



Sabrina Dunne

Programme Manager



Background to programme



Our Vision

“To contribute to the prevention of ill health in the working population through a settings approach to health improvement”

FH@W Aims

- Raise awareness of health issues
- Encourage self development
- Provide practical programmes
- Develop health policies
- Promote well being at work



How we do it!

6 step process

1. Engagement with senior management
2. Workplace health steering group
3. Needs assessment
4. Design action plan
5. Programme Implementation
6. Evaluate

Our work to date

To date we have;

- Worked with over 90 workplaces
- Engaged with over 9000 employees
- Implemented 8000 needs assessments
- 17 Editions of '*Work it!*' newsletter
- Launched www.foylehealthatwork.com
- Established partnerships with leading service providers

Why @ work

- 1/3 waking lives for up to 40 years spent at work.
- Captive audience, influence large numbers.
- Access to services during working hours.
- Interventions are easier to monitor over time.
- Tailored to suit needs of specific groups.

Benefits

Employer

More productive workforce

Healthier workforce

Happier workforce

Reduction in absenteeism

Attractive culture for investors

Employee

Healthier

Happier

More productive

Educated on important health issues

Health screening at work

Build on skills/training

Case Study H&J Martin Construction

70 staff over 2 sites in Derry

25 staff Guildhall 2011

25 staff Guildhall 2012

20 staff Ebrington 2013

7 key areas identified overall

- Mental Health
- Male Cancer/Skin Cancer
- Coronary Heart Disease/Stroke
- Back care
- Alcohol & Drugs
- Healthy eating
- Health checks



Case Study

H&J Martin Construction

Activities On-site

- HIP (Health Information Board)
- One to one health checks on-site
- 30 minute tool talks, interactive.
Mental health, healthy eating, alcohol/drugs, smoking cessation, male cancers
- One- to- one skin scanning
- Lung function testing

(High level of attendance for all sessions)

Case Study

H&J Martin Construction

Outcomes

60 health checks carried out - 28 referrals to G.P.

15 high cholesterol

10 high blood pressure

3 border line diabetes

- Referrals to get moles checked out.
- High number of men were signposted to other local organisations for help and support. e.g. debt advisory, CAB, Aware.
- 70 staff were educated and advised on important health issues.
- Health information boards were installed across 3 sites

Case Study

H&J Martin Construction



Feedback from Charlene Millen, Sustainability Manager

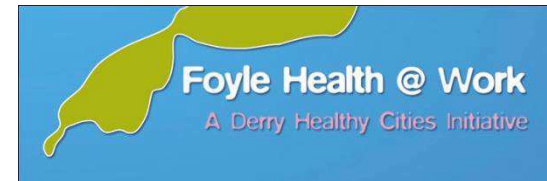
We found the service from Foyle Health @ work scheme to be excellent! This invaluable support assisted us in implementing our Occupational Health Strategy by devising a project specific action plan which focused on the most relevant issues, to Construction.



Simple steps to promote wellbeing

- Provide literature/advice on local services. (HIP)
- Provide fresh drinking water.
- Fruit for meetings or healthy options in canteen.
- Education on key health messages – tool talks.
- Provide health checks onsite
- Ask employees what support they need.
- Open door policy.

Contact Details



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