

Wellbeing Events

Month	Date	Activity	Location	Number of Participants
Ongoing	Everyday	Alternative Therapies	Marischal College Frederick Street Rosemount	- 26 x 30 minute appointments available each week
	Every Tuesday	Yoga Classes £6 (1200-1230)	Rosemount CC	- Between 6-8 participants weekly
	Every Tuesday	Pilates Classes £5 (1630-1730)	3W01 Marischal College	- Between 10-15 participants weekly
	Every Thursday	Yoga Classes £5 (1630-1730)	3W01 Marischal College	- Between 6-8 participants weekly
	Every Thursday	Tai Chi Classes £5 (1230-1310)	3W01 Marischal College	- Between 6-8 participants weekly
	Once a Month	Mindfulness (2x 30min sessions)	4W02 Marischal College	- Between 6-8 participants per session
	Once a Month	Onsite Chiropractor Clinic	First Aid Room Marischal College	- Between 4 and 6 appointments per session
January	Various (Jan – May)	Wellpoint Kiosk	Marischal College West Tullos Althens East Kittybrewster	- Very Popular at each site
	10 th 17 th 24 th	Chair Based Yoga	3W01 Marischal College	- Between 3-5 participants per session
	18 th (6wks)	Scottish Slimmers	3W02 Marischal College	- Between 20 – 25 participants signed up
February	9 th	Pitstop: Spinal Care	4W01 Marischal College	- 20 Spaces - 20 Attendees
	9 th	Personal Spinal Screenings	4W01 Marischal College	- 12 Spaces - 12 Attendees
March	Various	Metafit	City Moves	- Between 8-10 participants weekly -
	27 th	CFINE Stall	LG Floor Marischal College	- Very Popular for 2 hours

Please Note: We also have Healthpoints filled with various wellbeing literature at the following locations:

- Marischal College
- Kittybrewster
- Frederick Street
- Fleet
- West Tullos
- Spring Gardens

The latest Your Health Matters Newsletter link:

<http://thezone/nmsruntime/saveasdialog.asp?IID=42825&SID=8041>

Why these events were chosen and how their success was monitor:

Discounted Alternative Therapy Sessions

- Alternative Therapy sessions were identified as an opportunity for employees to unwind physically and mentally during their working day as well as experience a service which they may not otherwise consider outside of work. The discounted therapy sessions and have been extended to meet employee demand. There are currently three therapists offering sessions on every day of the week Monday at Marischal College and one therapist offering weekly sessions at Rosemount Community Centre and Fredrick Street.
- Survey feedback from attendees shows that the sessions were of value to employee wellbeing. Comments include “It is great to get these sessions during the working day” and “It was good to be offered ‘safe’ taster sessions for treatments which staff might not otherwise be familiar with. It would be good to keep extending the repertoire.”

Pilates, Yoga, Tai Chi

- It was identified from the ideas hub that employees were looking for more opportunities to be active at work. The exercise classes are self-funded by participants and have been running successful for 12 months. The classes work on improving posture, mobility and flexibility of the spine which helps to reduce musculoskeletal aches and pain.
- The classes have been very well supported and have received lots of positive feedback including: ‘These classes have been absolutely fabulous and definitely have improved my well-being. They’ve also been good for networking as well’.

Mindfulness

- Mindfulness sessions have been run over lunchtime throughout January and March to encourage staff to take a break from their desk or the stresses of the day to relax the mind and body and to improve their health and wellbeing.
- 2x 30-minute sessions have been held once a month and have been well attended. Feedback includes: 'I have enjoyed that these sessions help you to switch off in the middle of a busy day. They give useful tips on how to reduce stress'.

Onsite Chiropractic Clinic

- Following the successful Spinal Care workshop delivered back in October, an onsite clinic once a month was planned so that employees could take advantage of the discount on offer.
- So far, the uptake of this initiative has been steady with both new and returning clients visiting the clinic each month.

Wellpoint Kiosk

- The Wellpoint Kiosk was introduced to employees as part of January's New Year New You campaign. The kiosk measures your weight, BMI, body fat, blood pressure and heart rate. It also provides touch-screen health questionnaires and signposting to health and lifestyle support services and web-based information sites, such as NHS Choices and Change4Life.
- The kiosk was extremely popular with lots of people visiting the kiosk on numerous occasions. The leaflets that were supplied beside the kiosk were also really popular with many of the leaflets having to be restocked up numerous times.

Chair Based Yoga

- These sessions were chosen so that less able-bodied employees could join in with workplace exercise. The sessions are great for anyone who suffers for with musculoskeletal pain and for employees that spend all day at their desk. The classes giving employees exercises they can do at their desks so keep them active at work.
- Unfortunately, the uptake of these sessions hasn't been as high as we had hoped but those that did attend found the sessions extremely beneficial. Feedback includes 'These sessions have been great. I've really enjoyed doing them – nice to get some relaxation techniques that can be done at the desk and good to get some gentle exercise as well for those less able bodied who can't do normal yoga/pilates etc.'

Scottish Slimmers

- It was identified from the ideas hub that employees were looking for a weight loss class to take place over lunchtime. Scottish Slimmers provide a workplace weight loss programme, which is based on positive healthy eating plans, encouraging members to make healthy food choices to help them achieve their target weight. The class will run initially for 6 weeks as a trial and has now run for five 6-week blocks throughout the year.
- The uptake of this has been extremely popular with over 80 different employees signed up to take part in the programme. Feedback from the session include: 'Thanks to the organisation for arranging this and supporting employees access an affordable and enjoyable weight loss program. The group leader is fantastic, and to add to that, the support you get from other members even while waiting for weigh-in is amazing, folk are sharing their recipes, chatting about their diet week, was is good, was it bad, cheering others on. It's fab.'

Spinal Care Workshop

- The spinal care workshop was delivered by Aberdeen Chiropractor Clinic and provided an overview of the spine, how to care for your spine and good postural practices. Following the success of the sessions the clinic has offered ACC employees discount on the services they provide.
- The uptake of this pitstop was exceptional with 100% of the available spaces booked up. Due to the high demand of this session we may arrange for more places to take place later in the year.

Spinal Screenings

- Following the spinal care workshop free 1-2-1 spinal screenings were offered to employees who attending the course. During this time the employee could discuss any spinal related issues they have while the chiropractor evaluated any general imbalances of the spine and muscles that need to be addressed.
- The screenings were very popular with 100% the appointments taken up with requests for more appointments to be made available.

Metafit

- Following the success of the ongoing exercise classes metafit was offered to employees as part of the new year new you campaign. The classes are higher intensity than what is currently on offer which added something different to the current programme and aloud staff to try something new.
- The uptake of these session has been great with sessions being extended until the summer holidays.

CFine

- As part of the healthy eating campaign in March Community Food Initiatives North East (CFINE) hosted their first community food pop-up stall at Marischal College. Employees were encouraged to support a local charity and get your high quality fresh fruit and veg at affordable prices. Staff were also able to pre order and just turn up and collect their box.
- The stall was very popular was CFINE raising £120 which will be put back into the community to support those in food poverty. CFINE will host the stall on the last Tuesday of every month until June.

How accessible were the events to all employees?

- **Discounted Alternative Therapy Sessions** - Four therapists currently offer therapy sessions in order to meet employee demand as well as provide a range of therapies from reflexology to shiatsu massage. We have expanded this service to include a mobile therapist and sessions at Rosemount Community Centre and Frederick Street. Employee discount was offered to give as many employees as possible an opportunity to access the alternative therapy sessions without time and/or money being a barrier to participation.
- **Exercise Classes, Scottish Slimmers, Mindfulness, CFINE and Chiropractic sessions** – Were run from Marischal College but open to all employees. Marischal College was chosen as a venue as there a larger number of staff who work in this offices building than any other building and often minimum numbers need to be achieved for external organisations to agree to run sessions. Where there is demand for any of these sessions to be run in a different building every effort will be arranged so that no group of employees are missing out.

- **Wellpoint Kiosk** – The kiosk has been / will visit numerous council buildings so that as many employees as possible can take advantage of the kiosk. The sites include, Mariscal College, West Tullos, Althens Eats, Kittybrewster and schools for a duration for 2 or 4 week periods between January and June.

How was the information regarding these events communicated?

- Information for all the events and campaigns was communicated on the Zone, via the Health, Safety and Wellbeing pages and also through the “Your Health Matters” Employee Good Health Group Blog. Emails were sent to the Health and Safety Co-ordinators who were asked to disseminate information about the events or campaigns to employees. Announcements were posted on the Internal News area of the Zone homepage and information was shared with newsletters/information bulletins. Where required, advertising posters were displayed in the EGHG notice board and at the event location.

How do you know that employees are aware of these wellbeing events?

- The good take up of the provision on a number of these events show that the communicated message was getting out to employees across Aberdeen City Council. Employee feedback shows that these events are considered to be of value to employees as part of their health and wellbeing at work.