

# Wellbeing Champions

Occupational Health & Wellbeing  
April 2016



# Who are Occupational Health & Wellbeing?

- > An in house team of OH professionals and support staff
- > OH Physicians – like hospital Consultants, specialising in Occupational Health
- > OH Nurses – all Registered Nurses, most have a specialist qualification in OH
- > Business Psychologist
- > OH Administrators & wellbeing coordinator

## Nurses

Jill Morrell (Senior OH Nurse) – Rainton / Scotland

Christine Raine – Rainton

Julie Higginson – Yorkshire

Alison Bradbury – Midlands

Sue Gregory – East Anglia

Sue Cripps – Swindon / London

Mandie Riggs – Swindon / Didcot

Clare Bairstow – Wales

Robert Manson- Head of Occupational Health & Wellbeing

Juilitta Sofat – Business Psychologist Swindon

Michelle Alexander – Admin Swindon

Sam Whistler – Wellbeing coordinator- Swindon

Beverley O’Gorman – Physiotherapist Swindon

Diane Sayers – Admin Manager NE

Joanne Aston– Admin Yorkshire

Sarah Jordan – Admin Midlands

# The role of a Wellbeing Champion

- > To support OH&W programmes and activities
- > Champion and promote relevant health messages and events on site
- > Signpost OH&W services to employees
- > Promote a healthy culture within the workplace
- > Be a contact for anyone at your site who wants to know more about OH&W services and activities
- > Provide feedback and progress updates to OH&W at the quarterly meeting



# Who can be a Wellbeing champion?

- > Someone with an enthusiasm for health and wellbeing
- > You'll need a basic understanding of healthy lifestyles
- > You'll need to keep up to date with activities in the OH&W programme
- > You'll need the agreement of your manager to spend a few hours a month on the role (up to 2 hours per week)



# What can you do as a Wellbeing champion?

- > Support the OH&W roadshow at your site
- > Promote OH&W activities via posters, internal comms and other publicity
- > Put health and wellbeing on the agenda of your team meeting, and keep your colleagues updated with what's happening on site
- > Run challenges at your site- e.g. pedometer challenges
- > Organise healthy activities at work- e.g. lunch time walks
- > Be creative! We always need new ideas to promote health and wellbeing
- > Keep us updated with your progress on the quarterly calls

# What can we do for you?

- > Provide you with resources- both online and physical- e.g. leaflets, posters and pedometers
- > Keep you updated with our promotional and roadshow schedule
- > We may be able to offer support in person to any on site activities you are running
- > Once a quarter you'll have the chance to get together on a call with other wellbeing champions and share ideas
- > You can contact us at any time for support



# Just a few pointers....



- > Keep us updated with what you're doing! If your site has completed a pedometer challenge then we want to know so we can shout about it!
- > We love new ideas- but if you want to bring in a new resource or external company then drop us a line first. We might already pay for this resource elsewhere or have our own in-house version
- > If you're asked a question about our services or about health and wellbeing and you aren't sure, then give us a call- better than giving the wrong information
- > You can find lots of information on our services and healthy living on our intranet pages

# Resources

There are plenty of Health and Wellbeing resources out there- here's a few to get you started

[NHS Live Well](#)- you'll find all the up to date health advice from the government here

[Workplace challenge](#)- you can use this site to find local physical challenges, log activity, challenge colleagues and compete with other companies

[British Heart Foundation Health at Work](#)- information on health at work, how to start a workplace challenge and a library of health resources

[Sleepio](#)- Online CBT program paid for by the company to help improve sleep quality. You can promote this free program to colleagues

OH&W- You can contact Sam Whistler- Wellbeing coordinator- on 01793 892745 or [samantha.whistler@rwe.com](mailto:samantha.whistler@rwe.com)

[The OH&W intranet pages](#)- full of health information, news, events and info on the services that OH&W offer

Your local OH Nurse- check the first slide for names and locations

Local sports clubs and groups- organise a 5-a-side tournament, golf lessons or a local walking club

[Macmillan](#)- get involved with the Macmillan challenges at your site



# Any questions?

We can answer any questions during the conference call

Or email [samantha.whistler@rwe.com](mailto:samantha.whistler@rwe.com)

