



ANDREW MULHOLLAND, SPIRITUAL DIRECTOR & MANAGER

A COMMUNITY SPACE LIKE NO OTHER

MANDUS HOUSE

MEDITATION | MINDFULNESS
YOGA | RELAXATION

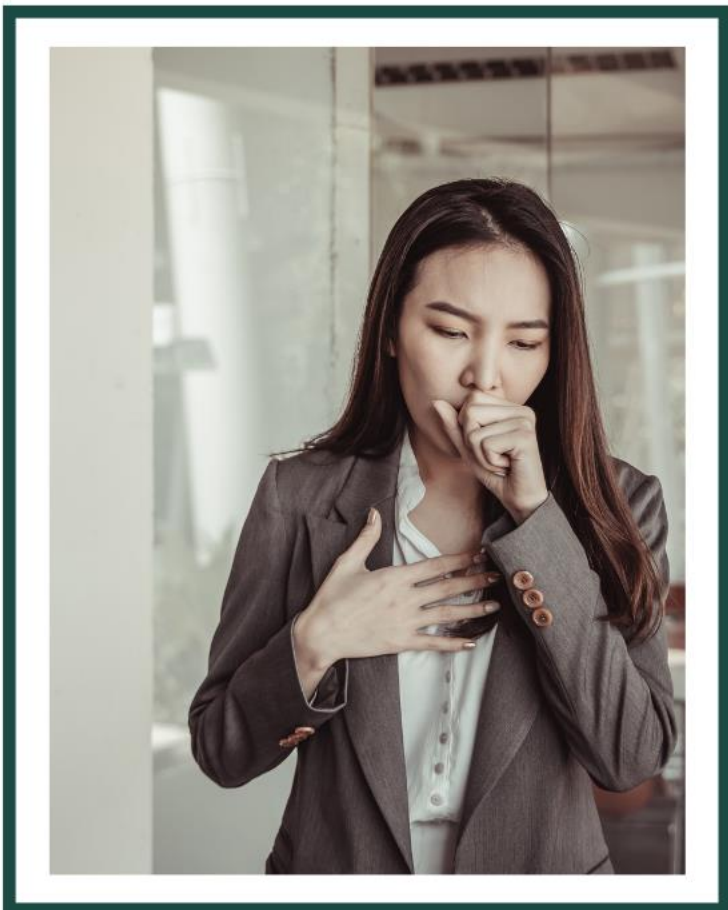
FRIDAY 31ST OF MARCH 2023



THE HSE ANNUAL WORK-RELATED ILL HEALTH AND INJURY STATISTICS FOR 2021/2022



(... and what they mean for you)



ILL HEALTH

1.8 million workers suffered from work-related ill health (new or longstanding) in 2021/22, **which is up almost 6% from the previous year.**

Stress, depression or anxiety remained the highest proportion of work-related ill health (**51% 914,000**), followed by **musculoskeletal disorders** (**27% 477,000**).

THE ECONOMIC COST

The statistics revealed that an astounding **36.8 million working days were lost** due to work-related ill health and non-fatal workplace injury in 2021/22 and the annual cost of work related injury and new cases of ill health cost **£18.8 billion in 2019/20**

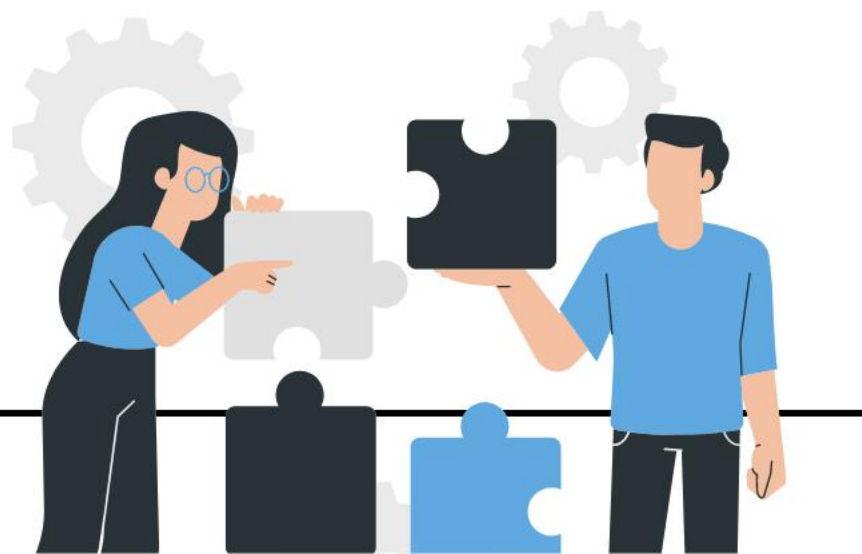
£3.5 billion of which was at the cost of employers.





CONCLUSION

Employers need to be mindful that ill health, in particular **stress, depression and anxiety**, can be caused or worsened by the workplace and **should be considering this as they would any other workplace hazard**.



EMPLOYEE HEALTH & WELLNESS PROGRAMME

BUILD YOUR OWN **BESPOKE PACKAGE** FROM A RANGE OF SESSIONS & WORKSHOPS IN THE FOLLOWING **5 CATEGORIES**:



**MENTAL & EMOTIONAL
WELLBEING**



TEAM BUILDING



SELF DEVELOPMENT



PHYSICAL WELLBEING



MINDFULNESS & YOGA FOR THE WORKPLACE



OPEN DAY

FRIDAY APRIL 28TH | 12NOON - 2PM

We'd love to share more with you about what we can offer each of your businesses. So please come along for a **BUFFET LUNCH**, **GUIDED TOURS OF OUR BUILDING** & **TASTER SESSIONS IN A VARIETY OF WELLBEING PRACTICES**.

We will send out an RSVP link to you all via email where you can confirm your attendance through **Eventbrite**



THANK YOU!



FROM THE MANDUS HOUSE TEAM!

WWW.MANDUSHOUSE.ORG.UK
