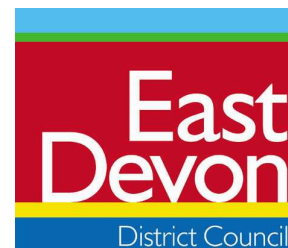




INVESTOR IN PEOPLE



News Service

15 June 2007

COUNCIL LAUNCHES WELLBEING EXPERIENCE WEEK

Council introduces innovative ways to support staff

EAST Devon District Council is introducing innovative ways to help staff keep fit and healthy, thereby reducing absenteeism and increasing productivity.

The Wellbeing Experience Week offers a variety of activities, presentations, therapies, information and one to one advice for all interested employees. The series of events, which will take place at the end of June, will include workshops to be run by the Devon Primary Care Trust offering advice and practical tips to stop smoking. With the nationwide ban on smoking in public places fast approaching, this is a positive way in which staff can be encouraged to kick the habit.

There will also be sessions offering diabetes tests, blood pressure checks and general health advice. For those members of staff who struggle with those extra pounds, there will be advice on diet, nutrition and exercise, with a demonstration on organic vegetarian food preparation.

A representative from the Volunteer Centre will be giving an informal talk on how to become a volunteer, which demonstrates how staff can make a difference, have fun and meet new people.

The Week is being co-ordinated by the Council's Learning and Development team, who hope that the variety of activities and advice on offer will encourage a large number of staff to take part and not only enjoy, but learn from, all that they hear and see. This is one of a series of measures that the Council is taking to decrease sickness absence amongst staff and thereby improve productivity.

Ends

EDITORS NOTE

The Council's measures to reduce sickness absence have been successful in seeing it fall by almost two-and-a-half days per employee (2.45 days) between 2005/06 (12.41 days) and 2006/07 (9.96 days).

For more information please contact:

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