

WELLBEING AT WORK – USEFUL INFORMATION

The Council is committed to minimising the causes of work related ill health, and managing the effects of ill health when it occurs through the promotion of employee wellbeing.

Here are some links to relevant organisations as well as free online tools and activities that you may find helpful in supporting your wellbeing at work.

Please note this note provides guidance and links that are current as at today's date however agencies or details of the discounted offerings below can change at any time without prior notice.

How can I improve my physical wellbeing?

Employee Benefits

- Various organisation offer activities at discounted rates through Mole Valley's benefits package including Dorking Sports Centre and Leatherhead Leisure Centre. Reimbursement of eye tests and free flu jabs are also available.

Tara's Stress Buster Neck and Shoulder Massage

- Get rid of tension, and feel relaxed and energised with a massage
- Neck and shoulder massage- **10 minutes £8.00**
- Including arms and hands- **20 minutes £15**
- Appointments are be booked through Molly as advertised¹

Kaarp Benefits

- Provide discounted rates to a number for fitness centres and health facilities.

NHS Choices Live Well

- Online tools allow you to check your height and weight and get ideas about healthy living. There are easy, practical tips to help you start a healthier routine today.

Change for life

- Find out about how to change your eating habits to be healthy

Who can I talk to about what?

Employee assistance

- Provides practical information and confidential counselling services. Accessible via the phone, email or online. Short term counselling, if appropriate, is offered over the telephone or in a face-to-face setting, close to your work or home, for individuals or couples

One to ones

- Get the most out of your one to one meetings by talking things over with your manager.

Performance and Development Reviews

- Make the best use of the PDR system to help you perform well at work

MyHR

- The MyHR pages of Molly offer a range of information, policies and guidance for both staff and managers to help make Mole Valley District Council a great place to work. The HR team can talk through concerns or issues that you are unable to raise with your manager, such as those relating to HR, Learning and Development and Equality and Diversity. Contact hr.admin@molevalley.gov.uk with your queries.

¹ Prices correct as of August 2014

How can I learn and improve the way I work?

Learning Pool

- This is a e-learning portal that provides over 500 on line training courses including Induction, IT skills, Business Skills and Customer Service Skills. This resource will be available on Molly later this year.

First Steps

- Surrey Community Health's port of call for information on Emotional Well-being material and training, to help raise awareness on Emotional Well-being and to reduce the stigma surrounding mental health issues.

iResilience report (Robertson Cooper)

- Personal resilience tool kit. Once we reach adulthood, our personalities remain relatively stable. However, our levels of resilience can vary considerably. Fortunately, everyone has the ability to build and maintain their levels of resilience.

Learning for life

- There are many opportunities available through Surrey's adult education centres

BBC Adult learning

- The BBC provides access to information, online courses and school learning packages for adults wanting to enhance their skills in a range of subjects and hobbies.

How can I improve my work/life balance?

Volunteering

- Volunteering is fun, worthwhile and develops your skills, too. Find out what is available at your [local volunteering centre](#) and also at www.do-it.org.uk

My Benefits

- See what discounts have been negotiated for you as a member of staff

[Surrey recreation, heritage and culture](#) - The link to all the cultural activities happening in Surrey

The money advice centre

- A free, independent service set up by government and funded by a levy on the financial services industry. Their role is to help everyone manage their money better.