

APPENDIX 1

Senior Manager's Workshop on Health & Wellbeing 27th February, 2013

Senior Managers in the Corporation were asked to identify a key public health priority for the City and to suggest some actions that could be taken to address it

Group 1

Improving Health of City Workers/COL Staff

- Replicate the health improvement work at Epping Forest in the City, e.g. lunchtime fitness walks
- Smoking cessation sessions at corporation sites e.g. Spitalfields (workers and tenants)

Group 2

Exercise for Healthy Living

- Use of open spaces for mental and physical wellbeing via design, promotion, trim trails, play areas
- Planning policies to encourage walking, cycling, exercise, mobility
- Encouragement with businesses – various city award schemes, provision of gyms/membership schemes
- Barbican – displays/promotion
- Schools/education
- Disabilities being taken into account – looking at kerbs, pavement etc access
- Sporting facilities provided by City Corporation
- Libraries – promotion/information – gateway to schemes, running classes – City
- Residential estates exercise friendly
- Walking tour for staff as part of induction

Group 3

- Health awareness week
 - use of exercise in public spaces exercising at desk etc
- Extra category in sustainable city awards
 - for investing in staff health
- Urban gym art creation
 - using infrastructure to exercise

Group 4

Healthy Eating

Suicides in City – stress

Smoking

- First aid training/emergency aid –
 - 1 day course (agreed by managers as part of induction)
 - Explaining that people aren't 'liable'
 - Defibrilating training and strategic location of equipment (City Surveyors and Open Spaces)
 - Provide source of information online (IS/PRO)
 - Provide sources of information in libraries (CHL)
 - Prioritise security & reception staff (City Surveyor's)

Group 5

Alcohol and substance awareness campaign

Deployment:

- Raising employers' awareness of statistics, (commission research)
- Encouraging employers to recognise it as an issue (productivity/image etc)
- Walk-in advice sessions

Group 6

Exercise through walking

- Thirty minute walks lunchtime – cultural sites/events
- One mile runs – open space track demarcated
- Expertise in-house
- QR codes to show cultural offering at each end

- Music/creative activities – Barbican Centre/Libraries

- CHL – Info Centre/Libraries/Tower Bridge give out info/short walks

- Barbican Centre – Foyers/theatres – info

- Open spaces – design routes/provide tracks

- Town Clerk's – publicise events

- Built environment – Route design/accessibility advice

Group 7

- Lifestyle changes which impact on the attendance at work of City workers (through obesity/alcohol/diet/bad backs)
- Target SME's who are unlikely to have access to Occupational Health Services – prevention and speedy access to services (physio)
- Town Clerks – OH services – offer programme of education on prevention
- Chamberlains – resources + technology and support programme, e.g. as COL currently offers physio services which bypass NHS

Group 8

Mental health in worker population stress related and not being tackled by businesses

- Schools – addressing proactively – partners and outside of City
- Business contacts from security and contingency team
- Business rate lists – all sizes of businesses enable targeting (Chamberlains)
- Hotline of occ health support for small businesses (BHE funding)

Group 9

Stress/depression/mental health/suicide

- Corporate responsibility to promote services
- Independent support/presence of Samaritans etc in the City
- Training for business managers leaders to identify stress/risk factors
- Quiet/chill-out zones in the City
- Church/faith counselling centres
- Promotion of City assets to chill out
- Design of open spaces to promote solitude/relaxation

Sexual Health/Exploitation/Assaults in City based Hotels

Group 10

- Bugs –
 - Hands
- Obesity
 - Stations
 - Food sellers (Gild)
 - Exercise
 - Route to work
 - Walk new (subjective)
 - Poor of the City

- Farmers markets bringing good food from the City's major markets to the City's workers
- Schools – pupils health, planning/policy
- Dept of Environment – using comms from renew bins, love food – hate waist
- Mental Health – Healthy, fit
- Cultural – free checks – wider; desk top yoga – advertise?
- Ch – Funding healthy food – changing subsidies for the Gild so that healthier food is cheaper
- Surveyors – Recreational areas for health
- Economic Development - shops
- Media - Apps to exercise/different walks in City, Apps through CCTV to see weight etc