Marine Harvest, Rosyth

Promoting Health at Work

Marine Harvest processing site, Rosyth, held their annual Wellbeing Week in July 2018. The week was supported by local health and wellbeing businesses and initiatives including; FHSCP Health Promotion Service – Workplace Team and Information and Resource Centre; and Fife Sport and Leisure Trust.

As a fast paced fish processing site with multiple shifts patterns, staff are seen as the most valuable asset. So developing an interactive health week where all staff can feel involved was key to the HR Department organisers.

The Wellbeing Week included a health theme per day from nutritional health to physical wellbeing and finally mental health. To encourage staff engagement stands were set up in the canteen.

While leaflets and posters provide great information, the interactive resources models such as 'Smoker's foul mouth', the rolls of fat and antidrink drive goggles, increased the level of engagement with workers.

The promotion of mental health was identified through a review of the absence stats. Marine Harvest felt that it was important to promote mental health and wellbeing and encourage staff to talk about it. Activities included playing the 'Ahead for Health' Healthy Working Lives DVD on a loop with supporting literature and signposting information. However the main engagement tool was the Wellbeing Tree (pictured above). Staff were encouraged to write on multicoloured leaves the ways they keep mentally healthy at home and at work. This was another great talking point and very easy to set up. The finished tree is now a poster on display around the site.

To finish the week a staff Bake Off style competition and bake sale was held, which raised ± 270 for SAMH.



HIGHLIGHTS OF THE WELLBEING WEEK

- The interactive resources provided a talking point around health topics with the leaflets to support the key messages.
- The Wellbeing Tree engaged staff to think about how they keep themselves mentally healthy.
- Reviewing the absence management and consulting staff assisted in identifying health themes for the Wellbeing Week.



To contact the Workplace Team; E-mail: <u>hwlfife@nhs.net</u> Phone: 01592 226486 Twitter: @hwlfife