



LIVEWELL - WELLBEING SUPPORT FOR MIND, BODY AND LIFE

Welcome to LiveWell, a specialist group-based programme designed to help identify any personal wellbeing needs, improve your wellbeing knowledge and promote available resources.

Your manager has allocated you a place on the 3.5-hour Live Well programme, led by the Centre for Wellbeing, to introduce you to the services and facilities offered by the centre.

Available on-site, we have a Centre for Wellbeing at our manufacturing sites in Halewood, Wolverhampton, Castle Bromwich and Solihull.

The new facilities each have specialist teams dedicated to the wellbeing of our workforce, offering support to employees who have been referred via their manager to Occupational Health.

Halewood Centre for Wellbeing is at the west end of the Admin Building, opposite Gate 1.

You are asked to attend the Live Well session at the following date and time:

Date:

Start time:



How will the LiveWell programme benefit me?

Purpose

- A brand-new initiative offering help, advice and lifestyle guidance
- Covers various wellbeing topics
- Empowers employees to review their quality of life

What are we not doing

- We are not testing you in a work capacity.
- We are not using your data or sharing it with your manager.
- Data will be grouped together and anonymised.

INFORMATION FOR ATTENDEES

Nothing on the programme is mandatory - please be open minded. Attendees may wish to wear comfortable clothes/trainers for the session. Feedback from employees on the pilot scheme told us that attendees felt more comfortable if they wore casual clothes suited to light exercise/activity.

No specialist shoes or gym wear is necessary. Showers and toilets are available to use if required. Snacks and a healthy, sustainable lunch will be provided to participants.

Due to the return to shift working in January 2024 session times will change from 2023 timings and will run as follows:

Thursday Morning sessions run from 10.30 – 13.30, and time for healthy snacks and lunch (13.30) is built into the programme timing.

Thursday Afternoon sessions run from 14.30 to 17.30, and time for healthy snacks and a meal at 17.30 is built into the programme timing.

Friday Morning sessions run from 0800 – 11.00 with a healthy breakfast option at 0900.

We hope that you really enjoy the programme and find it useful. Please do give us your feedback at the end of the session so that we can take your views into account as we develop the programme going forwards.

Centre for Wellbeing Team

Occupational Health