



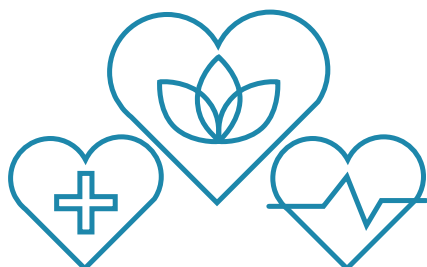
Little things. Big difference



Personal, Professional, Responsive

A little about us...

NPH Group. It's about listening. It's about going the extra mile. It's about the little things that make a big difference that come with being a personal, professional and responsive business.



The societal, psychological, and physical benefits of health education in the workplace

The more you know about a disease, personal risk factors and fitness to work, the better equipped you are to fight ill health and return to work with or without adjustments. Early intervention and assessment is the simplest form of disease prevention and health knowledge equips individuals with the tools to prevent, manage, recover from illness and return to work.

Sick leave is an expensive experience for all involved costing the UK economy over £77 million pounds a year according to government statistics and workplace presenteeism (attending work when sick) affects and reduces performance and creates voids in company resource. Disease affects individuals, company morale, company outputs and causes unnecessary suffering for all.

Therefore, the more informed a workplace is (with Health Education and Attendance Management services directly from NPH Group), on how to promote health, and manage the return to work, the more financially, physiologically and physically wealthy both staff and businesses become.

What is health education?

Human bodies are complicated things. We are born with a certain set of genetics which are the roadmap for the health during our lives. However, the actions we take during everyday impact our genetics and can increase or decrease chance of disease. Both our brains and bodies require certain nutrients and lifestyle decisions to function at their optimal.

Poor lifestyle choices and the use of maladaptive coping mechanisms for stress such as poor diet, smoking, drug use, alcohol use, poor sleep, and maladaptive thinking patterns (such as rumination), can lead to poor physical and mental health and increased chance of disease.

By educating staff on the benefits of positive lifestyle choices and providing them with positive adaptive coping mechanism tools for stressors, (such as exercise outlets, creative outlets, social outlets, meditation, yoga, and time in nature), employees can reduce the chance of disease. It can also help people manage with disease and live the fullest life they can.



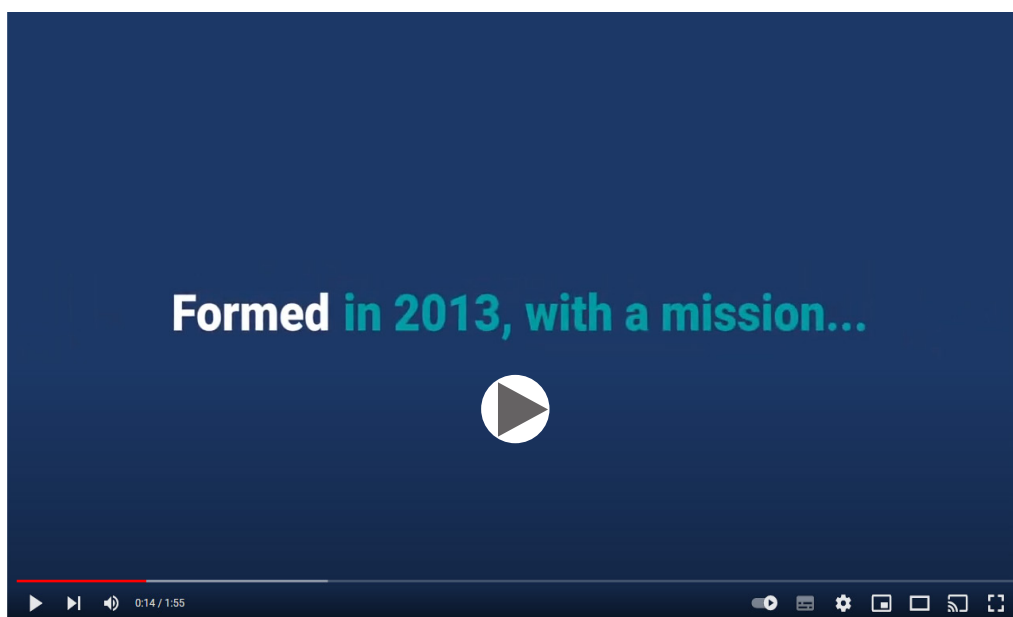
How can NPH Group training and Attendance Management help?

Health training and Attendance Management, such as the expert employee training and personal consultations and reporting offered by NPH Group, helps companies and individuals stay as healthy as possible. Staff in an environment that offers health training and Attendance Management are more likely to feel supported and cared for by their employers and are better armed to fight the inevitable stressors of life. A more health empowered workforce is less likely to get unwell and require days off work, have higher retention rates and are less likely to need psychological support for mental illness and stress.

NPH Group is a leading occupational health provider in the Northeast of England. Although predominantly based in the Northeast onsite, we also support our clients nationally remotely with Attendance Management and education.

Attendance Management and Health Promotion are two of our '6 pillars' of services. These pillars are structured to be able to work alongside one another to build a full occupational health and wellbeing support system that our clients have access to whenever they require. We help businesses develop a straightforward, professional, and proactive plan for supporting and maintaining a sustainably well workplace and it starts with knowing where the problems are, good health education and attending to the management of ill health as quickly as possible.

For more information on our health surveillance offerings, please email info@nph-group.co.uk or call us on **0191 605 3140**.





Why not get in touch and follow us...

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