



# WELLBEING AND HEALTH PROMOTION SERVICES

## 'Prevention is better than cure!'

Poor physical and mental wellbeing accounts for over 75% of all sickness absence in the UK.

A proactive approach to workplace wellbeing with a preventative focus is increasingly being recognised as the gold standard in occupational health and wellbeing. We at Physiotherapy Matters, alongside our mental health partners, provide wellbeing services aimed at improving physical and mental wellbeing of a varied workforce.

Our wellbeing services can be purchased with a 'pay as you go' or 'subscription' model. Our Wellness Matters subscription programme provides 3 levels of subscription based on your business size and need, and provides a more bespoke and regular wellbeing plan.

For more information about our Wellness Matters subscription programme, please email:

[info@physiotherapymatters.co.uk](mailto:info@physiotherapymatters.co.uk)

## Benefits of a Workplace Wellbeing Programme

In addition to reducing absenteeism, implementing an effective and ongoing wellbeing programme can:


- Improve workplace health,
- Reduce costs associated with absenteeism and presenteeism,
- Increase productivity,
- Increase staff engagement,
- Increase staff morale and loyalty,
- Reduce staff turnover,
- Improve corporate image, and
- Help make you an employer of choice.

Physiotherapy Matters can also support clients aiming to achieve regional wellbeing awards, such as the 'Better Health at Work' award which is given to workplaces in the North East region which actively promote workplace health.

 **0333 2200 238**

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# TESTIMONIALS



As part of our SHE action plan, we committed to providing DSE assessments to our colleagues. Jennifer has supported us to complete these both virtually and in person. Her positive attitude with colleagues has meant our people engage in quality conversations and as a business we are provided with recommendations to support our colleagues. I would recommend both Jennifer and Physiotherapy Matters to other businesses.

**Gemma Hewitt**, HR Business Partner, Greencore



We have hosted a number of wellbeing initiatives with Physiotherapy Matters since relaunching the Quorum Events programme post lockdown. We have had a number of wellbeing talks and seminars along with a yoga class and meditation session.

Sessions are comprehensive, engaging and fit really well with our wellbeing goals. What worked particularly well for us was sharing what our well-being strategy was with Jennifer in advance and then her coming back with a full structured programme of events that ticked every box. They make everything very easy and have genuine experts in their field supporting which gave extra credibility (and content) to what we put out. Any company who takes the wellbeing of their employees seriously should definitely talk to them about what they can do for you.

**Laura McGrath**, Events & Community Manager, Quorum Business Park



## Wellbeing Services Available

### Interactive, Educational Workshops on a wide range of topics including:

- The 4 Pillars of Health: Stress, Sleep, Food and Movement
- Health and Wellbeing of a DSE User/Driver/Manual Worker
- Minimising the effect of Covid: How to prepare and how to improve recovery
- Work Life Balance
- Stress Management

### Comprehensive Training Courses including:

- Manual Handling Training
- DSE User Training
- Management of Musculoskeletal Disorders in the Workplace
- Mental Health for Managers

### Drop-In-Clinics allowing access to one-to-one advice from a physiotherapist or mental health practitioner regarding:

- Physical Health
- Workstation Ergonomics
- Mental Wellbeing
- Sleep

### Exercise classes including

- Pilates
- Yoga and Meditation
- High Intensity Interval Training (HIIT)

### Blog writing


- Providing expert, evidence-based advice and education rather than employees turning to Dr.Google!

Our wellbeing services are designed with flexibility in mind so can be adapted to the needs of your organisation, or can be delivered remotely where needed. Contact us by phone or by email to discuss how we can help you achieve your wellbeing goals.

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