

# 2023 UK WELLBEING ACTION PLAN

Level	Pillar	Component	Requirement	Action	Responsible	Resources	Date / Year
1	Emotional Health	Stress Management	Stress management support process	Review feedback from Manager / Supervisor Mental Health Awareness Training and ratify roll out plan. Develop strategy to raise general awareness across the business, including consideration of on-line training and sign posting information / support.	JW / SM	£30k	2023
1	Physical Health	Prevention	Smoking cessation (Global Standard)	Circulate survey to help define smoking cessation support strategy. Share promotional awareness raising materials about the risks of smoking and support programmes, also include the hazards of under age use of vapes.	MM / SM	TBC	01/23 – 03/23
TBC	TBC	TBC	Menopause	Continue to roll out the workshop sessions until demand declines, then consider making a pre recorded session available. Communicate ongoing awareness raising materials and SharePoint site, maintaining the focus on the potential impact on families.	MM / SM	TBC	01/23 – 06/23
TBC	Physical Health	Prevention	Musculoskeletal	Continue to evaluate bespoke training videos with Supply Chain	Wellbeing Strategy Group (JW)	TBC	2023
1	Emotional Health	Stress Management	Stress management support process	Actively engage with the MPA Mental Health Working Group, supporting the development of resources based on an effective mental health risk assessment.	JW / AT	TBC	2023
TBC	ALL	Monthly Health and Wellbeing Calendar	General health and wellbeing	Develop a calendar of monthly health and wellbeing topics, aligned with the roll out of associated workshops. Typical topics to include menopause, men's health, women's health, cancer prevention, diabetes, etc.	JW / MM	TBC	01/23
1	Workforce Experience	Work-Life Balance	Work-life balance promotion	Review WE'X Survey Output. Develop a communications campaign to raise awareness of the right to disconnect and share good practices.	SH / SM / AT	TBC	01/23 – 03/23
1	Physical Health	Prevention	Know your numbers	Revitalise "Know Your Numbers" campaign.	JW / AT	TBC	04/23 – 09/23