

Wellbeing is linked to how you feel about yourself and your life.



Penny Brohn UK  
Living Well with Cancer

## Living Well... The Employee Wellbeing Programme

### We offer in-house:

- ✓ **Two Day Living Well** - The Employee Wellbeing programme for groups up to 16
- ✓ **One Day Working Well** - Options including Nutrition, Activity, Financial Wellbeing, Mindfulness, Tetramap®, Career Wellbeing and Working with Chronic Illness
- ✓ **12 month Staying Well** - Monthly topics to embed a culture of Wellbeing into your organisation



To find out how your organisation can 'Live Well, Work Well and Stay Well', contact Sue Judge on 07791 775 547 or send an email to [sue.judge@pennybrohn.org.uk](mailto:sue.judge@pennybrohn.org.uk)

This programme is produced in association with:



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Penny Brohn UK is the working name of Penny Brohn Cancer Care, a registered charity (no. 284881) and a company registered in England (no.1635916)



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As part of Penny Brohn UK's 40th anniversary, we are pleased to launch our Living Well employee programme



In 1979, Bristol mum, Penny Brohn, knew she needed more than medicine to cope with all the ways that cancer impacted her life. Penny couldn't find what she needed for her mind, body, spirit and emotions so she conceived and created a more holistic approach to living well with cancer: the Bristol Whole Life Approach was born (BWLA).

40 years later the same message is true: looking after our mind, body, spirit and emotions has never been more urgent. Our approach is complementary and not alternative to standard medical care.

Social prescribing (involving patients to improve their own health and wellbeing in a more holistic way) is being advocated by GPs across the country. Living Well is based on the principles of the BWLA and explores ways to support the whole person.

Understanding the risk factors and drivers of disease empowers us to make changes to hopefully prevent ill health and improve quality of life. In today's busy schedule taking the time to pause, reflect and gain perspective and control can be truly life changing.

### Top 3 benefits of employers increasing their focus on employee wellbeing:

- ✓ Better employee morale and engagement.
- ✓ A healthier and more inclusive culture
- ✓ Lower sickness and absence

### The main causes of absence are:

- ✗ Minor illness - colds, flu, stomach issues and migraines
- ✗ Musculoskeletal issues and back pain
- ✗ Stress and mental health issues
- ✗ Caring responsibilities for children

## Why Penny Brohn?

We have 40 years' experience offering a whole life approach to wellbeing and resilience.

## What is the Bristol Whole Life Approach?

It is a holistic "whole person" approach that empowers individuals to take responsibility and control for their health and how small sustainable changes can make a huge difference to our health and wellbeing.

There is no one size fits all approach to health and wellbeing, we support individuals to discover what their needs are and how to meet them.

## Why do you need a wellbeing programme?

The Chartered Institute of Personnel and Development (CIPD) reports that in the last 10 years there has been a significant rise in reported mental health issues, with the main risks being psychological. Two fifths of organisations reported an increase in anxiety and depression in the last 12 months alone.

## What's in it for Penny Brohn UK?

Wellbeing goes way beyond yoga and quinoa. By taking part in this programme all monies go to Penny Brohn UK and by becoming part of our community, you are helping people when they need it most to access support for free and live well with cancer.

This course has evolved from our evidenced based programme which has helped thousands of people to live well with and after cancer.

We welcome your organisation to our Wellbeing Alumni, where we will work together as a community to improve wellbeing in the workplace and celebrate best practice.

Accessing the Living Well Employee Wellbeing programme is a great way to increase your organisation's resilience to life stresses and promote a greater sense of wellbeing within your workforce.