

# Media information for immediate use



## Going for gold!

NHS Ayrshire & Arran has been awarded the Healthy Working Lives (HWL) Gold Award in recognition of our commitment to improving the health, safety and wellbeing of our employees. This award is in addition to the Silver and Bronze Awards already received in previous years.

The Gold Award is mainly focused on forward planning, initially based on the next three years. To achieve this award we developed a Staff health, safety and wellbeing strategy and a three-year action plan to help implement the strategy. The action plan included various health improvement events, such as free fruit for staff on Wednesdays, subsidised exercise classes and smoking cessation classes. We also demonstrated our commitment to delivering the Mentally Healthy Workplace Training to our staff.

These actions are in addition to the work required to maintain the Silver and Bronze awards.

Patricia Leiser, Human Resources Director, commented: “Our staff are our biggest asset and the development of our People strategy and our Staff health, safety and wellbeing strategy ensures that our staff feel engaged, encouraged, empowered and enabled. This means our staff work with us for longer and NHS Ayrshire & Arran is seen an attractive place to work. I would also like to take this opportunity to thank all the staff involved for their hard work in achieving this milestone. ”

All Healthy Working Lives awards are reviewed every year, so we need to maintain and improve our standards of staff wellbeing commitments and activities to successfully retain the awards.

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Ends

Date of release: Friday 10 march 2017



**NHS Ayrshire & Arran's Health, Safety and Wellbeing Committee receive the Healthy Working Lives Gold Award.**

**Notes to editors: The Healthy Working Lives programme supports employers and employees to develop healthier lifestyles in the workplace in a practical, logical way that's beneficial for all. Any business can sign up to the Healthy Working Lives programme, to help improve the health of their employees – [www.healthyworkinglives.com](http://www.healthyworkinglives.com)**

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