



**WORKPLACE WELLBEING
AND TRAINING BROCHURE**

**A TRAINING SERVICE WITH WELLBEING IN MIND,
AND LANCASHIRE AT IT'S HEART**

Investing in employee mental health and wellbeing is essential for a modern, productive, and supportive work environment. Together we can help create a Lancashire where everyone can have the best mental health and wellbeing possible.





**WELCOME TO
OUR WELLBEING & TRAINING
SERVICES**



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We work with businesses to cultivate a workforce that understands mental health, where people are supported to remain well in work.



While 1 in 4 people will experience poor mental health each year in England, less than half of UK working adults say they would be happy to speak up at work if they had poor mental health.



WHY CHOOSE US?

Our experience in trauma informed delivery around mental health and related services ensures your learners are in safe hands. Lancashire Mind understands that individuals will bring their own unique set of experiences to our sessions. This enables us to raise awareness of these

challenges, ensuring that our delivery supports equality and inclusion. We acknowledge the impact intersectionality can have on health and wellbeing, making sure our sessions are delivered in a relatable manner.

We have local knowledge on the impact of mental health services and experiences. We have a passionate training team, here to improve mental health and wellbeing across Lancashire.



-  We deliver safe, responsible, trauma informed training and services across the region.
-  Delivering face to face or virtual we cater to the needs of individual learners to ensure our training and resources are accessible.
-  We are reasonably priced. With closed group, conference and individual workplace training and products; we have priced our offers to ensure they are accessible and affordable for any organisation.
-  We understand the importance of equality, diversity and inclusion in our delivery and products, recognising the intersectionality and diversity across the region.
-  We are not-for-profit. Income generation enables us to provide services and support to local adults, children and young people who would otherwise be unable to access our services.





Business Health Matters Packages

Lancashire Mind delivers three packages as part of the Business Health Matters programme. We can help employees feel empowered to improve their overall health while employers benefit from increased productivity within their workforces.

Packages include health checks, wellbeing plans and workshops, access to surveys and reports, exclusive wellbeing portals, and employee support programmes.

LANCASHIRE MIND ARE PROUD TO BE A DELIVERY PARTNER FOR BUSINESS HEALTH MATTERS.

Through the BHM Workplace Wellbeing Programme, we help local businesses to improve the physical and mental health of their employees. Leading to happier, healthier and more productive staff.



EXPLORER



Start exploring workplace wellbeing and discover the potential of a happy and healthy team.

£125 per employee
(size dependent)

ADVENTURER



Discover new and exciting ways to include workplace wellbeing in your business, empowering your team to understand their health and wellbeing and set free a level of productivity that will create an adventure for all.

£250 per employee
(size dependent)

TRAILBLAZER



Lead the way for workplace wellbeing. Be courageous in pursuing new paths and ideas, break through barriers and pave the way for others to follow. Develop a truly unique approach, champion wellbeing for your team and set free a blaze of rewards that will see your business reach new heights.

£ Bespoke

[SEE FEATURES](#)

OUR SERVICES

Culture is embedded from the top down.

Instilling a supportive workplace culture and adhering to workplace legislation can feel daunting. Our manager training will support and encourage your team leaders to speak from a consistent voice, supporting your organisation to support your teams.

Our half-day or full-day options give you the opportunity to gain a general understanding about mental health and supporting emotional wellbeing in the workplace.

Or, you can dive down deeper and explore case studies tailored to your workplace demographics and needs, to ensure your team fully understand their legal and professional responsibilities.



Managerial Training

OUR SERVICES



Your Workforce

Whether you are looking to challenge stigma, raise awareness of mental health or promote self care; Lancashire Mind are here to support you. With talks and training offers to encourage self reflection, the provision of tools to promote wellbeing and signposting to encourage further support; educating workforce has never been more accessible.

Chose from:

-  **Self Awareness of Stress, Anxiety and Depression**
-  **Stressbusting**
-  **Mindfulness**
-  **Introduction to Resilience**
-  **Understanding Anxiety**
-  **Confidence Building**

OUR SERVICES

Get the right people, in the right roles.

We understand how important it is to create and upskill and refresh your inhouse support offer. In-house listeners and supporters, are a great way to embed a supportive and empathetic culture into your workplace.

We can support you to value those individuals through investing in their interpersonal and professional development to provide them with the tools to undertake the role with confidence, ensuring that your inhouse support offer remains sustainable and effective for the workplace.



Upskilling Your Listeners



OUR SERVICES

Short Talks

We understand that not everybody has the time or space for formal training delivery, you may not have the budget either. As a charity we are keen to ensure that we remain accessible. Perhaps you are looking for a short talk of less than an hour, or you are hoping for a key note speaker for your conference but have no budget?

We are happy to work with you and understand your needs to support you to support us and your team.

Snapshot surveys can be undertaken at any point in the financial year, however, we recommend every 6-12 months to support you to stay responsive as well as measure the impact of any changes you make.

Our snapshot surveys promote good practice and will feedback data in a timely and responsive manner ensuring maximum engagement from your workforce and relevant data for yourselves. Our data, feedback and recommendations enable you to celebrate the work you are already undertaking, and/or support you to make meaningful changes to create a positive workplace culture.



Snapshot Survey

OUR SERVICES

We are here to listen and support.

Our workplace wellbeing coaching offer provides solution focused support on a one-to-one basis for up to six sessions of support. The coaching can be provided virtually and/or over the phone at a schedule which suits the individual staff member.

We also provide a 'drop in' service for larger workplaces. This service provides an experienced wellbeing coach to remain on site at your workplace for either a half or full day to provide 30 minute short interventions to individual staff members. This can then feed into our standard workplace wellbeing coaching offer to identify those who need additional support.



Wellbeing Coaching

OUR SERVICES

Corporate Partners

We value every one of our corporate partners. Each makes a big difference to our work, and receives a range of partnership benefits in return.

There are many ways in which you can become a Lancashire Mind partner, whether that's choosing us as your charity of the year or becoming a long term partner we would love to hear from you.

Work with us in the best way for your business.

As experienced conference hosts and speakers, we can support you to organise your wellbeing events and/or provide speakers. Whether you are looking to host a large event for your workforce, or you are looking for a provider to undertake large group talks or activities, we can help.

Our conference prices are aimed at supporting employers and organisations requiring training delivery or talks to large groups, whether that be at formal conferences or to large workforce numbers on site.



Conferences & Events

OUR SERVICES

Looking to improve your knowledge and get ideas to support your workplace?

Wanting to celebrate the work you are doing and share your ideas with others?

Perhaps you are a HR, H&S or manager wanting to advocate for wellbeing in the workplace or get ideas to support your practice?

Then our business network may be just what you have been waiting for.



Lancashire Wellbeing Business Network



Network Member Benefits



- **Develop** an ongoing relationship with a respected local mental health charity, who understands not only mental health, but how to apply this knowledge to real workplace scenarios.
- **Evidence** that you are an ethical brand, aware of the impact of mental health in the workplace, committed to improving and maintaining positive mental health, and access to our business network logo.
- **Share** your own ideas, challenges, and successes with other professional people to improve mental health across Lancashire.
- **Provide** feedback on Lancashire Mind's existing work-related mental health offer and pilot new projects.
- **Access** discounted mental health training and services.
- **Access** an online knowledge bank of resources focused on mental health and wellbeing at work.

INDIVIDUAL OPTION

Individual membership means you personally must attend our meetings and cannot send someone else.

x1 Individual certificate

x1 Individual digital badge

Annual fee £40

ORGANISATIONAL OPTION

Organisational membership allows you to send different people from your organisation to our meetings.

x1 Organisational certificate

x1 Organisational digital badge
(for business pages or content)

Annual fee £200

DUAL OPTION

Dual membership - is combined organisational and individual membership offers the best of both forms of membership. Send different people to our meeting but also show the commitment of individuals within your organisation, for example your CEO, HR team and senior leaders. There will be a processing fee to cover each additional person covered under dual membership.

x 1 Organisational certificate

x1 Organisational digital badge
(for business pages or content)

x1 Individual certificate for each member

x1 Individual digital badge for each member

Annual fee £250 +£15
for every extra member

Lancashire Wellbeing Business Network Membership Packages

Join Us Today!

The Lancashire Wellbeing Business Network offers all the above as well as a membership badge to use online such as on your website or LinkedIn, and a certificate for you to display in your place of work. Meetings are bi-monthly, offered in a mix of virtual and face to face.

WELLBEING & TRAINING PRICES & PACKAGES

Prices for Network Members, Organisations and Service Bundles

RUBY BUNDLE

£1,425

10 CREDITS

10

Ideal starter pack for those with a smaller budget wanting to make a start on employee wellbeing.

SAPPHIRE BUNDLE

£3,375

25 CREDITS

25

Our mid range package allows access to our accredited training services, assisting you to develop your employee wellbeing strategy.

EMERALD BUNDLE

£5,100

40 CREDITS

40

For those committed to making a difference to their work culture by developing a structured mental wellbeing and safeguarding process.

OUR BEST VALUE BUNDLE

DIAMOND BUNDLE

£6,600

55 CREDITS

55

Our best value package which includes exclusive benefits such as one free day face to face drop-in wellbeing coaching.

Network Members receive 10% off on individual service purchases.

Additional credits can be purchased for £150

WELLBEING & TRAINING **PRICES & PACKAGES**

<p>MANAGING MENTAL HEALTH IN THE WORKPLACE</p>  <p>CREDIT VALUE X4</p>	<p>INDIVIDUAL £100 ORGANISATION £600 NETWORK MEMBER £540</p> <p>Duration: Half-day (3 hrs) Maximum Attendees No. x20 Delivery: Face to Face or Virtual</p>	<p>SELF AWARENESS (STRESS, ANXIETY & DEPRESSION)</p>  <p>CREDIT VALUE X2.5</p>	<p>ORGANISATION £350 NETWORK MEMBER £315</p> <p>Duration: 1 hr Maximum Attendees No. x20 Delivery: Face to Face or Virtual</p>
<p>MANAGING PEOPLE (GENERIC)</p>  <p>CREDIT VALUE X8</p>	<p>ORGANISATION £1200 NETWORK MEMBER £1080</p> <p>Duration: Full-day Maximum Attendees No. x16 Delivery: Face to Face or Virtual</p>	<p>MANAGING PEOPLE (BESPOKE)</p>  <p>CREDIT VALUE X13.5</p>	<p>ORGANISATION £2000 NETWORK MEMBER £1800</p> <p>Duration: Full-day Maximum Attendees No. N/A Delivery: Face to Face or Virtual</p>
<p>INTRODUCTION TO RESILIENCE</p>  <p>CREDIT VALUE X2.5</p>	<p>ORGANISATION £350 NETWORK MEMBER £315</p> <p>Duration: 1 hr Maximum Attendees No. x20 Delivery: Face to Face or Virtual</p>	<p>COMBINED: SELF AWARENESS & INTRODUCTION TO RESILIENCE</p>  <p>CREDIT VALUE X4.5</p>	<p>ORGANISATION £700 NETWORK MEMBER £630</p> <p>Duration: 2 hrs Maximum Attendees No. x20 Delivery: Face to Face or Virtual</p>

WELLBEING & TRAINING **PRICES & PACKAGES**

UNDERSTANDING SELF HARM

**INDIVIDUAL £100
ORGANISATION £600
NETWORK MEMBER £540**

Duration: Half-day (3 hrs)
Maximum Attendees No. x20
Delivery: Face to Face or Virtual

 **CREDIT VALUE X4**

ADULT MENTAL HEALTH FIRST AID

AVAILABLE FOR INDIVIDUALS ORGANISATIONS AND NETWORK MEMBERS *

Duration: 2 full-days or 4-half days
Maximum Attendees No. x16
Delivery: Face to Face (full-day only) or Virtual

 **CREDIT VALUE X18.5**

ADULT MENTAL HEALTH FIRST AID REFRESHER

AVAILABLE FOR INDIVIDUALS ORGANISATIONS AND NETWORK MEMBERS *

Duration: 4 hrs
Maximum Attendees No. x16
Delivery: Face to Face or Virtual

 **CREDIT VALUE X6.5**

SUICIDE FIRST AID FULL DAY (FUNDED PLACES AVAILABLE)

AVAILABLE FOR INDIVIDUALS ORGANISATIONS AND NETWORK MEMBERS *

Duration: 1 full-day
Maximum Attendees No. x20
Delivery: Face to Face or Virtual

 **CREDIT VALUE X11.5**

SUICIDE FIRST AID LITE (FUNDED PLACES AVAILABLE)

AVAILABLE FOR INDIVIDUALS ORGANISATIONS AND NETWORK MEMBERS *

Duration: Half-day (3 hrs)
Maximum Attendees No. x20
Delivery: Face to Face or Virtual

 **CREDIT VALUE X8.5**

EXTERNAL MENTAL HEALTH FIRST AID SUPPORT

AVAILABLE FOR INDIVIDUALS ORGANISATIONS AND NETWORK MEMBERS *

Duration: Half-day (3 hrs)
Maximum Attendees No. x16
Delivery: Face to Face or Virtual

 **CREDIT VALUE X8**

***PRICES ARE AVAILABLE ON ENQUIRY**

WELLBEING & TRAINING PRICES & PACKAGES

UNDERSTANDING ANXIETY

**ORGANISATION £450
NETWORK MEMBER £405**

Duration: 1.5 hrs
Maximum Attendees No. x16
Delivery: Face to Face or Virtual

 **CREDIT VALUE X3**

SUPPORTING PEOPLE

**ORGANISATION £600
NETWORK MEMBER £540**

Duration:
Maximum Attendees No. x16
Delivery: Face to Face or Virtual

 **CREDIT VALUE X4**

INTRODUCTION FOR MINDFULNESS

Maximum Attendees No. x16
Delivery: Virtual
Multiple Durations Available

SINGLE SESSION
 **CREDIT VALUE X2**
**ORGANISATION £300
NETWORK MEMBER £270**
Duration: Single session (1 hr)

HALF DAY
 **CREDIT VALUE X4**
**ORGANISATION £600
NETWORK MEMBER £540**
Duration: Half-day (3 hrs)

6 SESSIONS
 **CREDIT VALUE X6.5**
**ORGANISATION £1000
NETWORK MEMBER £900**
Duration: 6 x 1 hr sessions

PRIVATE WELLBEING COACHING

Drop-in coaching is based upon a six or twelve month contract. Private sessions are available to add-on to the Drop-in coaching.

DROP-IN
CREDIT VALUE

 **HALF-DAY X1.5**
 **FULL-DAY X3**
**ORGANISATION
HALF-DAY £250 / FULL-DAY £500
NETWORK MEMBER
HALF-DAY £225 / FULL-DAY £450**
Duration: half-day or full-day

PRIVATE ONE TO ONE
 **CREDIT VALUE X2.5**
**ORGANISATION £350
NETWORK MEMBER £315**
Duration: 1 hr sessions for 6 weeks

MEET OUR **TRAINING TEAM**



KAREN ARROWSMITH

Workplace Wellbeing & Training Lead

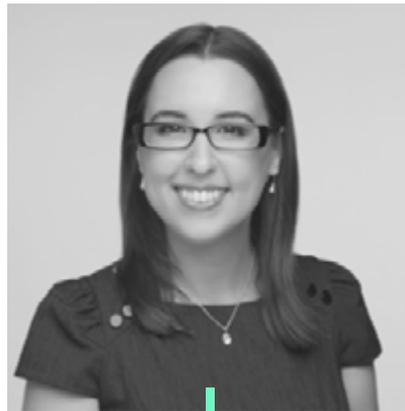
Karen has gained a wealth of expertise working within the mental health sector, with over fifteen years of experience. She has brought her knowledge and dedication to our team at Lancashire Mind for eleven of those.

Leading the Training Team in delivering and developing high-quality training and support offers to workplaces, professionals, parents, and communities across Lancashire.



FIONA SANCHEZ

Training Co-Ordinator



SARAH FEARN

Training Co-Ordinator



STEPHANIE CARLIN

Training Co-Ordinator



JOSHUA LUCAS

Training Administrator

**WORKPLACE WELLBEING
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THANK YOU

If you would like to discuss any of our wellbeing and training services further, or have any questions please get in touch.

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www.lancashiremind.org.uk

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