

Freedom of Information Act 2000 disclosure log entry

Reference

16-17280

Date sent

11/01/2017

Subject

Wellbeing, Absence, Whistle Blowing

Details of enquiry

I am researching NHS absence, health and wellbeing.

Under FOI please provide a response for the attached spreadsheet by completing and returning this to me in excel format.

Response Sent

Your request for information, as detailed in your email below, has been considered and the information requested has been pasted below.

The Tavistock and Portman

NHS Foundation Trust

No.	Questions	Name of programme	Description (including aims)	Is the programme internal or delivered by a third party?	Name of any third party (if applicable)	Description of services	Total annual cost to organisation (£-15/16)	Please list any savings/other benefits	Contract start	Contract end
1	<p>What health and wellbeing programmes are offered within the organisation to provide staff with health and wellbeing benefits, reduce sickness absence and associated costs, and improve staff attendance? (e.g. healthy eating programmes, physical & mental health checks, gym memberships, lifestyle management advice, one-to-one counselling, workshops etc.) Please list all programmes and provide the following information:</p>	Chair massage	Chair massage appointments offered on site. To allow staff to relax	Outsourced	Chair Massage London	<p>Massages offered twice a week on site for staff</p> <p>Paid for by staff</p>	£0			
		Mindful-ness training	Training delivered to staff about mindfulness and the importance of mental wellbeing.	In-house		Sessions delivered through the Education Directorate.	£3,500		01/09/2015	30/08/2016
		Cycle to work scheme	Scheme to help staff cycle to work, loaning money tax free for a bike. To improve exercise levels.	Outsourced	myschemes.co.uk	Staff can apply and obtain a loan to purchase a bike which is then deducted before tax in their pay	£0			
		Healthy eating	Healthy food options in the staff canteen. Advice on what fruit and veg to eat.	In-house		Food options offered in the canteen to encourage healthy eating e.g. fruit, salads, soups, water.	£0			
		Flu jabs	Free flu jabs offered for all staff. To reduce occurrence of seasonal flu and subsequent absence levels.	Outsourced	Royal Free OH Service	Occupational health and wellbeing. Pre-employment screening, employment support and preventative services.	£30,000			
		Occupational Health	OH services for advice and support for staff with any physical or MH ailments. Help to ensure employees can remain in work when they are experiencing symptoms to ensure they are supported.	Outsourced	Royal Free OH Service					
		Life coaching	Provided for staff for career advice.	In-house		Service offered to staff to pay for	£0			
		Gym membership	Discounted gym membership offered at the Royal Free recreational centre. Aiming to improve physical exercise levels.	Outsourced	Royal Free Recreational Centre	A range of health and fitness offerings.	£0			

