

Warwickshire Healthwatch Conference

18.10.18

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WHEN?	2019	
WHAT?	A call to action	
WHO?	EVERYONE	PREVENTION IS BETTER THAN CURE
WHY?	To bring about positive change	
HOW?	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.



#onething



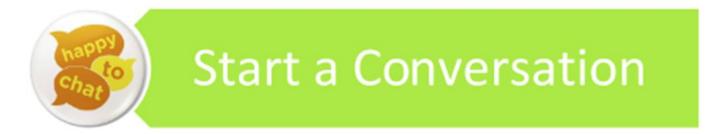


Mind in Warwickshire | For better mental health

## Some of what we're doing









#### 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. <u>www.wmca.org.uk</u>

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. <u>www.thedailymilefitforlife.com</u> Individuals – make a pledge to change something to improve your health and wellbeing. www.onething.warwickshire.go v.uk

Individuals – take responsible action at the first signs of illhealth.

Individuals – stay socially connected or meet new people.

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

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

# **Everything on the last slide was FREE to do**



### Coventry & Warwickshire Year of Wellbeing 2019

