



## Bolsover & North East Derbyshire Healthy Workplaces Survey

### Introduction

**Bolsover and North East Derbyshire District Councils are committed to supporting employee health and wellbeing. To help us produce an effective action plan, we would like your views on what would benefit you as an employee of the Council.**

**Please take a few minutes to complete the questionnaire. If you have any queries, please contact the HR & Payroll Team on 217592 or 217013.**

**Questions marked \* require an answer for monitoring purposes. You do not have to answer all the other questions, but it will help us to identify particular issues if you do. All responses will be anonymous and no identifiable data will be used other than the name of those volunteering to become a Health & Wellbeing Champion in Q29.**

**This survey will close on 25th September 2016.**

**\* 1. Which Council do you work for?**

- ☐ Bolsover District Council      ☐ North East Derbyshire District Council      ☐ Joint post

**\* 2. Which service area do you work in?**

- |  |   |   |
|--|---|---|
| <input type="radio"/> Bolsover Housing   | <input type="radio"/> Revenues and Benefits   | <input type="radio"/> Planning (BDC and NEDDC) and Land Charges (NEDDC) |
| <input type="radio"/> Customer Services  | <input type="radio"/> Democratic Services and Governance  | <input type="radio"/> Environmental Services                            |
| <input type="radio"/> Leisure and Culture including Active and Healthy Lifestyles and Emergency Planning | <input type="radio"/> ICT   | <input type="radio"/> HR and Payroll including Health and Safety        |
| <input type="radio"/> Finance including Procurement  | <input type="radio"/> Strategic Alliance Management Team and Joint Chief Executives Office including Strategic Partnership Team | <input type="radio"/> Improvement and Communications                    |
| <input type="radio"/> Economic Development and Strategic Housing   | <input type="radio"/> Legal (BDC and NEDDC) and Land Charges (BDC)  |   |
| <input type="radio"/> Estates including Asset Management   | <input type="radio"/> Neighbourhoods including Street Scene and Community Safety  |   |

\* 3. At which location are you mainly based? (If you work equally across two or more bases, please select one which you will use for the purpose of this questionnaire)

- ☐ The Arc (Clowne)                      ☐ Leisure Centre                      ☐ Outside Offices
- ☐ Mill Lane                      ☐ Depot (Eckington / Riverside site)
- ☐ Other (please specify)

\* 4. Working hours

- ☐ Full-time                      ☐ Part-time

\* 5. Work pattern

- ☐ Flexible hours / flexi time                      ☐ Fixed hours                      ☐ Shift pattern



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### Work and Health

6. In general, how satisfied are you with

	Satisfied (please go to Q8)	Undecided / don't know (please go to Q8)	Dissatisfied (please go to Q7)
The social environment at work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The physical environment at work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7. If you have answered Dissatisfied to either question in Q6, please say why

8. How would you like to receive Health & Wellbeing information in the workplace? (please select all that apply)

☐ Intranet

☐ Weekly Bulletin

☐ Payslip

☐ Highlight Reel

☐ Staff / Team meetings

☐ In House

☐ Notice Boards

☐ One-off Newsletters

☐ Information in Rest Areas

☐ Direct e-mail

☐ Other (please specify)



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### Physical Activity

9. Are you interested in participating in physical activity or becoming more physically active?

☐ Yes (please go to Q10)

☐ No (please go to Q11)

10. If you answered Yes to Q9, what type of activity would you be interested in?

11. Do you have the opportunity to be physically active during your working day?

☐ Yes (please go to Q12)

☐ No (please go to Q13)

12. If you answered Yes to Q11, which of the following best describes this physical activity? (please tick all that apply)

☐ Job involves physical activity

☐ Corporate activities

☐ Walk / run / cycle to work

☐ Off site activity (e.g running / walking)

☐ On-site facilities (e.g swimming / gym)

☐ Off-site facilities (e.g. swimming / gym)

☐ On-site exercise classes

☐ Off-site exercise classes

☐ Activity challenges

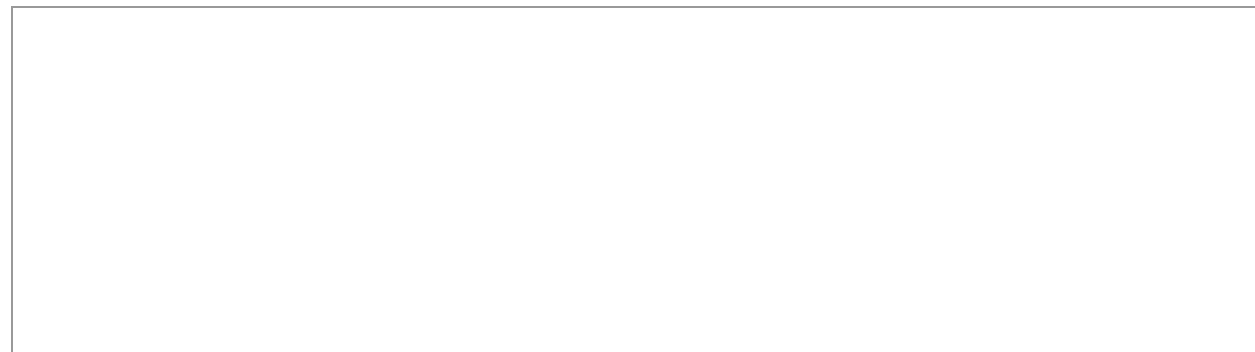
☐ Other (please specify)

13. If you answered No to Q11, what are the barriers to you being more physically active during the working day?

14. If the following physical activity initiatives were offered at work, how likely would you be to take part or use them?

	Likely	Depends on Offer	Unlikely	Already happens
Talks / presentations on physical activity by health professionals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Active taster sessions at local leisure facilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On-site taster sessions run by qualified instructor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On-site activity classes (e.g yoga / aerobics)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On-site activities (e.g. Corporate sports leagues / competitions)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Team activity challenges (e.g treasure hunt / obstacle race)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lunchtime sport or activity group (e.g. walking / running / swimming)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Before / after work / weekend sport or activity club (e.g.football / walking / badminton)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Workplace garden / allotment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical activity awareness information (e.g. leaflets or websites)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health checks (e.g. blood pressure / cholesterol)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

15. Is there anything else you would be interested in taking part in?







## Bolsover & North East Derbyshire Healthy Workplaces Survey

### Healthy Eating

16. Are you interested in learning more about healthy eating or following a healthier diet?

☐ Yes

☐ No

17. If the following healthy eating initiatives were offered at work, how likely would you be to take part or use them?

	Likely	Depends on Offer	Unlikely	Already happens
Talks / presentations / workshops on healthy eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Recipes and tips for healthy eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Better access to healthy food on-site	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Free or subsidised fruit or salad in the workplace	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Healthy snack options available in vending machines or snack bars	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Free chilled drinking water (where not already provided)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Participation in local or national healthy eating events	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Team or individual 'Eat Well' challenges	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grow your own fruit / veg exchange	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weight loss support	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health awareness information (e.g. leaflets / websites)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

18. Is there anything else you would be interested in taking part in?

## Bolsover & North East Derbyshire Healthy Workplaces Survey

### Mental Wellbeing

19. Are you interested in learning more about mental wellbeing and support?

☐ Yes

☐ No

20. If the following mental wellbeing initiatives were offered at work, how likely would you be to take part or use them?

	Likely	Depends on offer	Unlikely	Already happens
Talks, presentations and workshops on mental wellbeing and support	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social events on-site (e.g. summer barbecue)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social events off-site (e.g. staff outings)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On-site taster sessions run by qualified therapists (e.g. stress management techniques)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Volunteering opportunities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On-site Blood Donation sessions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental wellbeing awareness information (e.g. leaflets / websites)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

21. Is there anything else you would be interested in taking part in?

22. When is the best time for you to participate in initiatives if they were offered at work?

- ☐ Before work (before 9 am) ☐ After work (after 4 pm)
- ☐ Lunchtime (between 12 noon and 2 pm) ☐ Would not participate
- ☐ Other (please specify)

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### Lifestyle

23. If you are a smoker, would you like to receive support to give up smoking?

- ☐ Yes ☐ No ☐ I don't smoke

24. Are you aware of the weekly unit guidelines for drinking alcohol?

- ☐ Yes ☐ No

25. Are you aware that general information and support is available from various sources for the following:

	Yes	No
Physical activity	<input type="radio"/>	<input type="radio"/>
Healthy eating	<input type="radio"/>	<input type="radio"/>
Mental health and wellbeing	<input type="radio"/>	<input type="radio"/>
Weight management	<input type="radio"/>	<input type="radio"/>
Smoking cessation	<input type="radio"/>	<input type="radio"/>
Alcohol support	<input type="radio"/>	<input type="radio"/>
Drug and substance misuse	<input type="radio"/>	<input type="radio"/>

26. Are you aware of the Councils' Sickness Absence Policies?

- ☐ Yes ☐ No

27. Do you know how to access the Councils' Occupational Health and referral services?

- ☐ Yes ☐ No

28. Are there any other issues you would like HR and the Healthy Workplaces Team to consider?



## Bolsover & North East Derbyshire Healthy Workplaces Survey

Thank you

**Thank you for taking the time to complete this questionnaire. The feedback will be reviewed by HR and the Healthy Workplaces Team and used to develop an Employee Health and Wellbeing Action Plan. The survey results will be published at the end of Autumn 2016.**

**We will treat all information given in the strictest confidence. Your identity will never be revealed.**

29. If you are interested in being a Health and Wellbeing Champion please state your name and section below.

Data Protection Statement - All personal information provided to Bolsover and North East Derbyshire District Councils will be held and treated in confidence in accordance with the Data Protection Act 1998. It will only be used for the purpose for which it was given.

