



2015/16
THE YEAR IN NUMBERS

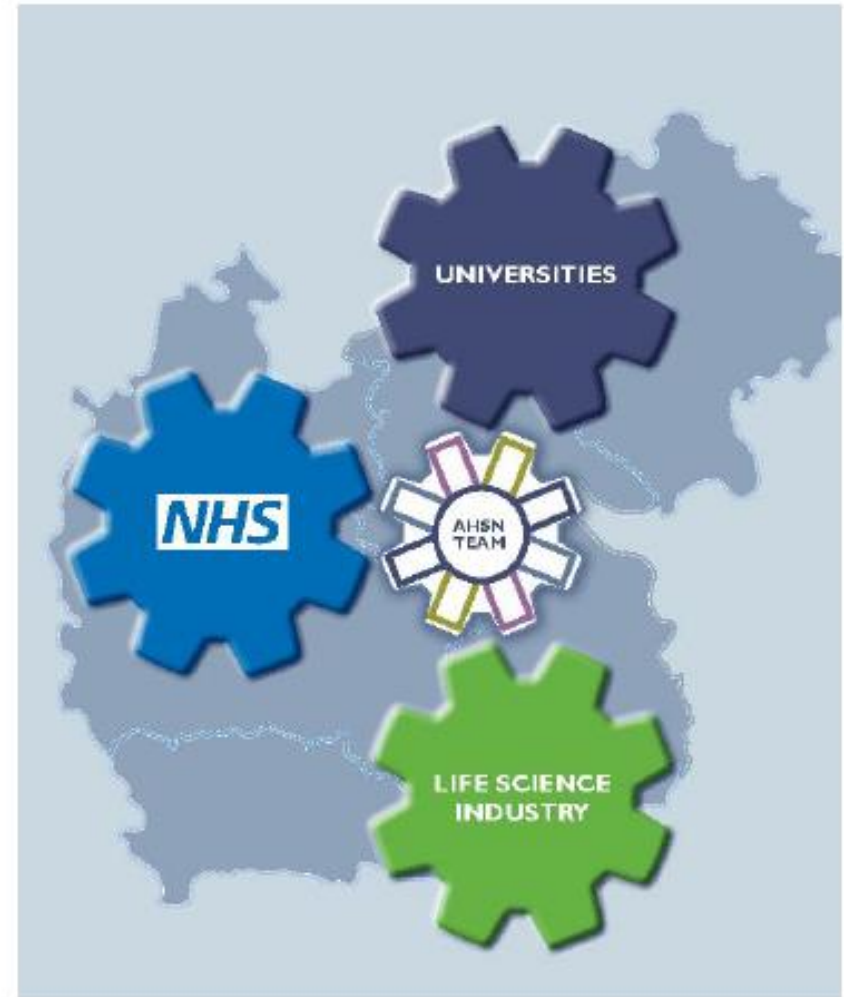
Workplace initiatives for improving Health

Dr Paul Durrands
Chief Operating Officer

“Something very special is happening here in the Oxford region. The life sciences sector is doing extraordinary things. It’s all built on brilliant science with joined up activity and thinking” George Freeman, Minister for Life Sciences

Accelerating health and economic gains for our region by working together

What is the Oxford AHSN?

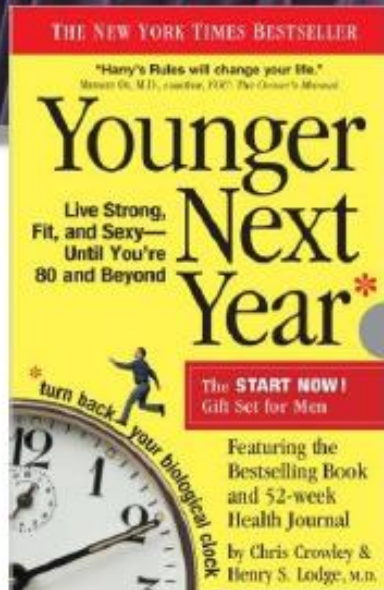
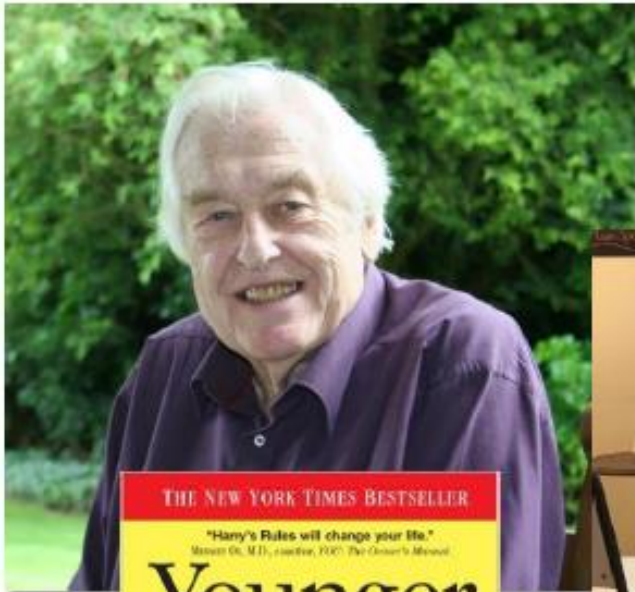




get physical

be active • stay healthy

Inspiration



Partnership and collaboration

Brought to you by:

Oxford 
Academic Health
Science Network

In partnership with:


Getting more people active for life

Get
Berkshire
Active
Championing sport and inspiring
an active lifestyle



Public Health
England

 **OXFORDSHIRE**
SPORT & PHYSICAL ACTIVITY

Programme – Dec 2015



Audience – clinicians (150)

Keynote – William Bird

Workshops – Physical activity and

1. Dementia
2. Anxiety and Depression
3. Cancer
4. Diabetes
5. Patient Pathways
6. Workforce health and wellbeing

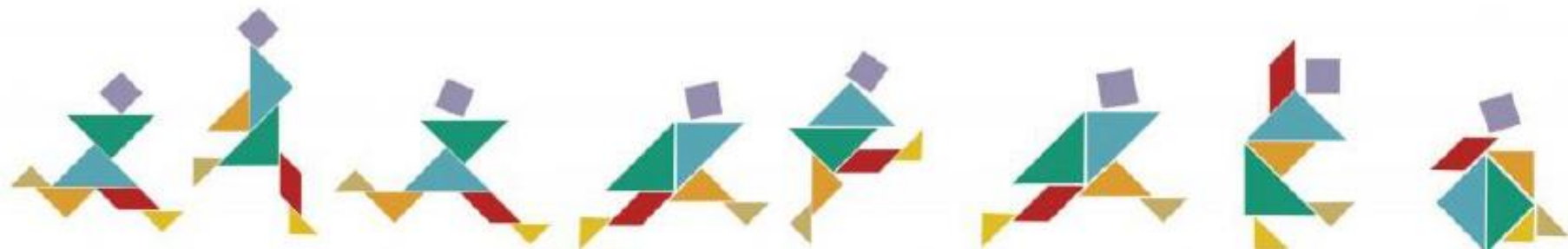


Programme – Dec 2015



Lessons

- Staff or patient-led physical activity programmes
- Training for everyone who comes into contact with patients – education is the key
- A platform for local and regional resources and information



Programme – November 2016 – workforce health and wellbeing

3 events in Berkshire, Bucks and Oxfordshire hosted by Vodafone, Johnson & Johnson and BMW/Unipart

200 managers attended representing 120,000 local employees in our region

Practical advice on strategies, how to get going, case studies, science behind it, economics of improving staff health



Programme – November 2016 – workforce health and wellbeing

Several local organisations are world leaders in staff health and wellbeing

Cross sector learning

The best can help the organisations just beginning

Potential for joint training of health champions

NHS Trust HWB Leads meeting regularly – chaired by Karon Hart



We have incorporated health and wellbeing into our business plan,
Martin Hall senior HR manager BMW

We believe there is a direct correlation between the health and happiness of our people and the profitability of our business,
Richard Aspinall, Head of SE Regional Business, Vodafone

Research shows that for every £1 invested in health and wellbeing you get back £3 to £4, Brett Nicholls, CEO, Get Berkshire Active

62% of people we talked to said our intervention helped them to stay at work, Karon Hart, Healthier Lifestyles and Staff Wellbeing Services Lead, Buckinghamshire Healthcare NHS Trust