



Welcome to the second DigiWorkWell newsletter

WHO IS INVOLVED IN THIS PROJECT



In this edition of the newsletter we look in a little more detail at two of these: BIC Euronova and ENWHP. In the next Newsletter we will look at two more of our partners.

ENWHP, the European Network for Workplace Health Promotion was established in 1996 and is a network of agencies, institutions and organisations dedicated to the promotion of health in the workplace (WHP) in the European Union. It is a membership organisation with membership open to employers, representative bodies such as ministries of labour and health, institutes of occupational health and safety and academic and research institutions, and individuals.

ENWHP has significant achievements since its establishment and has evolved to offer a wide range of services and outputs to all parties interested in the propagation of WHP. Historically, ENWHP has developed the first widely accepted definition of WHP in the EU (the Luxembourg Declaration), has conducted the first EU wide campaigns on WHP (nine in total dealing with issues such as exercise in the workplace, health promotion in SMEs and large enterprises, mental health at the workplace and chronic illness and the workplace).

ENWHP is active in six main areas: training, research, accreditation, practice, policy, and communications. It has also developed and published a large database of 100's of case studies of good practice as well as developing instruments and tools to support the implementation of WHP.

If you would like to know more about ENWHP, or would be interested in membership, please visit www.enwhp.org

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BIC Euronova, the European Business and Innovation Center (CEEI) of Malaga is a company created with public and private capital, founded in 1991 through a European Community Commission initiative, to support the creation of innovative SME's, to promote the initiation of innovative activities of existing SME's and public administrations.

From the outset the European Commission conceived of the BIC as an international network that would allow the exchange of information and experience amongst themselves and would encourage technological, commercial and financial cooperation between them and their clients.

All the BIC are endorsed by the European commission and are integrated in one network, the European Business and Innovation Centre Network (EBN), an international scientific and technical association, which brings together more than 250 BIC throughout Europe.

The BICs are support organisations for innovative small and medium sized businesses (SMEs) and entrepreneurs. They are recognised through a quality certification scheme, which enables them to obtain the EC-BIC Label (the only EC label qualifying IBIs at European level and beyond).

BIC Euronova takes part, not only in the Digi Workwell project, but in other projects about smartcities, green circular economy and migrants and immigration.

If you would would like to know more about BIC Euronova, please visit www.bic.es



PROJECT OUTPUTS

THE BUSINESS CASE FOR DIGITAL WELLBEING

The **business case document** was published in spring 2023 and is proving to be a popular resource for those interested in the wellbeing of digital and tele-workers. In addition to setting out the business case for focusing on digital wellbeing, the resource is filled with useful tips and information about setting up your own interventions.

The Business Case is now available in English, Polish and Spanish. Download your free copy now!



[EN DOWNLOAD](#)

[ESP DOWNLOAD](#)

[PL DOWNLOAD](#)

We have also now published the results from the **Business Case User Testing**. Over 90 individuals and organisations responded to this, for which we are very grateful. The vast majority (over 90%), represented key target audiences in SMEs, HR, Regulators and business education and support organisations. Key findings include:

- Whilst 96% had a health and safety policy in place, only 2% had a specific policy on teleworking.
- Almost 70% planned to make changes at their company after reviewing the document, with a further 10% saying they possibly would or that it was not a decision they were responsible for.
- Over 92% thought the document was “clear and user friendly” and would recommend the document to others.

In addition to these headlines, the user testing also provided a rich source of information about employer attitudes to teleworking and the advantages and disadvantages it brings.

Advantages were seen to include the opportunities it creates for enabling greater flexibility for employees and a better work-life balance, benefits for staff wellbeing, reduced commuting and improved efficiency and productivity for the business.

Perceived disadvantages were largely concerned with risks to mental health and loneliness resulting from a lack of social contact with fellow workers, and a lack of skills and training amongst managers to properly support their staff who work remotely. It was considered important that organisation culture adapts to the new ways of working and that attention is paid to processes such as digital wellbeing risk assessment.

Such findings are very important in helping to develop the next stages of the project and to ensuring that the benefits of teleworking can be realised whilst reducing any possible risks.

DIGITAL WELLBEING CHECK-UP TOOL

The **Digital Wellbeing Check-up tool** is an interactive online tool enabling SME managers to evaluate their strengths and weaknesses in relation to employee digital wellbeing and to determine a suitable pathway through the subsequent learning materials. It is guided by the EU's Digital Competence Framework and UK JISC framework as we believe they offer a comprehensive description of the knowledge, skills and attitudes that managers need to learn in order to effectively manage digital wellbeing in the workplace.

Welcome to your
assessment

Your personalised report



The tool is available in English, Finnish, Polish and Spanish, and is available here:

[EN TOOL](#)

[ESP TOOL](#)

[FL TOOL](#)

[PL TOOL](#)

The DigiWorkWell Team needs your feedback on this Digital Wellbeing Check-up Tool. Your feedback will help us to understand the impact of the tool and gain important insights for how to improve what we do in the future.

The **User testing Survey** can be found here:

[EN SURVEY](#)

[ESP SURVEY](#)

[FL SURVEY](#)

[PL SURVEY](#)



DIGITAL TRAINING PACKAGE

Work has now started on the innovative new training package. The training being organised around the five main themes that have emerged as the project has proceeded:

1. Digital Working
2. Digital Communication
3. Physical Health
4. Mental Wellbeing
5. Leading a Digital Workforce

The content for the five areas is currently being prepared by consortium members and will be available shortly. There will be more about this in our next newsletter, but in the meantime keep an eye on the [DigiWorkWell](#) website for developments!

UPCOMING EVENTS

Working For Mental Wellbeing – Barcelona 5 September 2023



A Free Hybrid Event

As we continue to transition into a post covid and increasingly digital age, the focus on mental health and wellbeing has never been more important.

The conference will explore current theory and practice in relation to workplace mental health and wellbeing.

A key outcome will be to develop a “Barcelona Declaration on Workplace Mental Wellbeing.”

Keynote Speakers:

Giuseppe Masanotti
Maria Dolores Solé
Richard Wynne

Organised by
**European Network
for Workplace
Health Promotion**

Hosted by
**Instituto Nacional
de Seguridad y
Salud en el Trabajo**

How to Join:

A small number of in-person places are available at this event. If you would like to attend, please email a request to info@enwhp.net

To join via teams, please register **here:**

www.enwhp.net

Working for Mental Wellbeing is a hybrid event organised by ENWHP and hosted by INSST (Instituto Nacional de Seguridad y Salud en el Trabajo).

Its main purpose is to reflect on best practice in relation to Workplace Mental Health Promotion and to discuss the work in this area in which ENWHP is currently involved.

A key output will be to develop a 'Barcelona Declaration on Mental Health and Wellbeing at Work,' to which governmental bodies, business organisations, social partners and employers will be asked to commit.

Online registration is open at:

<https://events.teams.microsoft.com/event/2fc5f29c-54b3-42f1-ba92-9ae294f916a4@d2addb9f-c0ec-409e-ab43-a6d379b921e2>

If you would like to attend in person (a limited number of places are available), please email info@enwhp.net



**Funded by
the European Union**



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