

Healthy Workplaces

Our journey in Stagecoach West

Rachel Geliamassi Managing Director





Health; Mental & Physical

Mental health issues cost employers up to £42 billion last year alone (in the UK)

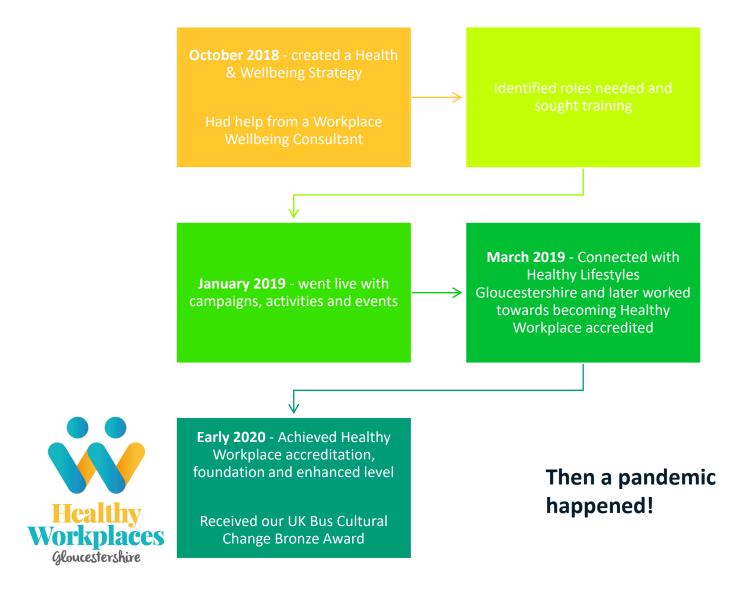
Only 13% of employees would be comfortable discussing mental health in the workplace

Mental health issues are the number 1 cause of sickness absence in the UK

Programmes addressing mental health issues in the workplace can present a return of interest of up to 800%

In 2020/2021 there were an estimated 470,000 UK workers affected by musculoskeletal disorders







The start of our journey

Create a culture where health matters

Build our support expertise

Health & Wellbeing Strategy October 2018

Remove the taboo around mental health

Go on an active journey together



The People





Our activity...

Manager training and support... WAP them!

Campaign Calendar

- 5k a day in May
- Heart Health Month
- Time to Talk Days
- Sleep campaign

Events

- Breakfast/ Supper Clubs (led by Managers)
- West Football Tournament
- Biggest Loser Competition

Bring in the experts!

Financial advisors, nurses, fitness coaches, back care specialists...

Staff satisfaction surveys

Access to Support

- Health & Wellbeing Champions
- Signposting on our intranet
- Hapi App
- Employee Assistance Program



For free! (or low cost at least)



Davies and Partners Corporate Challenge

· Surface: Road, footpath and towpath

Each year we have a fun race within a race being the Davies and Partners Corporate Challenge. In this we encourage teams of between 4 and 6 people to vie for top spot in the business community or more likely, have some fun and team bonding.

The winners of all but one of the corporate





Distance: 10km







Wellness Action Plans
Mind (WAP's)

Healthy Lifestyles Gloucestershire – Making Every Conversation Count Course (free!)

Best Apps are Best You and Buddyboost

Best priced Mental Health
First Aider Course – Swindon
and Gloucestershire MIND

Free webinars we love; Westfield Health & Liggy Webb. Liggy does great bite sized books for staff too

Healthy Lifestyles
Gloucestershire for free
employee referrals for
smoking cessation, alcoho
and weight management





The results...

- Improved sickness & attrition
- Improved morale & team spirit
- Healthier workforce mentally & physically
- More inclusive workplace









The best resource...

Each other!

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