



**Warwickshire  
Healthwatch  
Conference**

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<b>WHEN?</b>	<b>2019</b>
<b>WHAT?</b>	A call to action
<b>WHO?</b>	<b>EVERYONE</b>
<b>WHY?</b>	To bring about positive change
<b>HOW?</b>	By making best use of skills, training and local resources



# Eyes on the prize

Our vision is for people in Coventry and Warwickshire to be part of active and healthy communities, and feel inspired and empowered to take action to improve their own and others' health and wellbeing in 2019 and beyond.

Wellbeing for  
Warwickshire

Mind in Warwickshire | For better mental health

#onething



healthwatch  
Warwickshire

Fitter  
Futures  
Warwickshire

# Some of what we're doing



The DailyMile



WorkforceWellbeing



Start a Conversation



CelebrateGood Stuff!

# We all have the power

As an employee  
or employer

As a person

As a family or  
community  
member



# How you can get involved

## Organisational AND individual action needed

**Organisations** – sign up to the Thrive at Work wellbeing awards. [www.wmca.org.uk](http://www.wmca.org.uk)

**Organisations** – join the Year of Wellbeing as a partner. Use the logo and promote wellbeing.

**Organisations** – adopt the *Daily Mile – Fit For Life* and get staff away from desks every day. [www.thedailymilefitforlife.com](http://www.thedailymilefitforlife.com)

**Organisations** – record and share best practice with us.

**Individuals** – make a pledge to change something to improve your health and wellbeing. [www.onething.warwickshire.gov.uk](http://www.onething.warwickshire.gov.uk)

**Individuals** – take responsible action at the first signs of ill-health.

**Individuals** – stay socially connected or meet new people.

**Individuals** – help others. Be kind. Take time to talk.

Everything on the last slide was FREE to do



# Coventry & Warwickshire Year of Wellbeing 2019



**NOW**  
**IT'S YOUR TURN!**