

Suffolk is ‘business-minded’!

A ground-breaking partnership between the NHS and local businesses got off to a flying start over the summer with the launch of Suffolk Business Minded – an initiative to support local employers during the downturn.

Almost 100 delegates attended the two launch training events, called ‘How to avoid stress and benefit your business’ in Bury St Edmunds and Ipswich.

The initiative, sponsored by Suffolk Mental Health Partnership NHS Trust, aims to help managers by providing them with the knowledge and skills to manage mental wellbeing at work.

Gabriel Tamaya, who is leading the project, said: “We’ve been delighted by the positive feedback from the events and we’re pleased that the initiative seems to fit in well with what local companies need right now.

“Mental wellbeing has never been more important, and we know that work is

good for people’s health, so it is in everyone’s interest to support staff to stay at work.” he added.

It is not too late for local employers who missed the training events as Suffolk Business Minded is now planning a forum to provide further advice and support.

Suffolk Business Minded forum’s launch meeting will be on September 29, from 6.00 – 8.00pm. In addition to guest speakers, it will include workshops to support local organisations that have signed up as ‘Mindful Employers’.

There will be three or four forum meetings a year.

Suffolk Business Minded Forum aims to:

Provide practical support to local employers on how to promote mental wellbeing at work.

Promote free resources and toolkits that managers can use to increase their skills.

Promote the Mindful Employer Charter in Suffolk and Thetford – designed by employers for employers, the charter is all about good business practice.



Did you know?

Facts about mental health in the workplace:

3 in 10 employees will experience mental health problems in any one year.

80 million work days are lost each year through stress, depression and anxiety.

It is estimated that about £9 billion a year is lost through employers not addressing mental health issues at work.

80 per cent of employers agree that more support is needed to improve the way businesses deal with mental health in the workplace.

Find out more...

Local businesses interested in finding out more can go to the Suffolk Business Minded website at www.ifyouknew.co.uk

Call Gabriel Tamaya at Suffolk Mental Health Partnership NHS Trust tel: 01473 329785 or email: gabriel.tamaya@smhp.nhs.uk

Check out the Mindful Employer Charter at www.mindfulemployer.net

