatoes and homemade soups and cakes. Fresh foods are used extensively to give higher nutritional content.

The café is available to the general public between 8am and 3pm Monday to Friday and is directly linked to the Sandwell Food Policy Team. It pays particular attention to the relationship between food and moods, as research suggests that food has an impact on our brain development, cognitive development, mood, behaviour and general well-being. The Community Food and Café Advisor ensures that the menus provide a variety of food of the highest quality.

The YMCA also provides educational outreach to local schools and, in conjunction with the food policy teams, coordinate food interest groups with families and children.

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## Sandwell Light Therapy for S.A.D

Bright light therapy is used to prevent low light induced depression and Seasonal Affective Disorder (SAD). SAD often occurs during the darker winter months, in the UK, when low light levels trigger seasonal depression. The administration of bright light has been shown to effectively treat the mood disorder.

Light therapy for SAD is a project that is available to adults in all areas of the community throughout the morning and lunchtimes when the centres are open. The service is available at the Community Café at the YMCA in Sandwell, as well as the Community Action Project in Smethwick and the Yew Tree Healthy Living Centre. Staff in the outreach centres have been trained in how to use and manage the light boxes by the YMCA.

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## Sandwell Physical Activity

Physical Activity in Sandwell uses a variety of activities including Tai Chi, Hatha Yoga, Streetwise fitness routines and Groundwork's Land programme to encourage a range of groups in the community to become more physically active. The project is delivered at the YMCA West Bromwich and Yew Tree Centres.

Hatha Yoga incorporates training in diaphragmatic breathing with further aid relaxation and will be available at three venues. The project also runs evening Tai Chi classes for all age groups and special classes for older people, as research suggests it can improve their reach and balance.

'Streetwise' fitness routines, tailored to young people involves various styles of modern music such as rap, hip-hop and dance. This aspect of the programme offers young people the opportunity to feel involved in their health development and even to take ownership of the classes.

Groundwork works in partnership with the YMCA and is encouraging people to volunteer to work in the community.

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## Sandwell Relaxation and Mindfulness Training

Relaxation and Mindfulness Training uses highly innovative and professional deep relaxation and awareness enhancing techniques. The group-delivered training helps to promote mental well-being and reduce trait anxiety in individuals. The project is delivered at the YMCA as well as an outreach service at the Community Action Project (CAP) at Smethwick and the Yew Tree Healthy Living Centre.

Staff administering the training first complete an eight week course of Mindfulness Meditation integrated with Hatha Yoga, diaphragmatic breathing, imagery and direct awareness to muscular tension followed by a week at a Retreat to develop teaching skills.

The project is aimed at the general public but with a particular focus on young people.

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## Sandwell Social Skills Training

The project is designed to promote positive thinking to help children and adolescents cope with daily challenges in their lives. It provides group-delivered social skills training by trained members of staff from the YMCA, using the Penn Resiliency Programme. This programme has proved successful in the US and is now being piloted in the UK. The skills taught can be applied to many aspects of their lives, such as relationships with families and friends as well as achievements in education and social activities.

Social Skills Training has been found to be effective in helping to shield children from the effects of stress, including anxiety and depression. The sessions are aimed at children in year 6 at primary school and year 7 at secondary school and will be delivered on a sessional basis.

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## Shropshire Indoors

Shropshire Indoors encourages, support and enables people to take up physical activity, by providing a number of structured steps into activity. It targets adults with physical disabilities and/or learning difficulties as well as mental health service users. The project includes a range of activities from dance to Tai Chi that are held at community venues across the county.

There are taster sessions and options for progression to mainstream exercise classes. The project has developed and delivers a range of physical activity programmes in community settings in each of the five districts in Shropshire, but primarily in deprived areas.

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## Shropshire Outdoors

Shropshire Outdoors engages with people who experience barriers to accessing the countryside. The project is focusing on the needs of adults with learning difficulties, people with physical disabilities and people that are experiencing, or recovering from, mental ill-health.

Project partners include Shropshire County Council and Shropshire Primary Care Trust. The partnership brings together for the first time in Shropshire, two currently separate knowledge and skill sets, that of countryside activity providers and those of staff and volunteers who work with the target beneficiaries in the sector of health and social care.

The project acts as a catalyst to generate a voice for the target beneficiaries and through consultation, participants are supported to be more physically active in 'needs-led' countryside activities such as walking, orienteering, wildlife surveys and practical conservation tasks. This includes promoting progression into mainstream volunteering.

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## Solihull SHINE

### Stay Healthy: Improve Nutrition and Exercise

The Solihull project is a community based weight management programme for children and their families between the ages of 8-15. The project targets the whole population of Solihull and will be flexible in its approach to target the socio economic divide across the Borough. It overcomes barriers in education and participation as well as bring services to the community using simple clear messages, a tailored healthy lifestyle programme and individualised support.

The project consists of a portfolio of activities delivered by a team of trainers and coaches at clinics held in community venues throughout Solihull. Participants can enrol on the programme for up to 12 months which is broken down into bronze, silver and gold awards. The bronze award is a 12 week intensive course to support the whole family to engage in a new healthy lifestyle through behavioural support, physical activity and healthy eating; this consists of both one to one support and group activities

On completion of each award participants are invited to a graduation ceremony to celebrate their achievements. Participants enrolling on the silver and gold awards will further improve their knowledge of healthy lifestyles through continued group activities and support from trainers and coaches who will empower them to sustain their own individualised family lifestyles.

The overall objective of the project is to reduce the year on year rise in childhood obesity and reduce health inequalities within Solihull.

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## Staffordshire Dove Mentoring

Mentoring into the Mainstream provides a mentoring service through a well resourced voluntary sector provider. The project is aimed at mentoring and supporting those who have suffered from mental ill health and social exclusion. It is particularly targeted at people who have experienced mental health distress in 'Hard to reach groups' specifically in the black and minority ethnic (BME) community.

The project promotes recovery, recognises individual aspirations and provides support to help people achieve their goals and ambitions. This will enable people to access mainstream services as part of a community which will also work towards reducing the stigma of mental ill health.

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## Staffordshire Sharing Spaces

The Sharing Spaces project is supporting schools across Staffordshire to achieve health, educational and environmental benefits for the whole school community through for example, providing a safer learning environment in schools and giving children a greater awareness of mental health and well-being, such as a reduction in negative behaviour and bullying.

In particular it works towards Healthy School and Eco School status, which is achieved by delivering grounds development guidance at schools and start-up support to develop and begin the implementation of grounds improvement plans.

The programme is aimed particularly at schools in the most deprived areas and ongoing support is provided to 12 schools through the development and evaluation of their individual grounds improvement plans.

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## Staffordshire Volunteering for Health

Volunteering for Health is a project that aims to widen participation in volunteering. 'Frequent visitors' to GP surgeries are one group anticipated to benefit from this project and there are also opportunities for self-referral. People may be referred to the programme for a variety of reasons, including those with mild to moderate depression, those who are socially isolated and vulnerable and people who want to make positive changes in their life but may be anxious, fearful or unaware of how to do that. The project is being delivered in conjunction with Volunteer Centres in Staffordshire, selected GP surgeries and medical centres.

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## Wellbeing Workshops Programme Staffordshire

The Wellbeing Workshops Programme provides training directly and also 'train the trainer' sessions that equips organisations throughout Staffordshire with the knowledge and skills to deliver mental well-being workshops to both their own workforce and clients.

The workshops consist of a 12 step recovery programme providing a holistic approach to mental well-being. This includes structured and effective self management tools, which enables individuals to understand and manage their mental distress.

A number of 'Train the Trainer' courses take place each year across a wide variety of organisations and groups to ensure the project reaches a broad cross-section of Staffordshire.

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## Living Well Stoke on Trent

Living Well Stoke on Trent focuses on three key objectives; supporting communities, marketing health and improving health and well-being. The themes of healthy eating, physical activity and mental well-being will cut across the portfolio to ensure a 'holistic' approach to health and well-being.

The project raises awareness, increases knowledge and challenges perceptions about mental health within the local community. It also aims to highlight the benefits of healthy eating and regular physical activity, which has the added benefit of building people's confidence. The annual conference and community awareness events act as the platform for debate and reaching a wider audience.

Key activities include, physical wellness workshops that look at practical wellness tools and how to achieve healthy eating and physical activity goals; offering local people the opportunity to become a 'Community Health Champion' and be trained to lead health walks, deliver active in age activities and cook & eat programmes; commission market research focus groups and cascading social marketing awareness training to local practitioners to ensure services do engage and involve communities. Participants will have the opportunity to become the "face" of Living Well and champion future Stoke on Trent healthy lifestyle campaigns.

There are volunteering and employment opportunities to feed into existing mainstream work e.g. become MEND theory trainer, a buddy for local community weight management schemes, become part of a city wide volunteer walk leader network, a peer mentor etc.

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## Telford & Wrekin Women in Motion

The Women in Motion project works with women in urban areas of Telford to encourage greater levels of physical activity.

The project is recruiting volunteers to train in a variety of physical activity / coaching qualifications to lead sessions to the 16+ female population in their own communities. The project also seeks to work with female carers, by encouraging volunteering or participation. The volunteer leaders will be supported and mentored through their new roles by Telford and Wrekin PCT's Community Activators.

The scheme aims to overcome self highlighted barriers to physical activity participation for women; such as cost and childcare problems by providing up to 40 new FREE physical activity sessions with childcare provision (subject to demand) across Telford.

This is a fantastic opportunity for women in Telford to be more active, more motivated, better trained and healthier.

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## ‘Feeling Good’ Walsall

The ‘Feeling Good’ project is initially working with women from a South Asian background from the ages of 12-65 years. The project raises awareness of health related matters in the South Asian community where many health issues are considered taboo. These problems are often hidden and are considered to be on the increase within this part of the community.

The ‘Feeling Good’ project started in November 2007 and has already successfully set up a number of activities in the heart of the community. These include counselling sessions and mental health awareness workshops within local schools around Walsall. Another activity that has proved successful in engaging community members in physical activities has been exercise sessions to Bollywood music. The team have also undertaken a number of consultations with young people to look at developing training toolkits that can be used in schools to raise awareness of mental health.

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## Warwickshire Action for Wellbeing

Action for Wellbeing targets communities and families to encourage healthier eating, increase physical activity and improve people’s mental well-being. The community members are consulted to identify their needs and develop suitable activities that support meeting their needs. The activities will include exercise groups, weight management groups, walking schemes as well as cooking and nutrition clubs to encourage healthier lifestyles. All the activities are designed to develop knowledge, skills and confidence within the community. The community workers will target identified disadvantaged communities of particular need

The project is also working with partners and employers to develop and agree work place policies. A training programme will be rolled out to managers to raise awareness of emotional health support for existing staff and help managers support individuals with mental health difficulties on returning to work.

Additionally, a buddying scheme is being developed to target those feeling isolated in the community and those at risk of developing, or currently suffering from low level mental health difficulties. This will provide one to one support to encourage participation in community activities.

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## Wolverhampton Farm to Fork

'Farm to Fork' encourages children to eat more fruit and vegetables through a programme of physical activities centred on a school growing area or allotment. The primary beneficiaries are children aged 5-16 in schools across Wolverhampton. This project is being delivered by Groundwork Black Country, together with schools that they recruit into the programme. 'Farm to Fork' works closely with schools in order to deliver a joined-up support for children and families in healthy eating.

Groundwork engages ten schools each year to deliver the programme. Their staff organise and deliver a series of eight workshops for each school. Six workshops will be curriculum based activities on plant growing and the setting up of the food growing area; while a further two workshops with complimentary food growing activities will be held at the Wolverhampton Environment Centre or a farm. The timing of the workshops and the year groups targeted is dependent on the school calendar and curriculum. Schools will receive funding to help set up the food growing areas.

In the longer term, schools are encouraged to make the project sustainable by encouraging schools to continue to use the growing area to teach healthy eating messages. Volunteers are also encouraged to contribute to managing the growing areas, and schools could link activities to other 'extended school' or community work (e.g. existing allotments; grandparent / parent; peer group transition activities).

The desired outcomes for children (and their families) include: improved knowledge and awareness of food growing and healthy eating; reduced weight; increased levels of physical activity. The desired outcomes for schools include: an improved capacity to deliver activities connected to food growing and healthy eating.

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## Wolverhampton Nutrition Training

Nutrition training is being delivered in the community, to health and social care staff and those working in the voluntary sector, to enable individuals to update their skills and knowledge...

Training is also being provided to school staff or parents to enable 30 schools in the city to set up a 'Families Get Cooking Programme', to increase cooking skills and encourage the family to cook healthy recipes.

Utilising a training pack developed by the Nutrition & Dietetic Department, health and social care workers will also be trained to deliver a 12 week weight management course. This will help kick-start the roll out of programmes that manage weight and obesity in Wolverhampton. The courses links to a referral pathway for weight management programmes, developing within the city.

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## Wolverhampton Well Being for Life

Wellbeing for Life is aimed at the 50+ age group. It is delivering a preventative programme which provides physical and mental stimulation to improve the general well being of older people, encouraging an active life with less falls and accidents.

Managed by Age Concern Wolverhampton, the project was launched at Grove School, Wolverhampton in February this year. Already over 1000 beneficiaries have taken part in more than 100 events ran across the city in various community venues. Fully qualified tutors carry out the physical activity programmes, which mainly consist of extend exercises and mature moves.

This project is already proving to be hugely successful and to continue its success it is also actively seeking volunteers, who will be trained to deliver exercise and healthy living sessions.

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## Worcestershire Wellness Works

Wellness Works is a programme of free business advice, education and training for employers across Worcestershire and is funded by the BIG Lottery until December 2010. It exists to provide support and to promote positive emotional and mental well-being in the workplace. It aims to ensure all people are able to work and live to their full potential – able to strive not just survive. And that goes for their businesses too!

Research has demonstrated that a satisfying and stimulating working life has a positive impact on the emotional wellbeing and mental health of all individuals. Therefore, addressing mental health and well-being in the workplace will benefit the whole business. To ensure that their staff and business are able to flourish Wellness Works is offering services such as one to one business advice along with support, information and resources for employers.

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