

Report on	Workplace Health Event
Reporting Officer	Fiona Mc Clements, Head of Environmental Health
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Is this report restricted for confidential business?	Yes	
If 'Yes', confirm below the exempt information category relied upon	No	X

1.0	Purpose of Report
1.1	The purpose of this report is to advise the Committee of the "Making Links in the Workplace Health" event which was held in the Council offices in Magherafelt on Tuesday 30 th January 2018.
2.0	Background
2.1	Healthy Lives Mid-Ulster builds on the health awareness and prevention models developed and delivered through Make a Change, and Closing the Gap programmes, delivered within Mid-Ulster. The ethos of Healthy Lives Mid Ulster is to deliver a joined-up working approach through cross-sectoral partnership working.
2.2	The overall aim of Healthy Lives Mid Ulster is to target areas of need and vulnerability, through working in partnership with GPs, Pharmacists, employers, and those working with communities from a community, voluntary or statutory perspective.
2.3	Healthy Lives Mid Ulster supports the Health and Wellbeing outcomes of our Community Plan: <ul style="list-style-type: none"> • We are better enabled to live longer healthier and more active lives • We have better availability to the right health service in the right place at the right time • We care more for those most vulnerable and in need
2.4	One of the areas of work identified by Healthy Lives Mid-Ulster is Healthy Workplaces.
2.5	NI Chest Heart and Stroke (NICHHS) provide a free workplace health and wellbeing programme funded by the Public Health Agency to small and medium size businesses. The initiative supports workplaces through identifying health and wellbeing priorities for their workplace, recruiting and training workplace health champions and creating an action plan to improve employees' health and wellbeing.
2.6	In partnership, NICHHS, Mid Ulster District Council and the Northern Health and Social Care Trust developed a plan to run an event to provide information to local workplaces on key health and wellbeing messages and the range of programmes/ services available to them.

3.0	Main Report
3.1	The event was held for small, medium and large employers in the Mid Ulster area to raise awareness of local health initiatives. Local workplace representatives had the opportunity to hear presentations and to engage with local service providers on the range of health themes including physical activity, healthy eating and mental health.
3.2	15 workplace representatives attended the event representing 8 local workplaces. There were presentations on: <ul style="list-style-type: none"> • “Choose to Lose” a 12 week Weight Loss programme delivered at Heron Brothers, Draperstown (MUDC) • The Make a Change programme (MUDC) • “Take 5 Steps to Wellbeing” mental health campaign (NHSCT)
3.3	There was an opportunity for networking and exchanging of contact details and the workplace representatives were each provided with a range of information on health and wellbeing themes to take back to the workplace.
4.0	Other Considerations
4.1	<u>Financial & Human Resources Implications</u> Financial: NI Chest Heart and Stroke funded the event. Human: None
4.2	<u>Equality and Good Relations Implications</u> None
4.3	<u>Risk Management Implications</u> None
5.0	Recommendation(s)
5.1	Members are asked to note the contents of this report.
6.0	Documents Attached & References
6.1	Appendix 1: Photographs of Making Links in the Workplace Health event

Appendix 1



