



THIS OPPORTUNITY

Small Business Workplace Wellbeing

Do you run a small business with 50 employees or less?

The Small Business Workplace Wellbeing project aims to provide support in implementing mental health and wellbeing in the workplace. Join the council's public health team, in partnership with NHS Talking Therapies, in a series of free in-person or online workshops once a month.

Through these workshops you will gain:

- practical tips, resources on good practice and case studies on how to provide mental health and wellbeing in your workplace
- a better understanding of the Mayor of London's Good Work Standard accreditation scheme and how to apply for it
- increased knowledge on how to engage and support your employees on mental health and wellbeing
- an engaged workforce that feels valued, well looked after and more productive as a result
- an opportunity to network and connect with other small businesses in Tower Hamlets
- a certificate recognising your commitment to workplace wellbeing as a priority in your business.

Workshop	Date	Details
Employee mental health and the role of small businesses	26th February 2024 3-4:30pm	Online – 25 spaces Face-face – 25 spaces
Role of managers in supporting mental health and wellbeing	28th March 2024	Online – 25 spaces Face-face – 25 spaces
Financial wellbeing and mental health	30th April 2024	Online – 25 spaces Face-face – 25 spaces
Good Work Standard and Small Businesses	30th May 2024	Online – 25 spaces Face-face – 25 spaces

Sign-up for workshops:

If attending online:



If attending in-person:



For any queries please email Viknesh.Akilan@towerhamlets.gov.uk