

**Leading the way in Workplace Wellbeing.
Powered by Lancashire Mind.**



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#WeAreLancashireMind

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I volunteer for Lancashire Mind because I strongly believe that they support and improve mental health and wellbeing for everyone, including me with my Asperger's Syndrome. I believe that we are making a big difference. When I support these services, not only does it make me feel good and prove my worth and feel that we're making a difference, but also I learn a lot from them.



Having that person to walk alongside me and explain and help me navigate where I should go and how I should approach the situation helped me when I was at my lowest point. I don't know if I would be here without that.

Mind Lancashire



It is my first time having a wellbeing coach and I feel much better for it. It has given me more ways to perceive the future, look after my wellbeing and also look at things differently.



Mind Lancashire
#StartaConversationStopaSuicide



Mind Lancashire
Money & Me
The service designed to take money off your mind

TOGETHER WORKSHOPS
Understanding Self Injury Together
Virtual workshops for parents and carers
Learn how to support a child

What we do for Businesses

- Training
- Wellbeing Coaching
- The Lancashire Wellbeing Business Network



We try to keep our offer accessible and cost effective as our main goal isn't profit but to make Lancashire a healthier place

- Everything we make goes back into supporting the local community
- We believe in taking an evidence based approach
- Our team understand the business perspective on wellbeing and mental health
- We genuinely want to help you



Why a Network too?

Our main goal is to improve mental health and wellbeing in Lancashire, rather than profit. That doesn't mean we don't understand the financial goals or needs of businesses but that our motivation is to genuinely support them in areas of need related to mental health, as well as to celebrate their successes.

The Lancashire Wellbeing Business Network has been designed to:

- Be a cost effective and time saving way for businesses to access a range of evidence based information and tools to support workplace wellbeing
- Offer opportunities for positive PR and to share success stories to motivate other organisations to make changes and to promote best practice

We have a very talented in house team who have a range of professional experience, but we also have good relationships with other local charities. We want to make it easier for businesses to access the best local support, to help them reach their workplace wellbeing, L&D, and EDI goals.



Reduce employee turn-over, increase employee engagement, and contribute towards being an employer of choice.



The Lancashire Wellbeing Business Network



Evidence of your commitment to improving and maintaining health and wellbeing at work

Badges to use on your personal or business website and LinkedIn to show your membership. Certificates for offices and venues

Mental health posters and leaflets promoting your wellbeing offer and membership

Opportunities to network with other professionals, to share challenges and successes, with the guidance of Lancashire Mind's workplace training team

10% discount on Lancashire Mind workplace services, including training (exclusions apply)

Unique fundraising opportunities and experiences for your employees

Opportunities to be involved in pilots for new products and services, as well as to feedback on our workplace support

Information on mental health and wellbeing through updates and an online knowledge bank promoting best practice



The Knowledge Bank

In an Emergency: 999 or A&E For Advice: NHS111

Your Mental Health First Aiders Are:
Mental Health First Aiders are available at set times during their normal working hours

| | |
|--------------------------|----------------------------|
| Name and contact details | Availability (days, times) |
| Name and contact details | Availability (days, times) |
| Name and contact details | Availability (days, times) |

Out of Hours and Additional Support

Samaritans
Call: 116 123
www.samaritans.org
(free and confidential, available 24/7)

Mental Health Crisis Line
Call: 0800 953 0110
(available 24/7)

At Work

- Your Line Manager
- Employee Assistance Program

Employee Assistance Program details where to find out more about our support:

mind Lancashire
Lancashire Mind - Lancashire Wellbeing Business Network - 2023/24
Mental Health First Aid and Suicide First Aid refresher training
To Book Training: www.lancashiremind.org.uk
Registered charity number: 1081427

• Domestic Abuse: National Domestic Abuse Helpline: 0808 2000 247
• Support for Parents: Young Minds - www.youngminds.org.uk

mind Lancashire
Lancashire Mind - Lancashire Wellbeing Business Network - 2023/24
Registered charity number: 1081427

Making it easier to share your internal offer and to connect to external support

Supporting Your Child
What is Problem Gambling? When gambling causes harm to their lives, it impacts them. It's not just about money, it's about the love, the relationships, the things they say are important to them. If they're struggling, it's important to get help. You can find out more about our support for children and young people at www.mind.org.uk

Burnout Busters
Bring in your own ideas for work. You can find out more about our support for burnout at www.mind.org.uk

Recognising Trauma
What is Trauma? Trauma is a reaction to a single event or a series of events. It can be caused by a single event, such as an accident, or a series of events, such as neglect, poverty, homelessness, trauma, past experiences. Trauma can affect people in many ways. You can find out more about our support for trauma at www.mind.org.uk

Supporting Grief
Open with an Invitation: Individuals experiencing grief often hold back from requesting support out of fear of being a burden and they might find it difficult to express themselves due to complex emotions. Give them opportunities, or invitations, to share. Express your genuine care and concern for what they are going through, but also try to ask open and non-judgmental questions, like "how does that affect you?", "what does it feel like?", "how can we support you?". An invitation to an honest conversation and communication can lead to better working relationships.

Consider Body Language: Try to use a softer voice, posture and gaze – body language that shows empathy and care. It can also help to use mindfulness or breathing exercises before meeting, so you feel calmer.

Set Expectations: People often feel pressure to perform as they did before. They might cope with this by speeding up, others follow the natural flow of their energy but feel upset with themselves. Have joint discussions about workload so both parties are clear and keep expectations flexible.

Lancashire Wellbeing Business Network Member



Up to date information and tools for line managers, employees and HR created by experts, including our charity partners. Signposting for when more support is needed. Added to on an ongoing basis including in response to member feedback



Our Charity Partners

Our charity partners include Lancashire LGBT, Red Rose Recovery, Active Lancashire and Beacon Counselling Trust. Partners may contribute to our knowledge bank and events.



Lancashire Mind take a trauma informed approach and are committed to improving the understanding of intersectionality and EDI in mental health.



We are quality assured by the national Mind mental health charity and have a Lancashire LGBT quality mark



We offer local support information and helpful advice from specialists, all in one place, thanks to our partners



BEACON COUNSELLING TRUST
Reg. Charity No. 1140011



LWBN members: Exclusive access to the knowledge bank materials, pilots, taster sessions and events created by us or our partners

Workplace Training

- Suicide Prevention
- Mental Health First Aid
- Managing Mental Health
- Stress Buster
- Connect 5
- SAD Awareness Training
- Managing People
- Conference Talks & Event Activities



- We offer a mix of accredited training, best practice guidance and bespoke
- We think about the human side in our training and always put this first, but we also consider the business case and employment law
- Our trainers first hand experience includes working in NHS mental health services, HR and workplace wellbeing



Wellbeing Coaching



“ It is my first time having a wellbeing coach and I feel much better for it. It has given me more ways to perceive the future, look after my wellbeing and also look at things differently. ”



Quote from:
Anonymous Adult Virtual Coaching Client

What is Wellbeing Coaching?

An approach that is:

- Solutions Focused
- Guided Self-Help
- Resilience Building



Designed to support you with:

- Learning Healthy Strategies
- Increasing Positive Activities
- Improving Self Confidence
- Proactive Goal Setting
- Exploring Strengths



Future focused support to enable employees to succeed, manage a loss, life challenge, change, or to improve resilience



LWBN members: 10% discount on Lancashire Mind workplace services, including training (exclusions apply)

Positive Internal and External PR

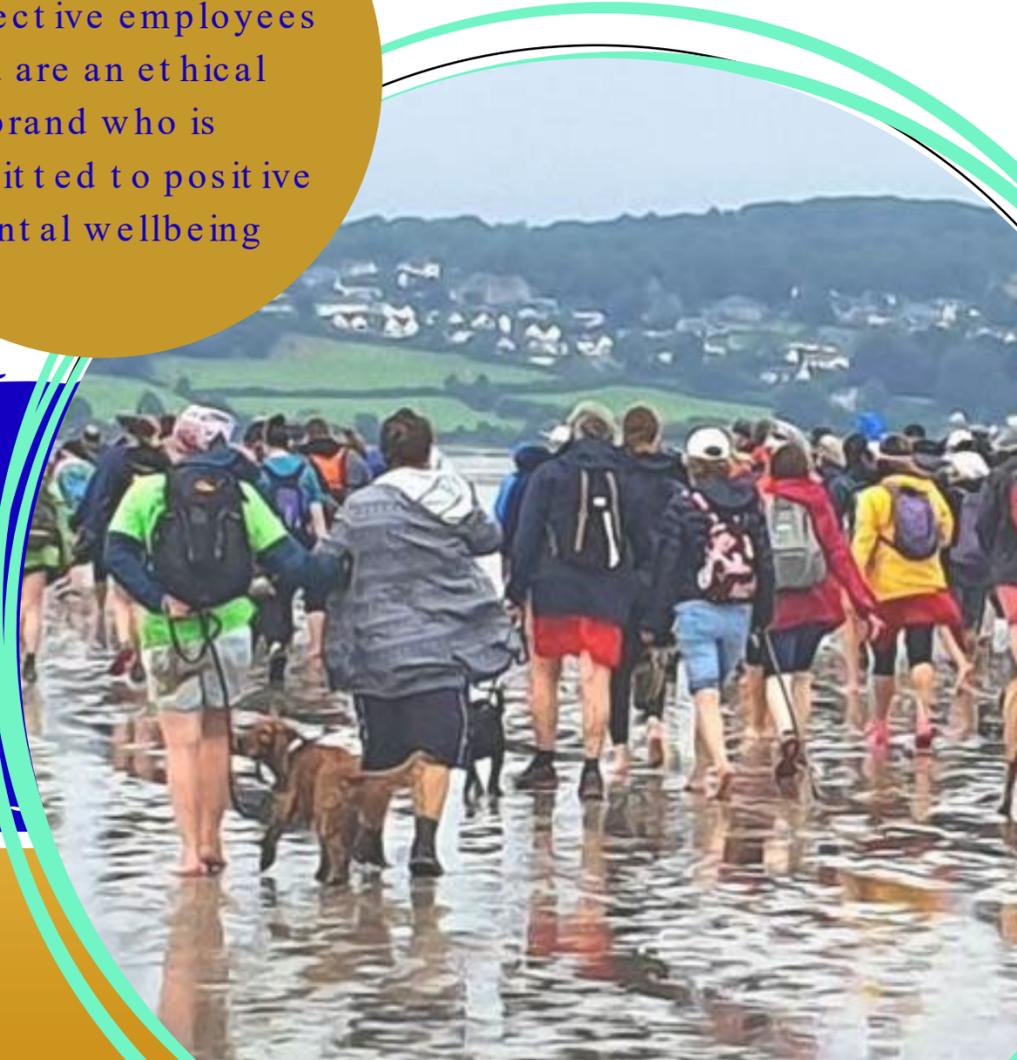
We have produced badges, signature blocks and certificates to show membership of The Lancashire Wellbeing Business Network. We want to help members celebrate what they already do as well as their commitment, in ways they can enjoy and that support their business aims.



Show customers, clients, employees and prospective employees you are an ethical brand who is committed to positive mental wellbeing



We often come across businesses or professionals who already do a lot for wellbeing or who are very passionate and informed about it, but who find it hard to evidence this externally or internally. Our membership materials and optional events aim to support members with this.



LWBN Membership Types



Individual membership means only you can attend our meetings or events.

- 1 Individual certificate
- 1 Individual digital badge (for personal professional pages or content)

Organisational membership allows you to send different people from your organisation to our meetings or events (1 at a time).

- 1 Organisational certificate
- 1 Organisational digital badge (for business pages or content)

- 1 Organisational certificate
- 1 Organisational digital badge (for business pages or content)
- 1 Individual certificate for each member
- 1 Individual digital badge for each member (for personal professional pages or content)

How to Join



We can't wait to have you working with us!



Scan the QR code or go to:
<https://www.lancashiremind.org.uk/pages/lancashire-wellbeing-business-network>

To fill in an application form
(all perspective members are vetted to check they are right for the network)

