



Andy Reynolds
Managing Director
Revitalised



Revitalised **Clients...**



Anglia Support Partnership

South Birmingham
Community Health

revitalised .uk

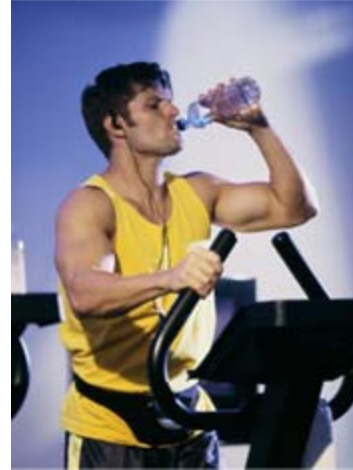
Staff *Welfare*



Staff Wellbeing

Encompasses three interconnected aspects of an individual's 'work life':

- Physical health
- Psychological & emotional health
- Social 'health'



Business Case for **Wellbeing**

- **Sickness absence costs the economy nearly £14 billion every year.** (CBI)
- **Improved workplace health could generate cost savings to the government of over £60 billion.** (Dame Carol Black)
- **13.7 million working days lost each year due to work-related mental health conditions at a cost of about £28 billion a year.** (NICE)



Employer and **Employee**



Employer and **Employee**

- “There is clear financial & moral evidence that staff wellbeing pays.”
- “Positive role models”
- “Better staff wellbeing = better patient wellbeing”



Dr Steve Boorman,
Lead Reviewer
NHS Health & Wellbeing Report

Exceptional **Challenges**



Olympic *Ideal*



Be the best you can be!

Olympic *Ideal*



Going for **Gold**



Going for **Gold**

Three key elements:

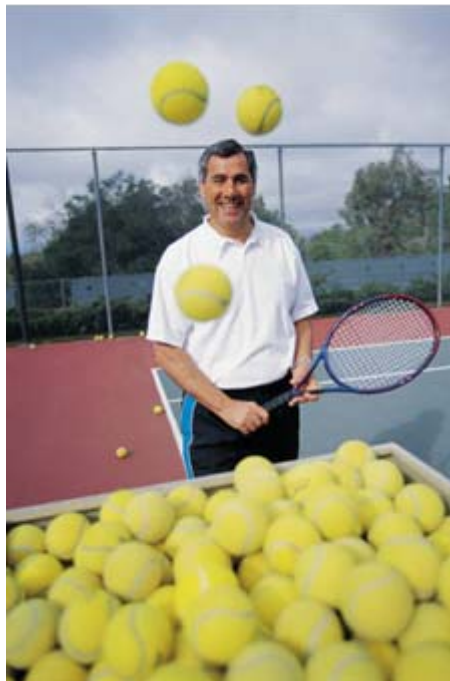
- Organisational culture
- Individual lifestyle
- Long-term initiative



Preventative vs **Curative**



Preventative vs **Curative**



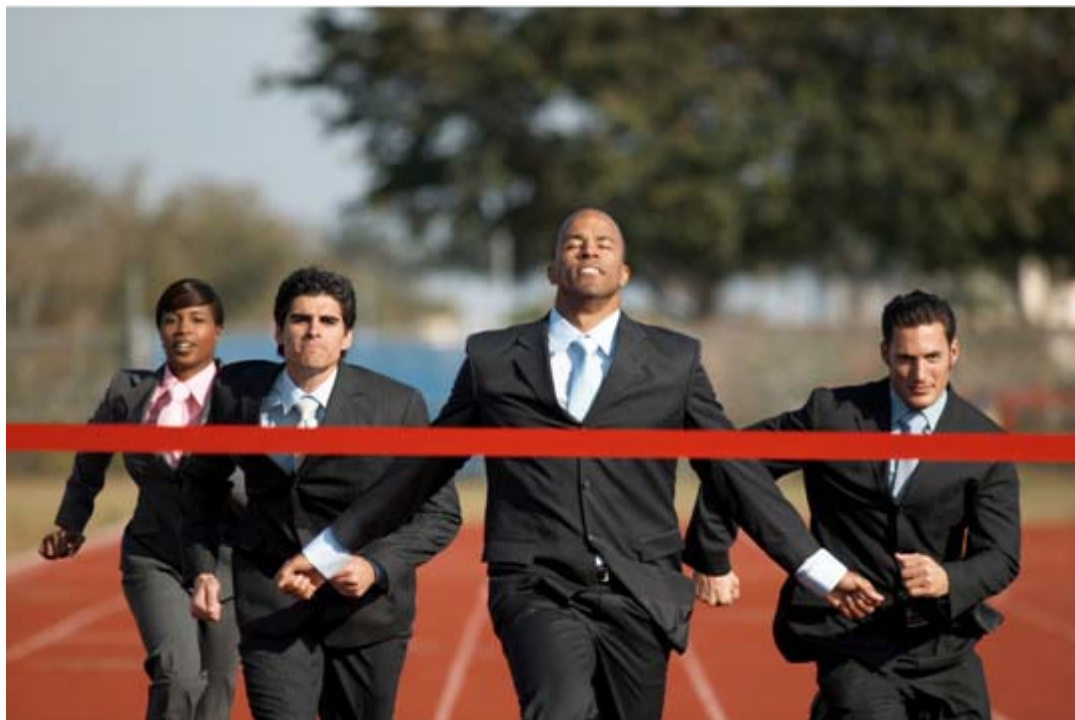
Conclusion

Key Principles:

- Inclusive
- Accessible
- Engaging
- Cost-effective
- Measurable
- Continually updated
- Personalised
- Focus on preventative



Conclusion



Thanks for *listening*

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your partner in employee wellness



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