

GREATERSPORT

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ACTIVE WORKPLACES

**JOHN BRADY
GREATERSPORT**

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LOCAL &
NATIONAL
STRATEGY



The Greater Manchester Good Employment Charter is a voluntary membership and assessment scheme which has been created to help deliver good jobs with opportunities for people to progress and develop, along with a thriving and productive economy. The Charter aims to improve employment standards across all GM employers regardless of size, sector or geography.

The Charter will include strands which cover:

- Extending secure work
- Extend flexible work
- Working towards paying a real living wage
- Improving workplace engagement & voice
- Developing excellent recruitment and progression
- Improving people management
- Developing a productive & healthy workplace

For more information please visit www.gmqoodemploymentcharter.co.uk to find out more



@GoodEmpCharter

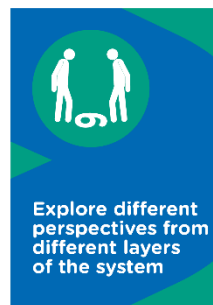
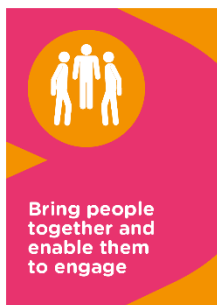


Greater Manchester Moving > ^ < v

Greater Manchester Moving is the 'comprehensive plan to reduce inactivity and increase participation in physical activity and sport that is aligned to the Greater Manchester Population Health Plan priority themes and wider reform agenda'. Our shared purpose is to positively change the lives of people across Greater Manchester through physical activity and sport.

Building from our strengths and through system wide collaboration, we will double the rate of past improvements, reaching the target of 75% of people active or fairly active by 2025.

For more information please visit www.gmmoving.co.uk to find out more



Greater Manchester Moving > ^ < v

Start Well

We will ensure that young people aged 0 – 4 will have the best active start in life with physical literacy prioritised as a central feature of starting well.

Live Well

Increased physical activity and sport engagement across the adult population, reducing inequalities, and contributing to health, wealth and wellbeing.

Develop Well

Greater Manchester will be the best place in England for children, young people and young adults aged 5 – 25 to grow up, developing their life chances through a more active lifestyle, with a focus on reducing inequalities.

Age Well

Make active ageing a central pillar within the Greater Manchester Ageing Hub supporting the Greater Manchester ambition for an age friendly city region, which will lead to better health, wellbeing and independence.



@GmMoving



MAKING ACTIVE WORKPLACES THE NORM

Live Well

Increased physical activity and sport engagement across the adult population, reducing inequalities, and contributing to health, wealth and wellbeing.

Make Active Workplaces the norm in supporting people to lead a more active lifestyle.

1. Engaging Employers as champions and advocates, offering exemplar leadership for active workforces.
2. Supporting employers in their active workplace approaches, by sharing and celebrating best practice, supporting the development of physical activity policies, active travel planning and other initiatives which are proven to lead to active workforces.



HOW ACTIVE ARE YOU?



ACTIVE WORKPLACES

The Business Case

- Activity stats from Active Lives
- Economic stats from GMCA
- Workplace Health from Census 2011



1.73%

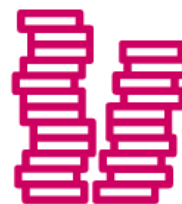
OF GREATER MANCHESTER
WORKING DAYS PER YEAR AI
LOST
TO SICKNESS ABSENCE



PHYSICALLY ACTIVE
EMPLOYEES TAKE

27%

LESS SICK DAYS



ESTIMATED ANNUAL COSTS OF
STATUTORY SICK PAY FOR GM
BUSINESSES IS

£90M



90 MINUTES OF ACTIVITY PER
WEEK CAN TRANSLATE TO
INCREASED EARNINGS OF

7.5%

Activity rates across GM in employment

Inactive

23.3%

Fairly Active

12.1%

Active

64.6%

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WHAT DOES ACTIVITY
CURRENTLY MEAN TO
WORKPLACES?



The Human BBQ



The boss loves a bike ride



Lets run a 10k it will be good for
team building

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ACTIVE MEETING

Agenda:

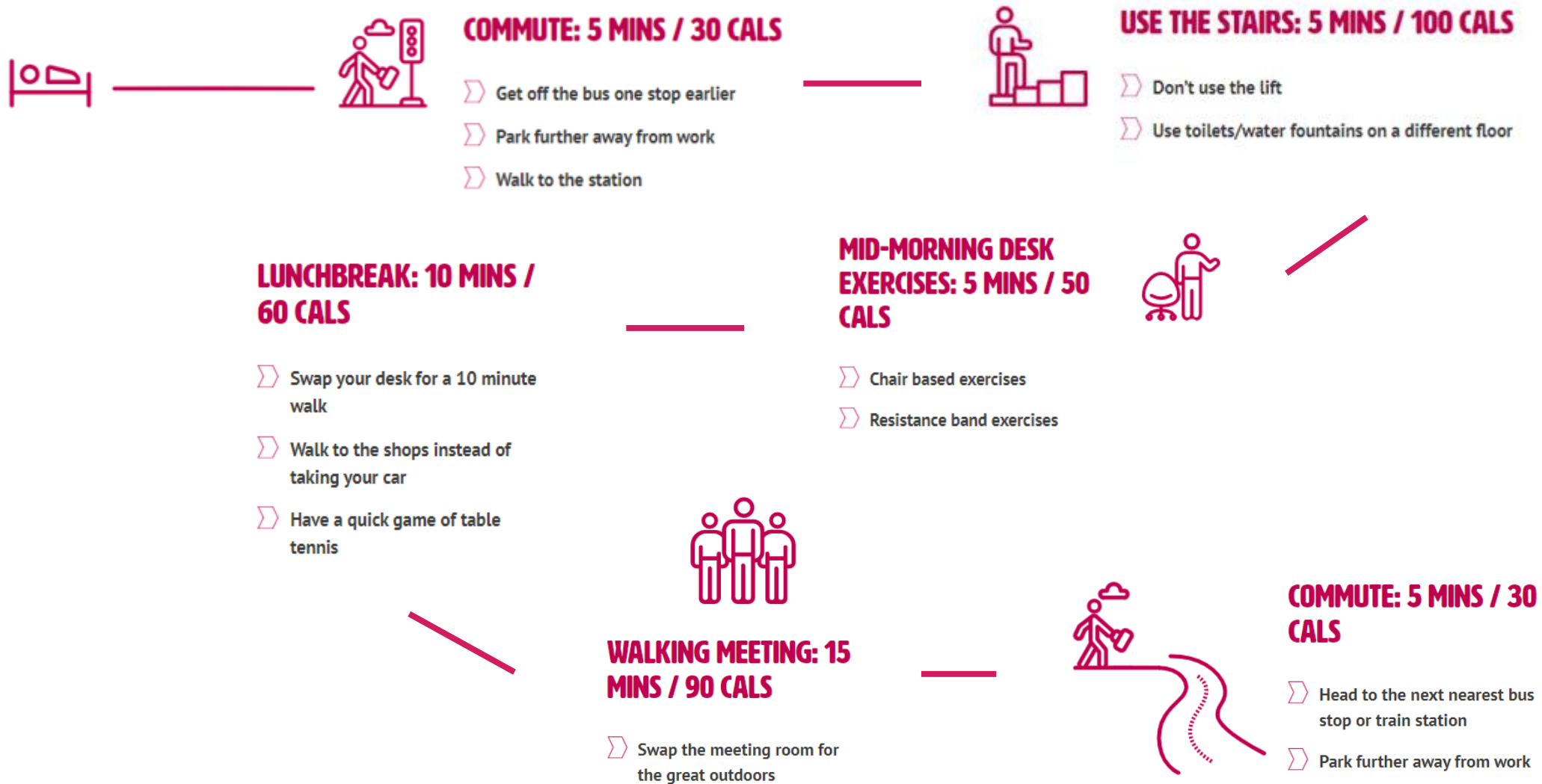
1. What does an active workplace currently look like within your place of work?

5 minutes

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CHANGING THE
PERCEPTION OF WHAT
AN ACTIVE WORKPLACE
LOOKS LIKE

The Live Well Day



Simple Steps to Activity



OFFICE ACTIVITIES

Bring excitement to lunchtimes with office table tennis or other easy equipment you can set up in a spare meeting room or shared space



BREAK TIME WALKS

Get away from your desk and get outside for a quick 15 minute walk with your colleagues



ACTIVE SOLES

Allow employees to switch from formal shoes to trainers and sports shoes to encourage more movement and activity



WALKING MEETINGS

If you have a meeting planned take it outside, enjoy the outdoors and walk and talk at the same time



RECOGNITION

Run an "Active Champion of the Month" award to celebrate colleagues who take part



PAY EMPLOYEES FOR ACTIVE TRAVELLING TO MEETINGS

Encourage employees to leave the car at the office and cycle, scoot or walk to meetings and still pay mileage for these trips

**Wall
push-ups
while waiting
for the
coffee to brew**

That Counts!

Move more, sleep well, feel better.

Moving for just 30 mins a day has all sorts of benefits. And there are loads of ways that you can move a little more throughout the working day. It can be as simple as swapping the lift for the stairs every morning. **It all counts!**

@ThatCountsCM #ThatCounts

**Find the best way
to get your 30 in**

thatcounts.co.uk

GREATERSPORT

**Walking
to the
toilets
on another
floor**

That Counts!

Move more, sleep well, feel better.

Moving for just 30 mins a day has all sorts of benefits. And there are loads of ways that you can move a little more throughout the working day. It can be as simple as swapping the lift for the stairs every morning. **It all counts!**

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**Going
for a
stroll
at lunch**

That Counts!

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GREATERSPORT

**Calf raises
while
washing
your hands**

That Counts!

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@ThatCountsCM #ThatCounts

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That Counts!



GREATERSPORT Active Workplaces

The Active Workplaces Toolkit has been designed for you, Greater Manchester's employers to help you to encourage your employees to get moving during their working day.

The toolkit is broken down into 5 sections

- **Business Case**
- **Toolkit**
- **Stories**
- **Policy**
- **Workplace News**



GREATERSPORT Active Workplaces

Business Case

This sections helps a business and their employees to develop a business case for including activity in their day to day working environments and health and wellbeing policies.

- **Employer Benefits**
- **Employee Benefits**
- **The Business Case**
- **Measuring Success**
- **Culture & Leadership**



GREATERSPORT Active Workplaces

Toolkit

The toolkit helps with useful ideas on how to help your colleagues move more and the simple changes you can make to make activity easy. It also signposts to local programmes and partners who can support you.

- How active should I be
- Motivators and Barriers
- Effective Messaging
- Simple steps to activity
- The Live Well Day
- Active Champion Training
- GM Walking
- That Counts!
- Able Futures – Mental Health Support
- TfGM
- Age Friendly Employer
- Activity Alliance
- One You
- Take the “How Are You?” Quiz
- Renner Wellbeing



GREATERSPORT Active Workplaces

Stories

It's important that we share the good news stories and the stories where things didn't quite work out as planned. The bad news stories are just as important especially if there is learning from them and something changed as a result.

- **HSBC – The Daily Mile Celebration**
- **TfGM – Sustainable Travel Plans**
- **DWP – What happened after their Active Champions Workshops**



GREATERSPORT Active Workplaces

Policy

Our work with business is driven by need within them but in line with Greater Manchester and National policies. As the work develops and localities design their own plans for workplaces these will be included.

- GM Population Health Plan
- GM Good Employment Charter
- GM Moving
- GreaterSport
- Sport England – Active Design



GREATERSPORT Active Workplaces

Workplace News

The toolkit and active workplace newsletter will share the latest updates on plans, projects and campaigns that will help and support workplaces to make activity the norm.



LACK OF PHYSICAL ACTIVITY COSTING UK EMPLOYERS £6.6BN

Getting employees more physically active could save UK businesses up to £6.6bn through improved employee productivity each year.

every mind
matters

NEW PLATFORM LAUNCHED TO SUPPORT MENTAL HEALTH

Public Health England and the NHS have launched Every Mind Matters, a new campaign to help people take simple steps to look after their mental health, improve their mental wellbeing and support others.

[Find out more about the campaign here.](#)

ACTIVE WORKPLACES NEWSLETTER



RECORD NUMBER OF PEOPLE MOVING IN GREATER MANCHESTER

Following the latest release of Sport England's Active Lives Survey, we have received and analysed the activity levels of Greater Manchester, and each of the boroughs. [Read the results of the survey here.](#)

WE'RE HIRING!

- Director of Operations
- Strategic Director

Deadline: Friday 29 November
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Changes to GreaterSport team result in new job opportunities. We're recruiting to help guide the future direction of the organisation and GM Moving. Find out more about the changes, and the two new job vacancies [here](#).



GREATER MANCHESTER
2019

Listen live to Friday's Greater Manchester Sports Awards

Our media partner, BBC Radio Manchester, will be broadcasting live from the event tomorrow night. Tune in between 7-10pm on 95.1FM, digital and the BBC Sounds app and follow along on social media using [#GMSportsAwards](#).



GREATERSPORT Active Workplaces

The Toolkit so far

74 Organisations signed up to the toolkit

42 Organisations have asked for GreaterSport support

A reach of **229,142** employees

20 Private Sector employers

47 Public Sector employers

7 Third Sector organisations



GREAT FIRST STEP

THERE IS NO

ONE

SIZE FITS ALL

ACTIVE

WORKPLACE

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QUESTIONS?

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ACTIVE WORKPLACES

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