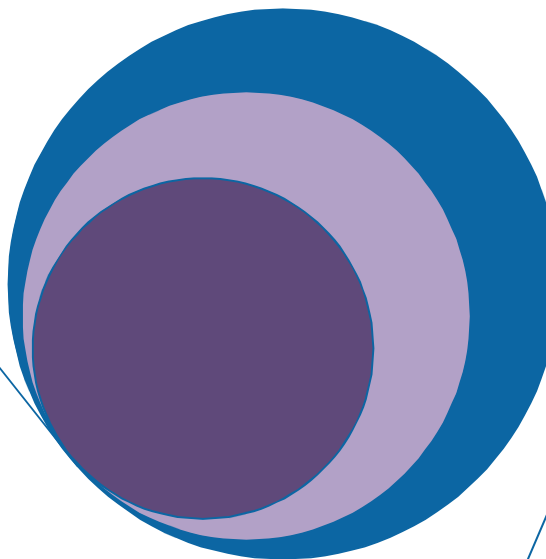
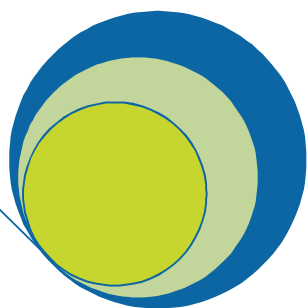


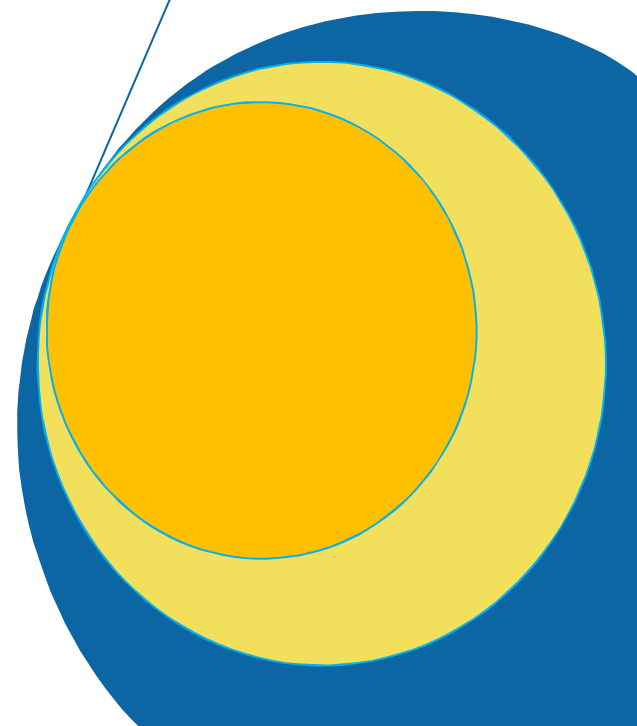


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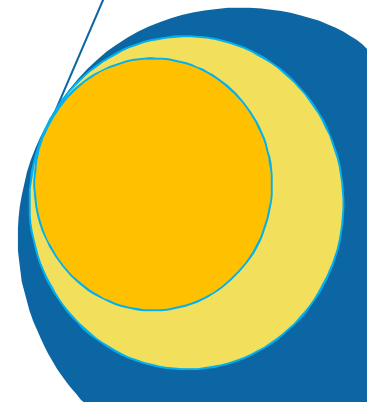
Working in partnership to  
improve the health and wellbeing  
of employees in Harrow

Sarah Spencer, Deputy Director, The Centre for  
Workplace Health



# In a nutshell.....

- Introduction to CWH and our partnership with Harrow PCT.
- Current climate - nationally
- Current climate – Harrow
- The WorksWell model – Did it work well?
- Taking the model forward – Harrow PCT.
- Questions



# The Centre for Workplace Health

- Based at St Mary's University College
- Established in 2005
- Based within School of Human Sciences
- Knowledge Transfer
- Research
- Consultancy
- Project delivery
- Training



# Past and Present Projects

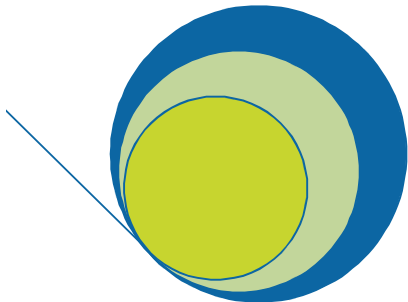


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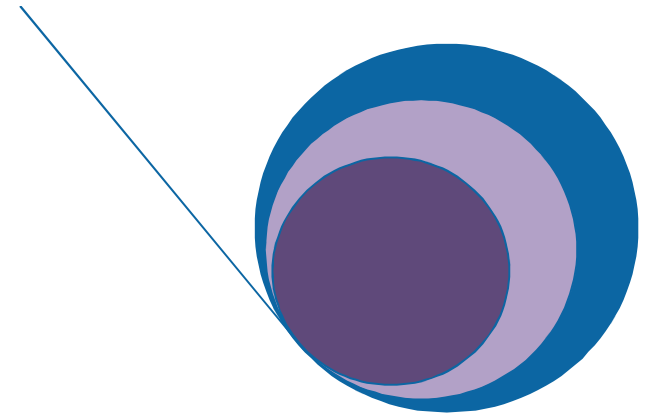


# National - Current climate

- Dame Carol Black's review - 'Working for a Healthy Tomorrow' (Black, 2008)
- Audit of NHS Trusts conducted by the CWH (CWH, 2008)
- Boorman report (Boorman, 2009)
  - "Fat, unfit NHS staff top the sick league" (The Times, 19/08/09).



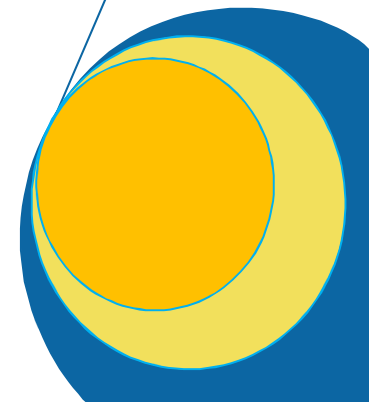
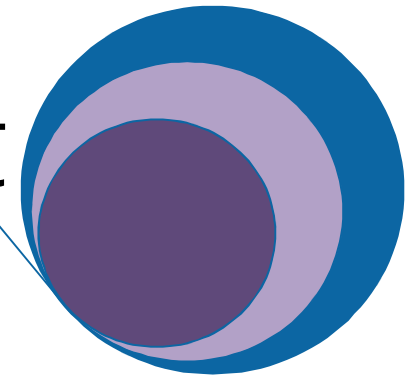
# Harrow

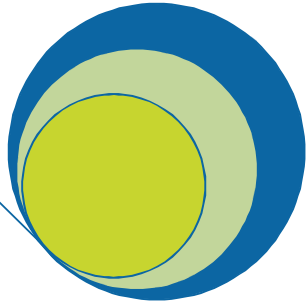


- Active People's survey indicate that present physical activity levels in Harrow are very low at 13.3% compared to London at 16.9% and 16.52% for England (July 08 – July 09)
- Employment within Harrow is concentrated in distribution, hotels and restaurants; industries where employees work long and unsociable hours.

# The WorksWell Project

- Workplace Health Champion
- Implement and monitor workplace health interventions
- Training and a consultancy service provided by the CWH
- Sustainable



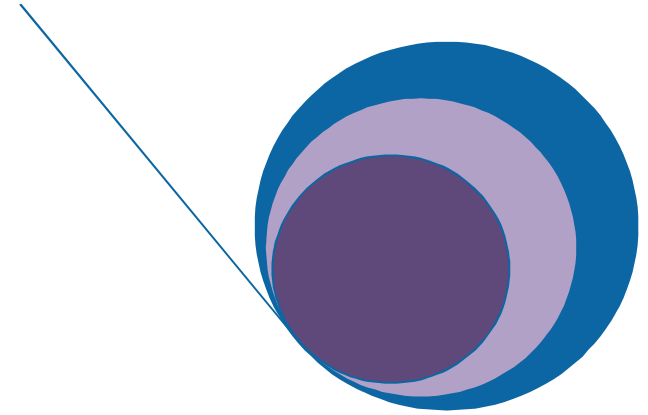


# The WorksWell Project

- Workplace health champion supported to design, deliver and evaluate workplace health project.
- Needs assessment and recommendations
- Training of workplace health champions
- Workshops
- Outreach visits



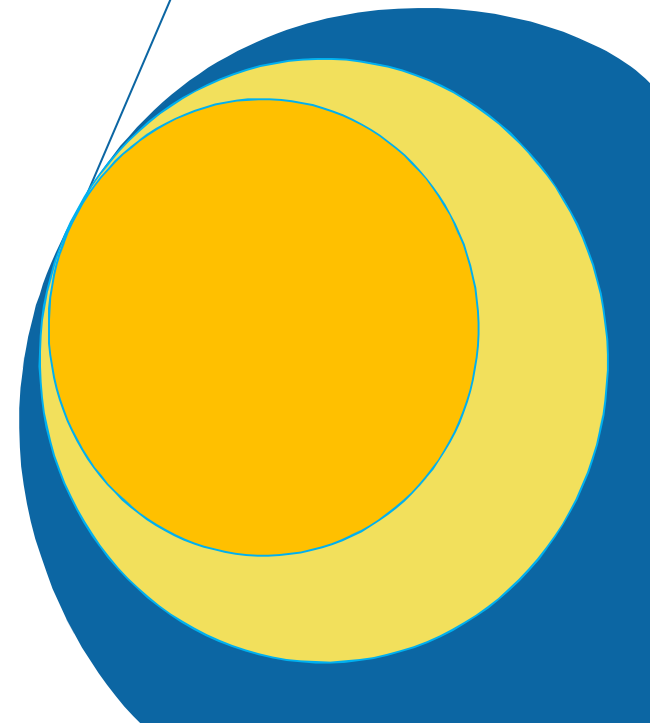




- Email and telephone support
- Monitoring and evaluation
- Sustainability pack ( ensuring suitability for SMEs)
- Accreditation

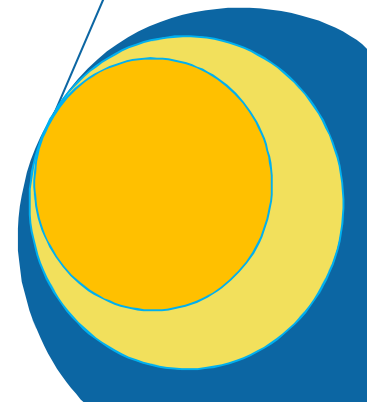
# Recruitment

- 2 schools
- PCT
- LA
- Hospital
- 3 charities
- 2 private sector organisation



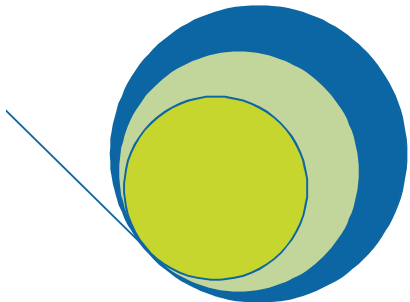
# Needs assessment

- 7 organisations completed needs assessment at start of programme
- 3 organisations completed a follow up needs assessment
- 5 focus groups were carried out



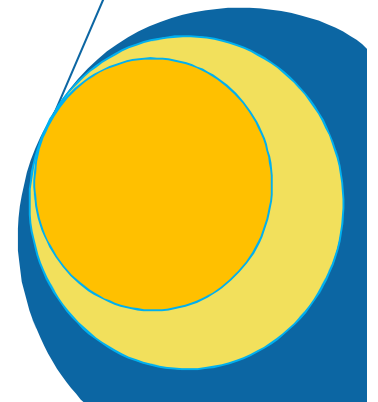
# Training

- 7 organisations attended all 3 training sessions
- 11 Workplace Health Champions were awarded Understanding Health Improvement qualification with Credit.

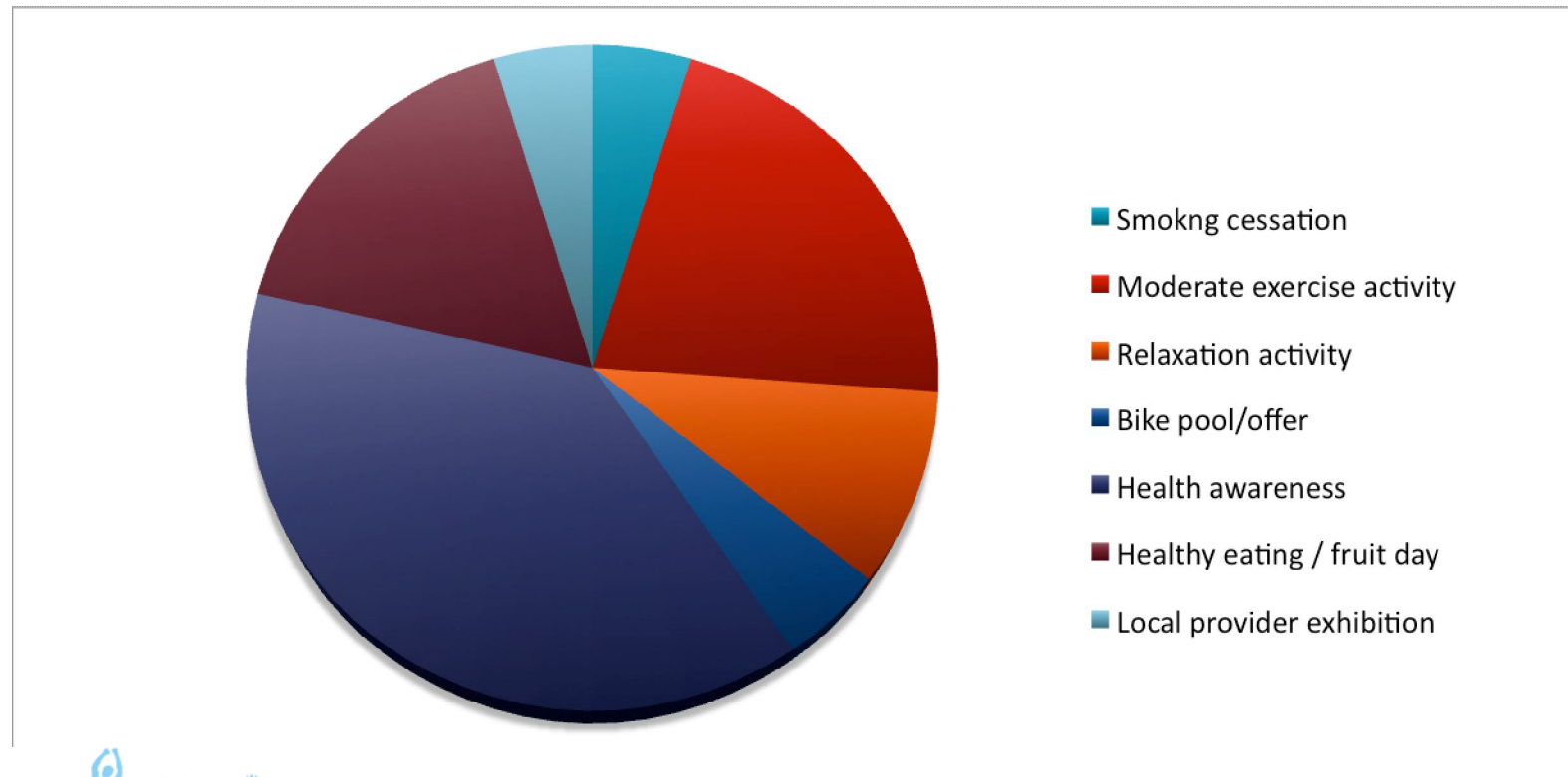


# Interventions

- Support provided by the CWH enabled all 10 organisations to run interventions in their workplaces. Six workplaces reported on the number of interventions held.
- Number of interventions delivered ranged from 2 to 49

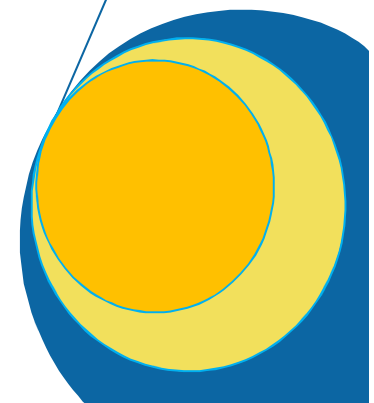


# Types of interventions held



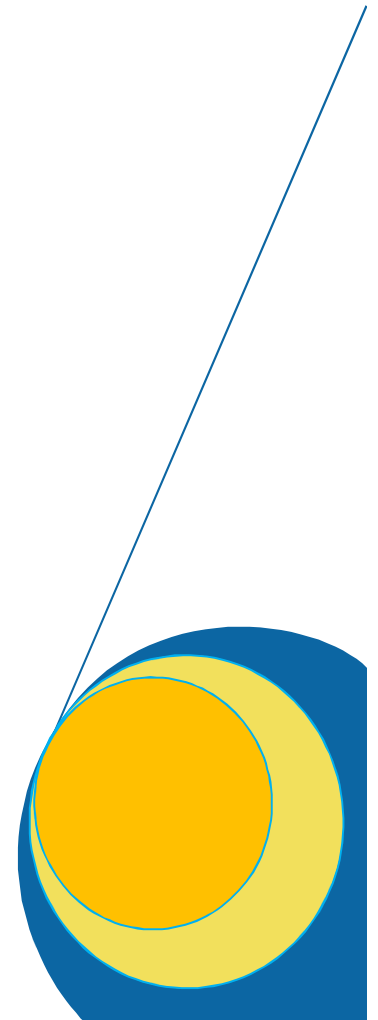
# The Results

Measurement	Combined data	School	Private sector	NHS Harrow
Fruit and veg intake	0.18		0.018	
Physical Activity	0.06	0.000		
Cycling	0.45			
Walking		0.005		
Gardening	0.03	0.001	0.041	0.020
Sick days				0.034



# Existing and new skills developed by Health Champions

- Health promotion / health awareness
- Networking
- Creativity
- Developing interventions
- Influencing skills



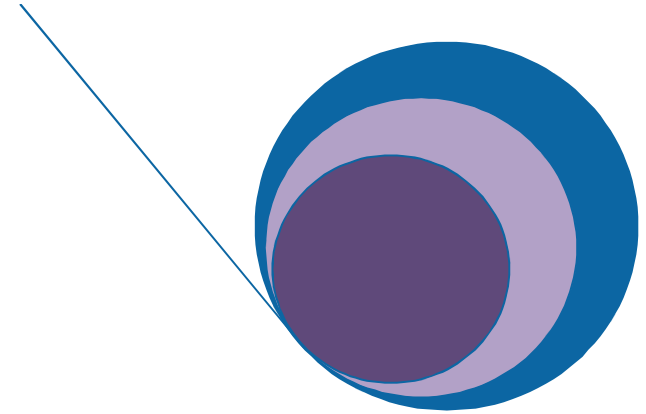


# Partnering with NHS Harrow

- Participating as a workplace in the project means NHS Harrow are uniquely placed to help other organisations:
  - Understand the training and resources
  - Benefit from lessons learnt
  - Own ship in order
  - Support networking of workplaces
  - Make use of internal resources.



# Resources

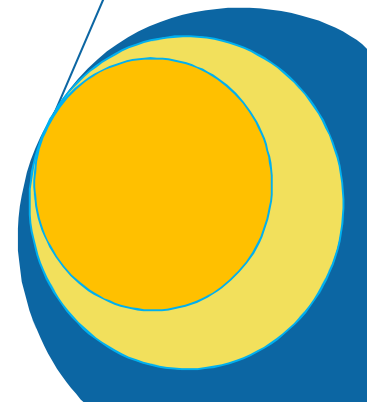


- Online tools
  - Tools for evaluation
  - Delivering in house talks
  - Training presentations
  - Chat/discussion tools
  - Announcements
  - Calendar of events
- Practical resources for delivering initiatives
- Training

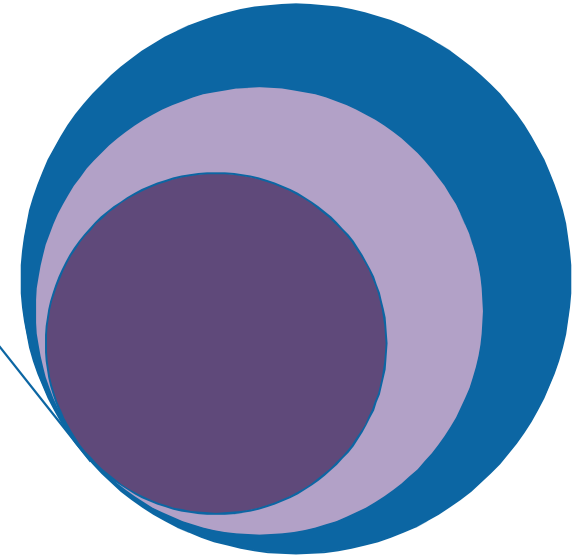


# Primary care trust

- “The Primary Care Trust is uniquely placed to be able to support organisations; utilising its skills and resources around improving the health and wellbeing of the local community. Furthermore, there is significant potential to engage residents in adopting a healthier lifestyle if they are offered information, support and opportunities via an employer and health choices are made easily accessible to employees.”



Any questions?



Contact

The Centre for Workplace Health

[www.workplacehealth.org.uk](http://www.workplacehealth.org.uk)

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