

Reference Number: FOI/LHCH/2017006
From: Other
Date: 11 January 2017
Subject: Health and wellbeing programmes

Q1 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:

- 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

A1 [See attached document FOI006 Wellbeing FOI Questionnaire January 2017](#)

Q2 How does the organisation record and report absence? Please list all software, systems and services used for absence management and provide the following information:

- Name of software/systems/services (internal and external)
- Description of services
- In-house or outsourced?
- Name of any third party (if applicable)
- Description of services
- Annual cost to organisation (£ - 15/16)
- Contract start
- Contract end

A2 [See attached document FOI006 Wellbeing FOI Questionnaire January 2017](#)

Q3 Does the organisation use any third party whistleblowing services? Please provide the following information:

- Name of provider
- Description of services
- Annual cost to organisation (£ - 15/16)
- Contract start
- Contract end

A3 [See attached document FOI006 Wellbeing FOI Questionnaire January 2017](#)

I am researching NHS absence, health and wellbeing. Under FOI please provide the following information in excel format by populating the fields below.

No.	Questions									
1	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:	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
		Aintree	Occupational Health to support the HWB of staff and to provide advice and guidance to managers. To participate in HWB events as and when required.	Outsourced	Aintree Occupational Health Services (Health Work and Wellbeing)	OH	£91,759	To assist staff in return to work following a period of sickness absence and to provide proactive advice and guidance to managers in support staff in managing their health and wellbeing.	01/08/2015	31/07/2016
		Merseycare	Employee Assistance Programme providing 24/7 confidential telephone counselling service to all staff. To participate in HWB event as and when required.	Outsourced	Merseycare	EAP	£6,197	Providing staff with advice and guidance to support proactive management of their health and wellbeing.	01/11/2016	01/11/2017
		New Year New You	Annual staff event for information & guidance on all aspects of HWB including healthy eating, physical activity and mental health wellbeing.	Combination	Various	Advice & Guidance	£0	Raise awareness of all aspects of the HWB agenda to staff.		
		HWB Group	Working group supporting the HWB initiatives and programmes throughout the trust.	In-house	n/a	Planning	£0	A central group to focus on the HWB programmes to support the workforce throughout the Trust.		
		Gym Membership	Gym facilities for staff to utilise to promote physical wellbeing.	In-house	n/a	Gym Facility	£1,800	To promote physical wellbeing and reduce sickness absence.		
2	How does the organisation record and report absence? Please list all software, systems and services used for absence management and provide the following information:	Name of software/systems/services (internal and external)	Description of services	In-house or outsourced?	Name of any third party (if applicable)	Description of services	Annual cost to organisation (£ - 15/16)	Contract start	Contract end	
		ESR	Electronic Staff Record	In-house	National NHS	Electronic Staff Record	£0	Information not held	Information not held	
3	Does the organisation use any third party whistleblowing services? Please provide the following information:	Name of provider	Description of services	Annual cost to organisation (£ - 15/16)	Contract start	Contract end				
		Information not held - None used								