

Quarter	Facilitators	National Campaigns 2019 Promoted/Supported by the Councils	Previous Activities	Existing/Ongoing Support	Activities/Areas for Development
Healthy Lifestyles (January to March) <ul style="list-style-type: none"> Diet Alcohol & Drug Awareness Physical Activity 	HR Team (HR Officer OD lead) Employee Rep/Volunteers	<ul style="list-style-type: none"> Sport Relief March 2019 www.sportrelief.com Dry January www.alcoholchange/change.org.uk/getinvolved/smampaigns/dryjanuary Nutrition and Hydration Week – March 2019 nutritionandhydrationweek.co.uk 	<ul style="list-style-type: none"> Introduction of the Corporate Work Well Boards Health and Wellbeing information leaflets Yoga sessions Fruit Veg co-op Organised Walks Lunch time activity sessions Cycle Group Case Studies Dress down days Charity promotions Employee Health Checks Healthy Eating workshops Stop Smoking Advice from DCC Champion for Change Campaign, Mental Health Awareness Mindfulness & Resilience Training Workplace Challenges Better Sleep Briefings Workplace Health Champions 	Corporate Culture <ul style="list-style-type: none"> Corporate commitment to Health & Wellbeing Health & Wellbeing Strategy Work Life Balance Policies and Practices Flexible Working Practices Regular one to ones/team meetings Competency framework Employee Surveys Embed supportive workplace culture Internal Corporate Training Programme Kaarp Benefits Scheme Career Development opportunities Pre-Retirement briefings Dress down days/charity days Transformation ideas welcomed Employee Celebration Awards Coaching and Mentoring Proactive support from HR & H&S Team members Health <ul style="list-style-type: none"> Occupational Health Health surveillance programme Counselling, Physiotherapy and Eye Tests Free Employee Assistance Programme, Health, Relationships, Legal, Finance, Housing, Consumer Issues, Family Matters, available 24/7 Access to Westfield Scheme Free Flu Jabs Yoga Sessions Discounted access to leisure facilities Cycle to Work Scheme Workplace assessments Implementation of reasonable adjustments Adoption of Dying to Work Charter Access to BDC GP Referral Scheme Information and Advice <ul style="list-style-type: none"> Information Boards Extranet Information/advice on various activities/subjects Staff social room Time for Change Pledge Leisure Membership promotion 	<ul style="list-style-type: none"> Work in collaboration with others to maximise opportunities/awareness e.g. Partnership Teams regarding external funding HR Employee Wellbeing Surgeries to seek employee views Occupational Health Awareness & Health checks Manager Tool Kits on S Drive Continued roll out of manager briefings on Supporting Staff at Work Promotion of support/advice on information boards and extranet Healthy Eating Workshops Employee Inductions sessions at leisure facilities Vending machines review Sports Relief Quiz
Women & Men's Health (April to June) <ul style="list-style-type: none"> Hazardous Waist Cervical Screening Awareness Sun Awareness 	HR Team (HR Officer OD lead) Employee Rep/Volunteers	<ul style="list-style-type: none"> National Walking Month, May 2019 www.livingstreets.org.uk/national-walking-month www.walkingforhealth.org.uk/walkfinder Sun Awareness Week, 13-19 May 2019 www.macmillan.org.uk/aboutus/mediacentre/events/2012sunawarenessweek Cervical Screening Awareness Week, 10-16 June 2019 www.awarenessdays.com/awareness-days-calendar/cervical-screening-awareness-week-2019 Mens Health Week, 10-16 June 2019 www.menshealthforum.org.uk 		Health <ul style="list-style-type: none"> Occupational Health Health surveillance programme Counselling, Physiotherapy and Eye Tests Free Employee Assistance Programme, Health, Relationships, Legal, Finance, Housing, Consumer Issues, Family Matters, available 24/7 Access to Westfield Scheme Free Flu Jabs Yoga Sessions Discounted access to leisure facilities Cycle to Work Scheme Workplace assessments Implementation of reasonable adjustments Adoption of Dying to Work Charter Access to BDC GP Referral Scheme 	<ul style="list-style-type: none"> Development of Extranet information and on information Boards Occupational Health Briefing Sessions Briefings for employees on key topics Outdoor activities promotion e.g. Gardening Continue to support walking groups/activities Walk Event led by HR
Mental Health (July to September) <ul style="list-style-type: none"> Work Life Balance Celebrating Achievements Emotional Wellbeing 	HR Team (HR Officer OD lead) Employee Rep/Volunteers	<ul style="list-style-type: none"> MacMillan Coffee Morning www.coffee.macmillan.org.uk World Suicide Prevention Day, 10 September 2019 www.iasp.info/wspd2019 National Fitness Day, 26 September 2019 www.nationalfitnessday.com World Mental Health Day, 10 October 2019 www.mentalhealth.org.uk/campaigns/world-mental-health-day 		Health <ul style="list-style-type: none"> Occupational Health Health surveillance programme Counselling, Physiotherapy and Eye Tests Free Employee Assistance Programme, Health, Relationships, Legal, Finance, Housing, Consumer Issues, Family Matters, available 24/7 Access to Westfield Scheme Free Flu Jabs Yoga Sessions Discounted access to leisure facilities Cycle to Work Scheme Workplace assessments Implementation of reasonable adjustments Adoption of Dying to Work Charter Access to BDC GP Referral Scheme 	<ul style="list-style-type: none"> Corporate Macmillan Coffee morning 25 September 2019 Coffee, Cake and Chat for Mental Health day 10 October 2019 Promotion of Mental Health awareness/education Promotion of Employee Celebration Awards Workshops for Managers – internal Training Programme Seek feedback from employees on H&W activities
Men & Women's Health (October to December) <ul style="list-style-type: none"> Menopause Awareness Testicular/Prostate Cancer Awareness Diabetes Awareness 	HR Team (HR Officer OD lead) Employee Rep/Volunteers	<ul style="list-style-type: none"> National Cholesterol Day, October 2019 www.heartuk.org.uk/get-involved/national-cholesterol-month World Menopause Day, 18 – October 2019 www.thebms.org.uk/2017/10/world-menopause-day-2 World Osteoporosis Day, 19 October 2019 www.worldosteoporosisday.org Men's Health Awareness, Movember www.uk.movember.com World Diabetes Day, 14 November 2019 www.diabetes.org.uk/get_involved/world-diabetes-day Christmas Jumper Day www.savethechildren.org.uk 		Health <ul style="list-style-type: none"> Occupational Health Health surveillance programme Counselling, Physiotherapy and Eye Tests Free Employee Assistance Programme, Health, Relationships, Legal, Finance, Housing, Consumer Issues, Family Matters, available 24/7 Access to Westfield Scheme Free Flu Jabs Yoga Sessions Discounted access to leisure facilities Cycle to Work Scheme Workplace assessments Implementation of reasonable adjustments Adoption of Dying to Work Charter Access to BDC GP Referral Scheme 	<ul style="list-style-type: none"> Promotion of support/advice on information boards and extranet Promotion of activities linked to themes of Men and Womens Health Improving access to information at work on Employee Health & Wellbeing matters Undertake a review of 2019 Framework and activities

