Warwickshire Healthwatch Conference

18.10.18

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<table>
<thead>
<tr>
<th>WHEN?</th>
<th>2019</th>
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<tbody>
<tr>
<td>WHAT?</td>
<td>A call to action</td>
</tr>
<tr>
<td>WHO?</td>
<td>EVERYONE</td>
</tr>
<tr>
<td>WHY?</td>
<td>To bring about positive change</td>
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<tr>
<td>HOW?</td>
<td>By making best use of skills, training and local resources</td>
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PREVENTION IS BETTER THAN CURE
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.
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

IF YOU CHANGE
NOTHING, NOTHING WILL CHANGE

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Coventry & Warwickshire Year of Wellbeing 2019

NOW
IT’S YOUR TURN!