## ****Keeping Healthy at Work****

## The greatest asset any organisation has is its employees and at this time of uncertainty every organisation will need the support of its workforce to secure its future. The COVID-19 pandemic has had a negative impact on the mental and physical health of employees. Now more than ever, employers must fulfil their fundamental duty of care to promote staff health and wellbeing, to give businesses the best opportunity for a full and sustained recovery.

## The Workplace Health team have collated a variety of guidance and information to support workplaces across Milton Keynes in improving employee health and wellbeing during and beyond the current COVID-19 pandemic. There are many resources available here <https://www.milton-keynes.gov.uk/health-and-wellbeing-hub/work-well-mk/improving-staff-well-being> if you are an employer and want advice to help your employees to stay healthy at work, if you are self employed and work at home or you are an employee and want to know how you can stay healthy whilst at work.

## With an increased emphasis on the need for employees to maintain good health and wellbeing, the [Employee Wellbeing - Toolkit for Employers](H://Google_Chrome/Employee%20wellbeing%20-%20Toolkit%20for%20employers%20with%20links%20Aug%202020.pdf) aims to provide employers with evidence informed guidance and information to enable them to support the health and wellbeing of their workforce, throughout the restoration phase and beyond.

## Within the toolkit, advice can be found on supporting health and wellbeing at work within the following areas:

## Leadership|Attendance Management|Health and Safety|Mental Health|Physical Activity|Healthy Eating|Smoking|Alcohol and Substance Misuse

## The COVID-19 pandemic will also have an impact on unemployment rates, which will have a resulting economic and social impact on population health. Employers have an opportunity to look at supply chains in terms of goods and services. As businesses start to reshape services and workforce needs, there is an opportunity to create job roles that local people can do to address workforce challenges and improve population health.

**Other useful national and local support services**

## Gov.uk - A [GOV.UK](https://www.gov.uk/find-coronavirus-support?utm_source=http%3a%2f%2fnews.dwp.gov.uk%2fdwplz%2f&utm_medium=email&utm_campaign=Coronavirus%2BTouchbase%2Bspecial%2B-%2B15%2BMay%2B2020&utm_term=Coronavirus%2BTouchbase%2Bspecial%2B-%2B15%2BMay%2B2020&utm_content=87510) service to find out what help is available if affected by coronavirus, including feeling unsafe, going in to work, paying bills or being unemployed, getting food, having somewhere to live and mental health and wellbeing.

**Milton Keynes Council** - Milton Keynes residents who are worried about their financial situation, need help with food and supplies or require details of local welfare provisions, because of COVID-19, can find help that is available on the following web pages <https://www.milton-keynes.gov.uk/your-council-and-elections/covid-19-in-milton-keynes/help-and-support>.