

Sainsbury's, a leading UK food retailer piloted Activate Your Workplace (AYW) in the Winchmore Hill branch with over 600 employees, the majority of whom work shift patterns. A number of interventions are being put in place to support staff at Winchmore Hill to lead healthier lives.

Sainsbury's believe that getting involved in the pilot for AYW made good business sense. The Occupational Health department were fully behind it and wanted to be much more proactive than reactive. Occupational Health wanted to focus a lot more on wellbeing and and AYW fitted in well with that.

Raj Bhachu, the Pharmacy Manager, took on the role of the Workplace Health Champion. He is ideally placed to support and advise staff. The project was successfully launched in April 2008 and a number of interventions were trialled. Interventions have included, health MOT's, allergy testing, a week of classes including yoga and pilates, fruit smoothies, and healthy canteen options.

The programme has been supported by the Health and Wellbeing Manager, Vicky Wright, who is keen to learn from the pilot at Winchmore Hill and role out the programme across the entirety of Sainsbury's.

In the future Sainsbury's have many initiatives that they hope to roll out to all stores, such as health screening in all pharmacy departments. They aim to target stores, distribution sites, and drivers with their health promotion activity. One intervention involves making sure that a physiotherapist is available to all employees in stores, by providing partnerships with distribution sites so employees can access physiotherapist services.

Sainsbury's are committed to focusing on the wellbeing agenda and hope to build upon interventions being trialled at the Winchmore Hill store and offer all Sainsbury's employees opportunities to improve their health whilst at work.

Raj Bhachu is very happy in his role as Workplace health Champion. He is very keen to set up and run more interventions, and feels he has had plenty of support from the AYW team. He enjoys adding fulfillment to people's working day. Raj hopes to plan more interventions around active travel to and from work, and healthy eating in the staff canteen. He particularly feels his training provided by AYW in the Royal Institute of Public Health Level 2 Understanding Health Improvement course helped him develop his role as a Workplace Health Champion.

#### Interventions

Health MOT's  
Pilates  
Salsa  
Yoga  
Nintendo Wii Fit  
Healthy options in the canteen  
Allergy testing  
Indian head massage

#### Organisations and individuals Sainsburys have worked with for the Activate programme

Rubicon (free drinks)  
Groovy food  
Diabetes UK  
Cancer Research UK  
Innocent Smoothies  
Vicky Wright (Health and Wellness Manager Sainsbury's UK)  
British Heart Foundation  
Enfield Mayors Office  
Enfield Stop Smoking Service  
Osteopathic Association