



Workplace Wellbeing Movement



Build a healthy and happy workforce



What we do

Bradford District and Craven Mind are an independent mental health charity delivering person-focused mental health support.

We are affiliated with national Mind but rely on our own resources to support people across Bradford District and Craven.

We support local businesses with their Workplace Wellbeing by providing Mental Health Training. We believe creating a positive attitude to mental health in the workplace is key for employees and businesses to thrive.

Vision:

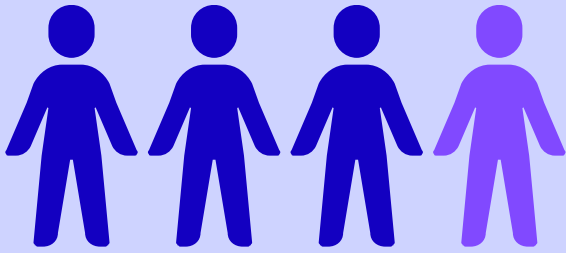
No one in Bradford District and Craven has to face a mental health issue alone.

Mission:

To make the best possible difference to the mental health and wellbeing of the greatest number of people.



Mental health in the workplace



One in four people will experience a mental health problem every year in the UK.



One in five UK workers report feeling unable to manage stress and pressure in the workplace.



Poor mental wellbeing costs employers in the UK an estimated £42 billion to £45 billion annually through presenteeism, sickness absence and staff turnover.



On average, there is a positive return on investment of around £5 for every £1 invested in mental health in the workplace.



Workplace Wellbeing Movement

The Workplace Wellbeing Movement is our membership programme for businesses dedicated to promoting a positive approach to mental health in the workplace.

By becoming a member you'll benefit from making valuable connections with like-minded organisations and access to expert learning resources towards building a positive workplace culture. Membership will also signal your commitment to mental health and leave a meaningful impression with your employees and stakeholders.

If your organisation cares passionately about the mental health of your workforce then the Workplace Wellbeing Movement is for you.

When you invest in Workplace Wellbeing your business will benefit from:

- Reduced staff turnover
- Improved working relationships
- Enhanced reputation as an employer
- Improved productivity, performance and culture
- A ripple effect beyond your business into the community

Benefits of Membership

As part of the Workplace Wellbeing Movement you will have access to these incredible benefits:

Promotion on Bradford District and Craven Mind's Social Media channels.

Quarterly training opportunities will be provided for one of your employees who will be the designated Mental Health Representative.

Our mental health services packaged as an alternative support alongside your Employee Assistance Programme. Employees may feel more comfortable seeking mental health support from an external charity.

Quarterly networking events with other members including expert talks at our Mind your Business events.

20% discount on mental health training delivered in-person and online throughout the year.

Support from our Workplace Training Lead to develop and maintain a workplace wellbeing strategy.

Access to learning resources that develop skills and knowledge on mental health at work.

Access to advice and support from our Workplace Training Lead to develop and maintain a workplace wellbeing strategy.

Be part of an exclusive group with opportunities to connect with like-minded businesses.



From
£250
per year

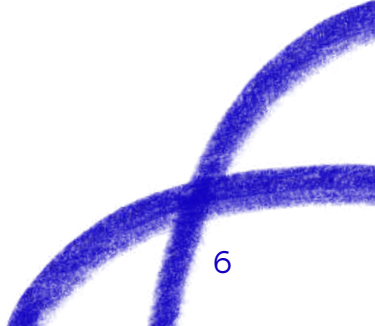
Investment

The Workplace Wellbeing Movement welcomes businesses of all sizes to join. As it is run solely by Bradford District and Craven Mind, 100% of your investment goes back into helping us support people with their mental health and wellbeing.

Our membership fees are based around the number of employees in your business:

- Small businesses of up to 20 employees is £250 per year.
- For businesses with over 20 employees, the investment is £12 per employee, per year. For each employee that's just £1 investment into their wellbeing every month across the calendar year.

Number of employees	Annual investment
1 - 20 employees	£250
20+ employees	£12 per employee



Make a positive impact!

As a member of the Workplace Wellbeing Movement we will support you to give back.

Whether you have Corporate Social Responsibility or are simply passionate about supporting your local mental health charity, we'll provide opportunities for your business to volunteer, fundraise or take part in mental health awareness events.

You will have access to:

- Fundraising events like The Great Yorkshire Abseil, Five-a-side Football Tournament, Local Race Places and more
- Event sponsorship opportunities
- Bradford District and Craven Mind logo to showcase your support
- Access to fundraising merchandise and equipment



At Barton Legal, we will be supporting the charity through fundraising, awareness and ensuring our team have access to training and guidance on mental health issues.

Trish Barton, Barton Legal



In aid of

Bradford District
and Craven





Training Courses and Workshops

As a member of the Workplace Wellbeing Movement you'll benefit from a 20% discount on all training courses and workshops.

In addition, one of your employees, designated as the internal Mental Health Representative, will have access to free training every quarter.

Our training courses have been developed for both employers and employees to help with common challenges in the workplace including:

- tackling stigma by creating a positive approach to mental health in the workplace
- supporting employees with the skills to manage their own and their team's mental health and wellbeing
- taking a best practice approach to supporting employees with their mental health to stay healthy and happy at work

Here's what local businesses have said about our training courses:



It gave us the opportunity to sit back and think 'am I doing these things in the best possible way?'. We got some really good feedback from the staff and from the management team following our training.

Zoe Freedman, Manager, Citizens Advice



Find all of our training packages in our [Training Brochure](#). Here are some of our popular courses to support your business:



Mental Health Awareness

£95 per person | Member rate £76 per person

Raise awareness of mental health in your organisation, tackle the stigma around mental health at work, and contribute to developing a positive workplace wellbeing.



Skills for Managers

£180 per person | Member rate £144 per person

Equip your people managers with the skills and knowledge to support their teams with their mental health at work. Managers will learn to:

- Spot the signs and symptoms of mental health.
- Learn good practice when managing mental health at work.
- Identify and apply reasonable adjustments to support their teams.



Mental Health First Aid (MHFA)

£325 per person | Member rate £260 per person

Train to become a qualified MHFAider with our MHFA England accredited course. The qualification teaches you to listen, reassure and respond, including in a crisis, and potentially stop a crisis from happening.



Mental Health support

We have over 15 different services at Bradford District and Craven Mind which are free to access by people of all-ages in the region. Services can be accessed over the phone, in-person and support can be provided on a one-to-one basis or in groups.

We support people at every step of their mental health journey without the need for any formal mental health diagnosis. We provide specialist support to people with a diagnosed Severe Mental Illnesses and we provide same-day support for anyone who is experiencing mental health distress.

A full list of our services can be found on our website. Here are two of our 365 day a year services that your employees living in Bradford District and Craven can access whenever they need it:

Guide-Line Helpline & Live Chat Support

0800 884 884 | Every day 8am - midnight

Guide-Line provides confidential, emotional support to people of all-ages every day of the year from 8am until midnight.

Safe Spaces

08009 521 181 | Call First Response 24 hr line

Safe Spaces is an award-winning service that supports people experiencing mental health distress. Support can be provided in-person at our Bradford Hub or Keighley Hub, or over the phone. Call First Response to make a referral.

We're an extension of your team!



Bryony Rathmell

Workplace Wellbeing & Training Lead



Lydia Ngwenya

Fundraising & Business Development Manager



Mental Health First Aid Trainers

Supported by an accredited team



Myriam Barker

Head of Income Generation

Ready to join the Movement?

You can sign up on our website today by visiting:
mindinbradford.org.uk/movement

If you would like to talk before signing up your business to the movement then please reach out to us by email: training@mindinbradford.org.uk



Bradford District
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