



Health and Safety Consultancy



Wellbeing Services

Whilst Wellbeing has become an increasingly popular and fashionable concept within businesses over recent years it is in reality something which IOH has pioneered under the auspices of Health promotion since the business was founded by our Chairman Dr J Wollaston.

The CIPD in their Annual survey 2010 have sighted the following most common wellbeing promotions:

- Counselling
- Stop smoking support
- Health screening
- Advice on health eating
- Health canteen options
- Access to physiotherapy
- Personalised healthy living programmes for employees

IOH has delivered all of these to our clients whilst also focusing on other important items such as skin care, sexual health, respiratory care, back-care etc. As a business we have the knowledge and experience to run both medically based and non-medical (e.g. training delivery, complimentary therapy etc) wellbeing programmes.

We can deliver training to our clients to empower them to design and run their own wellbeing agencies.

Wellbeing and stress are commonly linked. At IOH we have experience of working with clients to design stress based solutions which focus on the more positive elements of wellbeing to ensure that they can embed a positive culture of stress management in the workplace. We have written stress based policy documents, set-up steering groups, implemented the stress management standards etc. within workplaces whilst also training and assisting clients to take ownership of these issues as well.

Wellbeing is at the core of the IOH vision:

**Helping you manage attendance at work and the wellbeing of your workforce
whilst keeping employees safe, happy and fit for work.**