

## **Healthy Years Ahead Programme:**

GreenSquareAccord are proud to be delivering the new Healthy Years Ahead programme with funding from Walsall Public Health. Our aim is to provide a specialist resource to the public, carers, businesses and other organisations on promoting health in to later life.

### **How does the programme benefit employers and businesses?**

Employees are the biggest asset for any organisation. Over 141million work days were lost due to sickness in 2018, according to the office of national statistics. Conditions which have been reported as the reason for sickness more regularly include musculoskeletal problems and mental health conditions. It is estimated the sickness in 2018 cost the UK economy £77.5 billion.

The provision of information and advice to employees over 40 can have an impact on reduction of sickness absenteeism. With the UK working age population growing and life expectancy increasing, there are various simple ways in which employers can encourage staff to lead healthy lives. The accrued benefits are to both the employer and employees. There is a clear role for employers in providing mid-life support which could benefit their organisation and employees:

Some of the benefits include;

- Reduced absenteeism
- Improved workplace morale
- Increased productivity
- Decreased stress and other work-related illnesses

### **How can we support you?**

Healthy Years Ahead aims to promote better physical and mental health and wellbeing to adults aged 40+ throughout Walsall.

We work closely with employers and businesses to raise awareness of the practical steps people can take to improve their health and reduce the risk of developing chronic health conditions in later life.

We provide advice, support and training on:

- Increasing physical activity
- Healthy eating options
- Emotional wellbeing
- Reducing risk and impact of health issues linked to mid-life
- Maintaining positivity and resilience in mid- life and beyond

- Maintaining a healthy, happy, independent life
- Information on support available within Walsall

If you are an employer or business based in Walsall and want to find out more about supporting your workforce to maintain their health and wellbeing then please call us for more information on 01922 638825 or email

[HealthyYearsAhead@GreenSquareAccord.co.uk](mailto:HealthyYearsAhead@GreenSquareAccord.co.uk)