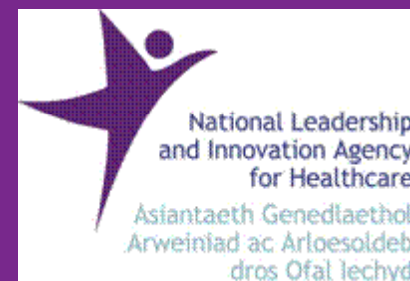


Wellbeing Through Work

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Wellbeing Through Work

Introduction

- What is Wellbeing?
- Our Mission
- Measures of Success
- Programme Outline



Wellbeing Through Work

What is Wellbeing?

- “a contented state of being happy and healthy and prosperous”

Some evidence shows that to achieve this state people need to be:

- **Active** – physical activity which suits their mobility
- **Connected** - with people around them and achieve life goals in supportive and lasting relationships
- **Learning** – developing new skills to cope with life challenges
- **Taking Notice** – of their own sensations, feelings and thoughts
- **Participating** – within their communities



Wellbeing Through Work – What is It?

We want people to recognise that:

- Individuals can achieve a positive sense of Wellbeing by being in work and through their work
- “good work is good for you”
- Some people need support to generate self resilience
- Employers can assist in developing a happy workforce, who will be more likely to consistently attend work
- Being in work is better for individuals than not working



Wellbeing Through Work – Our Mission

Wellbeing Through Work will:

- Create innovative and effective approaches to helping people with, or at risk of developing work limiting problems to retain employment by supporting individuals, employers, health and rehabilitation professionals



Wellbeing Through Work - Measures of Success

The project will:

- Engage with 17,500 employed people who are at risk of losing their job due to a work limiting health condition
- Help a minimum of 10,500 people to retain employment
- Support people to remain in work with a minimum of 55% still in work after 12 months
- Deliver 200 workplace programmes for employers
- Work with GP's and health professionals to improve their knowledge skills and confidence when dealing with health and work issues.



Wellbeing Through Work – Programme Outline

- Covers Convergence Fund area of Wales – West Wales and the Valleys, North West Wales.
- Three separate strands of delivery:
 - Workplace Programmes – bespoke programmes within employer domains which help to improve the Wellbeing of all employees
 - Supporting People – individual support for individuals who self refer, with assistance provided to help them overcome health and employment related problems
 - Changing Perceptions – working with health professionals and employers to help them recognise that work can be more beneficial than long term absence due to health conditions
- Sub-contractors will deliver the majority of outcomes; full tendering process will enable selection of the best tenders
- Leave a legacy which allows successful activities to be identified and considered for mainstreaming



Wellbeing Through Work

- Partnership between Remploy and the National Innovation Agency for Healthcare (NLIAH)
- Examining potential “Wellbeing Diagnostic and Measurement Tool”
- Promoting the concept of work being good for health to GP’s and other health professionals
- Looking to provide holistic solutions for individuals, rather than restricting to health and/or employment
- Seeking to improve wellbeing through appropriate services: mental illness through healthcare, work issues through vocational rehabilitation and lifestyle habits through community based support
- Recognises the importance of employers in affecting individual wellbeing.



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- Any questions?

