RISE.

WORKPLACE **WELLBEING**

WE PROVIDE HEALTH AND WELLBEING E-LEARNING PROGRAMMES AND MATERIALS TO HELP YOU CREATE A HAPPIER, HEALTHIER WORKFORCE.

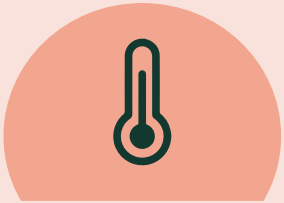
SUPPORTING WORKFORCE HEALTH - CAN YOU AFFORD NOT TO?

£7.4 billion

The annual cost of physical inactivity to the UK economy

7.8 days

Average annual rate of employee absence per employee

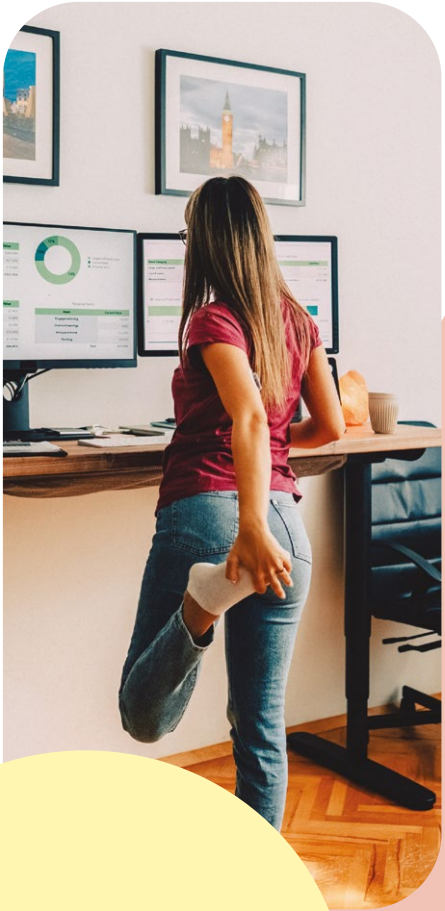


6.7 days

Number of days lost through sickness absence per worker in the North East

69.7%

Adults classified as overweight or obese in the North East



Rise Workplace Wellbeing is passionate about providing high-quality health and wellbeing e-learning packages, designed to help organisations create a long-lasting, happier and healthier workforce.

We're experts in workplace wellbeing.

We've harnessed decades of expertise and knowledge to develop our own workplace wellbeing packages. They're holistically designed by experts with the modern workforce in mind – and we can deliver directly to you.

We work collaboratively with organisations across health, education, local government and more to provide engaging and accessible content for all.

We provide support regardless of where you are on your wellbeing journey, offering insights into how your organisation can progress with its health and wellbeing agenda.

Supporting our charity

Rise Workplace Wellbeing is part of Rise – a leading health and wellbeing charity that transforms lives using the power of physical activity.

And ALL the income we generate from Rise Workplace Wellbeing products is invested back into our charitable work.

Not only will you be supporting your workforce…you'll be helping support our charity's work to transform lives across the North East of England.

Find out more about our charity at www.risenortheast.co.uk

What we offer

We offer three programmes, created by health and wellbeing experts and delivered directly to you through our interactive and engaging e-learning platform.

Meet our experts

Working in collaboration with Shamshad Shah, a nutritionist and wellbeing specialist with over 25 years of experience in the NHS, we have created a workplace wellbeing programme that is both engaging and informative.

Suzanne Barbour is a menopause expert and mentor and has worked with Rise to create our menopause module within our workplace wellbeing programme.

Suzanne Barbour

Menopause expert and mentor

Shamshad Shah

Nutrition and wellbeing specialist

1 Workplace Wellbeing Programme

A comprehensive e-learning programme designed to support the mental, physical and emotional health of your workforce.

Our Workplace Wellbeing Programme consists of nine dynamic 20–30-minute e-learning modules.

Each module is crafted to deepen the understanding of various aspects of wellbeing, with practical strategies to integrate into daily life.

Our engaging and interactive modules have been designed with a holistic approach offering useful advice and information, using video, quizzes, and downloadable resources, and are suitable for all sizes of organisation..

Easily accessible online via our e-learning platform, modules can be completed at the learner's own pace, wherever and whenever they choose.

There are nine modules:

Module 1 – Physical activity for a better you

By the end of the module you will be able to…

- Understand the relevant guidance relating to physical activity
- Understand the difference between moderate and vigorous intensity exercise
- Understand the four types of physical activity
- Understand the benefits of physical activity
- Understand how your body reacts to exercise
- Know where to look for more information

Module 2 – Nutrition – eating your way to a better health

By the end of the module you will be able to…

- Recognise what a healthy eating pattern is
- Understand why moving matters
- Understand how The Eatwell Guide can help you make healthy choices with your food everyday
- Understand what a balanced meal is and how to allocate portion sizes
- Understand food labelling

Module 3 – Mental health and wellbeing

By the end of the module you will be able to…

- Understand what mental health is
- Understand mental health issues in the workplace
- Recognise signs and symptoms of stress
- Understand mental health literacy
- Acknowledge the role of mental health in holistic wellbeing
- Know how to manage your mental wellbeing

Module 4 – Stress management

By the end of the module you will be able to…

- Understand what stress is
- Explain how stress can impact in the workplace
- Recognise the triggers of anxiety
- Describe how to build resilience
- Identify the importance of healthy eating, exercise and sleep
- Know where to seek further support

Module 5 – The power of sleep

By the end of the module you will be able to…

- Understand the benefits of sleep
- Explain the mechanism and stages of sleep
- Recognise the signs of insomnia
- Describe how to create healthier sleep habits
- Know where to look for more information

Module 6 – Menopause

By the end of the module you will be able to…

- Understand the different stages of menopause
- Understand the hormonal changes we can expect during menopause
- Recognise the symptoms of menopause
- Understand the impact and health risks associated with menopause
- Understand what we can do to help alleviate the symptoms of menopause
- Understand how your workplace can help us through the menopause journey
- Know where to go for help

Module 7 – Smoking and alcohol

By the end of the module you will be able to…

- Understand the current guidelines for drinking and smoking
- Have an increased awareness of your pattern of drinking and smoking
- Be able to implement change in your drinking and smoking habits
- Know where to seek help

Module 8 – Mindfulness

By the end of the module you will be able to…

- Know what mindfulness is
- Understand the benefits of mindfulness
- Recognise how mindfulness can be used in different areas of your life
- Know when your thoughts and actions are mindful or mindless
- Learn tips on how to change your thinking to be in the present moment

Module 9 - Balancing hybrid working

By the end of the module you will be able to…

- Understand the benefits of hybrid working
- Recognise the impact of long working hours on your health
- Be able to implement tips to create healthier working habits
- Know where to look for more information

2 Fitness Programme

Welcome to our fitness programme! Where we give you exclusive online access through our e-learning platform to personal training, made easy.

To create this personal training programme we have worked with Suzette Birch, a Level 2 Fitness Instructor & Level 3 Personal Trainer.

Suzette has a Sport degree from Durham University and, most importantly, is a mum of three – so she understands only too well how hard it can be to fit exercise into our lives.

Suzette has created nine workouts, ranging from five to 15 minutes in length. They require zero equipment and are tailored to fit individual needs.

Each workout is designed so they can be adjusted, making them as easy or as difficult as required, so that everyone can work at their own pace no matter what your level of fitness.

Accessed as a standalone or as part of our workplace wellbeing programme, these workouts are made for you.

Suzette Birch

Fitness instructor and personal trainer

3 Physical Activity Programme

We know that moving more and taking part in regular physical activity can help us to maintain our wellbeing at work.

Our Physical Activity Programme is a tailored package of content that supports your people to move more, feel better and improve your health.

Our Physical Activity Programme includes:

- Access to our e-learning module on Physical Activity. This is an engaging and interactive online module, which includes advice, videos and quizzes.
- Access to our Fitness Programme – This includes nine workout videos, requiring zero equipment. Created and presented by a certified fitness instructor.

Our e-learning portal

Our programmes are available through our e-learning platform.

If your organisation doesn't have an e-learning provision, this can be accessed through our own learning management system. We charge a small admin fee for this. *(Please see pricing for more details)*.

If your organisation has its own e-learning platform then we can provide the programme SCORM files directly to you.

We are passionate about providing a high-quality experience and our team are on-hand to provide any consultancy and advice with supporting the health and wellbeing of your workforce.

How it works in 5 easy steps

1. Employees are given access to our workplace wellbeing programme modules via our e-learning platform, which can be accessed by desktop or mobile. (If you have your own Learning Management System, don't worry we can transfer the SCORM files to you.)
2. Employees then work their way through the modules at their own pace or that set by their organisation.
3. All modules are engaging and interactive with videos, interactive graphics and quizzes, where people can rank their understanding of the topic.
4. Following the successful completion of the modules, tailor-made reports can be generated to your organisation. These provide suggestions of where people might benefit from further in-person support.
5. All of our programmes are data protection compliant. Please see our privacy policy for further details which can be found on our website - www.riseworkplacewellbeing.co.uk/privacy

Accessibility

We want our learning to be usable to as many people as possible. But we also recognise that accessibility is individual and will mean different things to each of us.

We follow the current best practice Web Content Accessibility Guidelines – also known as WCAG, so our modules comply with Level AA.

This means that learners should be able to:

- Navigate our modules in a predictable way
- See information that is clear and easy to understand
- See lists and headings which are in an ordered sequence and are marked-up correctly
- Find the colour contrast of each screen easy to navigate
- Get hints and prompts if they make a mistake when you're navigating
- See text alternatives for non-text content such as images
- Use captions and other alternatives for videos and animations
- Navigate the modules without the need for a mouse.

We also consider the following:

- Writing and structure – we follow Rise's well-established guidelines and tone of voice.
- Our writing style is clear and easily understood. We are concise, we avoid jargon, communicate in Plain English - and provide clear instructions for interactive components of the courses.
- The structure of our modules remains consistent to support easy navigation. This includes hints and prompts for learners.
- Visuals and graphics – we have chosen our colour contrast for text and graphics that complies with WCAG AA standards as a minimum.
- We also apply our own brand guidelines. Alt tags for images and photos have been included, to support screen readers.
- Media – we have included a range of media, such as videos and animations. For each, we have included a written transcript, closed captions or subtitles.
- Navigation – learners are able to navigate our modules via PC or laptop. They are also accessible on smartphones. Our modules work on any modern device or browser and are accessible via screen reader.

Pricing

Our pricing structure operates on a band model – the price depends on the number of employees within your organisation.

We sell annual e-learning licences in two ways:

1. If your organisation has its own Learning Management System, you can license our modules (SCORM files) and host them on your system.

2. If you do not have a Learning Management System , you can access the e-learning through ours.

We charge an additional annual 10% admin hosting fee, along with your annual licence fee.

Terms and conditions apply.

All of our fees are subject to VAT.

Band	Number of employees
A	Between 1 and 25
B	Between 26 and 50
C	Between 51 and 75
D	Between 76 and 100
E	Between 101 and 200
F	Between 201 and 350
G	Between 351 and 500
H	Between 501 and 750
I	Between 751 and 1000
J	1001+

FAQs

How do you develop your modules?

We have designed our modules using the decades of experience at Rise, as well as working with a team of health and wellbeing experts.

We also work closely with our communications team to ensure that our digital products are fully accessible and usable by as many people as possible.

How can I access Rise's e-learning?

To access our e-learning, you must purchase a licence.

There are 2 types of licences to choose from:

- You can host the e-learning modules (SCORM files) on your organisation's Learning Management System (LMS)
- You can access the e-learning on our LMS.

How long does an e-learning licence last?

We sell annual licences, so you'll have access for a year. But if you need to amend your licence during that time, we're happy to help.

What is a learning management system (LMS)?

A learning management system (LMS) is a software application and technical platform that supports digital modules such as e-learning.

These systems can help you to provide learning for people across your organisation – as well as monitor usage and report on participation and completion.

Can I sample the e-learning before buying?

Of course! We're happy to arrange a demo. Get in touch with our team to find out how.

How quickly can I access your eLearning?

Once you have a licence, you can access our e-learning platform immediately.

If you plan to host e-learning on your LMS, you will be able to download the SCORM files immediately.

If you plan to access the e-learning through our LMS, we will provide access to you via an automated link. You will also be given admin access to your own dashboard where you can invite your employees to complete the modules. You can also generate reports.

What are the technical requirements to use your e-learning?

Your LMS must be compatible with SCORM 1.2 or SCORM 2004.

Our modules include audio, video, animations and photography.

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Contact us

Get in touch to discuss our e-learning packages, organise a demonstration, or discuss how we can best support you.

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