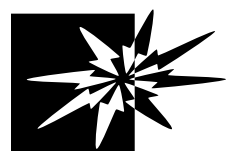




**STAFF HEALTH AND
WELLBEING EVENT
CALENDAR**



EVENT TYPE	WHEN	TARGET AUDIENCE	BRIEF DISCRPTION	CONTACT
Overarching activities				
<p>The Wellbeing Charter</p> <p>On the 14th March 2013 we as an organisation achieved the 'Achievement' Award. The final stage which we will work towards is the 'Excellence' Award, probably in the next 18 months.</p>	On-going	All Haringey Council Staff	An Award commissioned by the GLA and Public Health England to promote Health & Wellbeing in workplaces in London.	Workplace Health and Wellbeing Board
<p>Health & Safety Training</p> <p>All Health, Safety and Wellbeing Champions have been told to ensure all managers that risk assessments need to be completed and reviewed for staff in their services and that if they are not able to do it then they need to book themselves on training.</p>	On-going	All Haringey Council management and staff	Providing training to all Haringey Council Management and Staff in relation to Health, Safety and Wellbeing.	OD&C
DSE/Smart-Working	On-going	Staff moving into home working , desk-sharing, remote working environments	<p>Joint-Working with OD&L as required in briefing staff before they move into desk-sharing/home-working.</p> <p>On-going support to managers once moves have been undertaken.</p>	Corporate Health, Safety and Wellbeing Team
Improving healthy life expectancy				
<p>Quit Smoking Campaign</p> <p>Outstanding Actions</p> <p>Smoke Free Link on home pages of Harinet</p> <p>Advertise Quit Smoking support Clinics</p>	On-going	All Haringey Council Staff for general advice	<p>Providing advice to all Haringey Council Staff in relation to giving up smoking.</p> <p>Promoting the quit smoking sessions available to staff.</p> <p>Liaising with Haringey & Enfield Quit Smoking service.</p>	Public Health
Making Every Contact Count (MECC)	March	All staff	Training programme that is equipping staff with skills to help residents, family, friends and colleagues to improve their own health	Public Health Marion Morris
Haringey Men's Health	On-going	Council Male Staff	To reduce the inequalities in men's health and to ensure that there are evidence based interventions and programmes with a focus on men over 40 years of age.	Public Health

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Weekly lunchtime walks for Council staff from RPH.	Every Tuesday 1pm from RPH Note from April there maybe another lunchtime walk	Council staff		Leisure Services Andrea Keeble
Weekly jogging groups in Haringey	Weekly – on going www.haringey.gov.uk/ walkjogcycle Staff jogging (Wednesdays at White Hart Lane CSC 5.30pm)– Karen.evans@haringey.gov.uk	Residents and Council staff		Leisure Services Andrea Keeble
London Marathon places and volunteering opportunities	Annually last Sunday in April	Council staff	6 London Marathon places available to staff who raise money for Haringey approved charities/ community organisations. Water Station 16 volunteer opportunities	Andrea Keeble
Swimathon – at Tottenham Green Leisure and Park Road Pools and Fitness and many other pools around the country	TGLC - 17th April and 19th April 2015 Park Rd – above dates as well as 18th April 2015	All	A charity event. Swimmers individually or in teams swim either 1.5K, 2.5K or 5K and raise money for Marie Curie	www.swimathon.org
Walk to Work Week	11th to 15th May 2015	Council Staff	Focus on walking to work with publicity, incentives etc	Leisure Services Andrea Keeble & Anna O'Neill Public Health
Pool Bike Promotions	Mid June	Council Staff	Cycle promotion to staff which includes promoting the pool bikes during Bike Week	Smarter Travel
Netball Bash	9th July 2015 (after work)	Council Staff	An inter department mixed sex fun netball competition	Andrea Keeble
Discounts on leisure centre memberships	ongoing	Council Staff	Council staff receive substantial discounts on monthly memberships at Haringey leisure centres	www.fusion-lifestyle.com
Cycle to work day	Thursday 3rd September	Council staff	Doctor Bike, promotion of cycling activities, cycle to work scheme, bikers breakfast to those encouraged to cycle in.	Smarter Travel

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Dr Bike at River Park House	First Thursday of every month	Council staff who can access RPH	Pedal cycles serviced for free	Smarter Travel
Dr bike on x2 Remote sites	TBC – Twice Per Year	Council staff at x2 remote sites	Pedal cycles serviced for free	Smarter Travel
Cycle to Work Scheme	TBC *Finance issue so the window should be open now but isn't	Council staff	Opportunity to purchase a tax free bike and accessories	Transportation and Planning
Breeze Rides for Women	TBC but throughout the year	Anyone who lives, works or studies in Haringey	Organised ride for women to encourage more women (who are under-represented in cycling) to cycle more	Smarter Travel
Free Cycle Training	Ongoing	Anyone who lives, works or studies in Haringey	Learn to cycle safely and confidently for free.	Smarter Travel
Improving mental health and wellbeing				
Stress Update Actions To identify via sickness records service with high levels of sickness For H&S Adviser to have a discussion with HRBP's re encouraging managers to manage their Service's stress via risk assessment, training etc	On-going	Services with high levels of sickness absence All Service Managers Council staff for general advice	Provision of service stress risk assessments Training Managers in stress management Support and advice to service managers	Corporate Health, Safety and Wellbeing Team
Staff Thinking Space Group discussions facilitated by experienced psychotherapists aimed at improving personal resilience and focusing on group approaches to problem solving	Every Friday from April (time tbc)	All staff	Support for staff to cope with a significant change	Public Health Tamara Djuretic
Mental Health Awareness training for managers	April	Managers	Support for managers to recognise signs and symptoms of mental ill health and to become confident in addressing the issue and supporting the staff adequately	Public Health Tamara Djuretic