

MCPS-PRS Alliance collects and pays royalties to its members when their music is recorded and made available to the public (MCPS); and when their music is performed, broadcast or otherwise made publicly available (PRS). Activate Your Workplace (AYW) was piloted in two sites at Streatham and Berner Street. At both sites there are approximately 800 employees who include both office and field based staff.

Whilst MCPS-PRS Alliance had some health and wellness provision such as an in house gym, they were keen to work with Activate Your Workplace to consolidate all health related benefits that are already offered, and those that will be introduced, under one brand. Management were engaged in the programme from the beginning as it was felt this would raise awareness and enthusiasm amongst staff.

Interventions planned so far include a cycle to work scheme and a '5 a day, 5 times a year' fruit drop, which is hoped to promote healthy eating on site. The dance studio is currently being refurbished, which will be used for a variety of new classes to appeal to all staff including Pilates, Yoga, Spinning and Kick Boxing. In the staff restaurant healthy options are to be offered and there will be an Activate option on the menu that staff can choose as a healthy option.

A Health Fair is being planned, which will help raise the profile of the programme and a new intranet system is being developed with an Activate Your Workplace page to signpost staff to activities internally and externally.

MCPS-PRS Alliance are keen to ensure staff recognise that this isn't a one off programme but that it is an integrated part of the organisation. Initial staff feedback has been positive and the activities that have been promoted so far have been well received.

Tony is pleased with how the programme has developed and the support he received from The Centre for Workplace Health. Initially he found it difficult to juggle his main role with the additional role of being a Workplace Health Champion, however as the programme developed he found a balance for time to spend on the programme. The support from colleagues in delivering the programme enabled Tony to develop a structure for delivery, which means running Activate has become less time intensive for him and ensured that it is well integrated into the organisation.

The programme has enabled Tony to develop his project management and organisational skills and he has enjoyed raising the profile of health and wellbeing in his workplace.

Interventions

Cycle to work scheme
5 A Day 5 A Year fruit drop
JP Morgan Chase
Salsa-Tropical
Kick boxing and Self Defence
Circuit Training

Organisations and individuals MCPS-PRS Alliance have worked with for the Activate programme

Cycle scheme
Ark Leisure
Catermasters (staff restaurant)
Fitness Centre Manager
Strategic Projects Director
Rewards and Benefits Manager