



Coventry City Council

Briefing note

To: Coventry Health and Wellbeing Board

Date: 19.09.2024

Subject: Wellbeing For Life – Workplace Health and Wellbeing

1 Purpose of the Note

- 1.1 To share the work and focus of Coventry and Warwickshire Wellbeing For Life programme
- 1.2 To update on the Workplace Wellbeing Forum workstream
- 1.3 To identify opportunities for more organisations to be involved in the Workplace Wellbeing Forum

2 Recommendations

- 2.1 To raise awareness of Coventry and Warwickshire Workplace Wellbeing Forums
- 2.2 To encourage local businesses to support/host events with a health focus

3 Information/Background

- 3.1 The Wellbeing For Life programme was a result of the Year of Wellbeing Programme in 2019. This was a programme that centred around awareness raising of 5 ways to wellbeing, improving physical activity levels in school children and supporting local businesses to create a healthy workforce.
- 3.2 The Workplace Wellbeing Forum is free to local businesses and has a health focus. There has been a range of events over the last 3 years, all focussing on different aspects of physical health, mental health, financial health and social health.
- 3.3 It has created a forum for businesses to share best practice, learn from others, discuss challenges within their workforce, and how to implement new practices and policies.
- 3.4 Key workstreams have been linked into this forum such as Suicide Prevention, Climate Change, Financial support, Menopause training and a range of physical health conditions which impact productivity and risk of sickness absence.

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