

WE NEED YOUR HELP TO LAUNCH OUR NEW **WELLBEING** Initiatives



Fostering colleague wellbeing is good for our people and the organisation. Promoting wellbeing can help prevent stress and create positive working environments where individuals and organisations can thrive. Good health and wellbeing can be a core enabler of employee engagement and organisational performance.

M&D Care is searching for several representatives to support us in collectively in helping one another to thrive in the workplace. We need your help in sourcing the right people from within your teams to assist in facilitating 3 new wellbeing initiatives.

Mental Health First Aiders

- ✓ To serve as the primary support for individuals facing mental health challenges Eg. Stress, anxiety, or depression.
- ✓ Ensuring a positive work environment & providing necessary support & facilities to promote mental well-being.
- ✓ Have the relevant knowledge to recognise signs of ill health, such as changes in behaviour or body language.
- ✓ Being available to guide & support individuals in distress, intervening when necessary to prevent escalation



Colleague Forum Representatives – ‘It’s good to talk’

- ✓ Create a culture of transparency & openness, where colleagues feel comfortable to come forward & share their ideas.
- ✓ Encourage collaborative working.
- ✓ Host an annual ‘Have Your Say’ Fun Day, with the purpose of hearing the thoughts and opinions of everyone working & being supported within M&D Care.
- ✓ Discuss and try and resolve issues together.
- ✓ Support in Build trust and confidence between employer and employees.



Healthy Eating Representatives – ‘Thanks a bunch’ Free Fruit scheme.

- ✓ To be the onsite healthy eating representative.
- ✓ To encourage health snack options.
- ✓ To facilitate on site distribution of the free fruit scheme.
- ✓ To reinforce health eating campaigns.
- ✓ To encourage colleagues to share healthy recipes, organise a recipe sharing, or hold team lunches occasionally with colleagues bringing a healthy dish to share.

