

Campaign Ideas

Healthy Eating

- Labour Day – Fruit and Veg for staff
- Grow your own
- Share your produce
- Display Boards – NHS Eatwell Plate/ Recipes ideas/ Healthy lunchbox ideas
- Weight Management Sessions
- Provide free fruit
- Seasonal Tasting
- Nutrition and Hydration Week (March)
- Healthy Packed Lunches
- Fruit bowl instead of biscuits in meetings
- Cooking – Practical cooking sessions
- Live Well/Eat Well – NHS Advice
- Eat Wise Drop A Dress Size
- Drop A Notch Challenge
- Hydration Challenge
- Lunchbox raffle – If you bring a healthy lunch you get entered into a raffle
- Healthy options in vending machines
- Healthy options in canteens /pricing weighted to favour healthy options
- Honestly box for healthy options in staff room
- Healthy options in tuck shop
- Promote benefits of eating a rainbow
- Healthy eating and mental health
- Healthy eating and cancer
- Healthy eating and oral health
- Calories in foods/ amount of exercise to burn off calories

Physical Activity

- Staff fun run/biking challenge
- Military Challenge
- Office Based Challenges
- Lunchtime Walks (include the community)
- National Walking Month (May)
- Arrange staff walks/ walking team meetings
- Friday walking groups
- Gym discounts
- Pedometer Challenge
- Nordic Walking
- Couch to 5K
- On Your Feet Britain (28th April)
- Japanese Culture Exercises
- Fitness Classes After Work
- Move at dinnertime – Walks /Exercises
- Stairs Challenge
- Step Challenge
- Sponsored Events – Bike Ride/ GNR
- Walking football
- National Heritage Walks
- Alzheimer's Walk
- Inter departmental 5 A Side competitions
- Netball Team
- Sign up to Workplace Challenge
- Taster exercise classes
- PT sessions
- Allow staff time to take part
- On site exercise sessions before/after work

<p style="text-align: center;">Cancer Awareness</p> <ul style="list-style-type: none">• Cancer Champion/Contact• Link to National Campaign• Movember•	<p style="text-align: center;">Alcohol and Drug Awareness</p> <ul style="list-style-type: none">• Beer goggles• Alcohol Training/Talks• Policy Briefings• Police awareness talk/ Driving Simulator• Cartoon/Story Board• Alcohol Campaigns – Dry January/ Go Sober in October
<p style="text-align: center;">Sexual Health</p> <ul style="list-style-type: none">• Information on the back of toilet doors• Menopause Awareness• Fertility Awareness• Cervical Cancer Awareness• C Card promotion• Promote local clinics• Transgender awareness• Prostate cancer awareness• FPA newsletter• Sexual Health Awareness Week (September)	<p style="text-align: center;">Bullying and Harassment</p> <ul style="list-style-type: none">• Raising Awareness of Workplace bullying• Educate staff on how to deal with it/approach it• Review policies• Mediation service• Open door policy of reporting bullying/harassment• HR support/guidance
<p style="text-align: center;">Smoking Cessation</p> <ul style="list-style-type: none">• SmokeFreeLife• Occupational Nurse• Healthy Living Pharmacies• Health and Wealth – price of smoking	

Mental Health

- Toolbox talks
- Work/Life Balance Policies
- Odd Shoes
- Mindfulness Sessions
- Tea and talk
- Review return to work procedures for mental health
- Work/Life Balance Discussions
- Mental Health Awareness Week (May)
- Stress Awareness Sessions
- Talks/Open Subject
- Mental Health First Aiders – advertise same as First Aiders
- Talking Therapies
- Employee Assistance Programmes
- Financial Wellbeing – awareness of advice agencies/ link to Durham Savers
- Stress Audit – Risk Management
- Inspirational Quotes
- Brain Awareness Quiz
- MIND booklets
- Pampering Sessions
- Introducing Mindfulness to meetings
- Introduce wellbeing to supervisions/one to one's
- Domestic Abuse Champions

Other

- Fancy Dress for charity while raising awareness
- Dementia Friends Training/ Awareness Sessions/ Twiddlemuffs
- British Heart Foundation – Wear It Red
- Wellbeing days – stalls relating to all areas of awareness
- Health Checks
- Use lots of different forums to communicate to staff including posters, newsletters, e-bulletins, intranet, emails, etc.
- Link to national campaigns
- Communications with manager and senior manager buy in
- Staff Room Communications
- Involve HR and Occupational Health in awareness
- Use campaign packs from national campaigns
- Durham County Carers session - awareness/ benefits/ Carers Week
- Dyslexia Awareness
- Oral Health Campaign
- Sleep Management/Awareness
- Muculoskeletal
- Gambling Awareness
- Workplace Calendar for the year
- Volunteers Week
- Make a Will Month
