

# Launch of THRIVE at Work

## What is Healthwatch?

Healthwatch is here to **demonstrably influence commissioning, service provision or strategic decision making...**

We were delighted to be invited to the launch of Thriving at Work programme which aims to help local businesses connect with mental health support for their staff. There was a great turn out with well over 150 people from the business, statutory and voluntary sectors joining forces to create mentally healthy workplaces in Bristol. Huge demand for good, healthy work being a top priority in Bristol with the aim to improve Bristol's mental health support within the workplace.



**IMAGE: "Today is a manifestation of what working as one city looks like" - Deputy Mayor for Communities Councillor Asher Craig and Burges Salmon promoting good mental health support in the work place.**

Ian Carr, Manager from Rolls Royce which has 3,000 employees, spoke about how they are building a mentally healthy workplace, through mental health champions!

Victoria Bleazard promoted the great work of Thrive initiative to mental health and wellbeing in Bristol.

Punneet Bardwarj from Clugston construction informed us about the mental health problems of people working in construction and great ways they are moving forward and supporting their staff with their mental health.

Call: 0303 303 0023  
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[healthwatchbristol.co.uk](http://healthwatchbristol.co.uk)

Healthwatch Bristol participating in the launch of THRIVE at work programme with an aim to help local business in Bristol connect with local mental health support for staff.

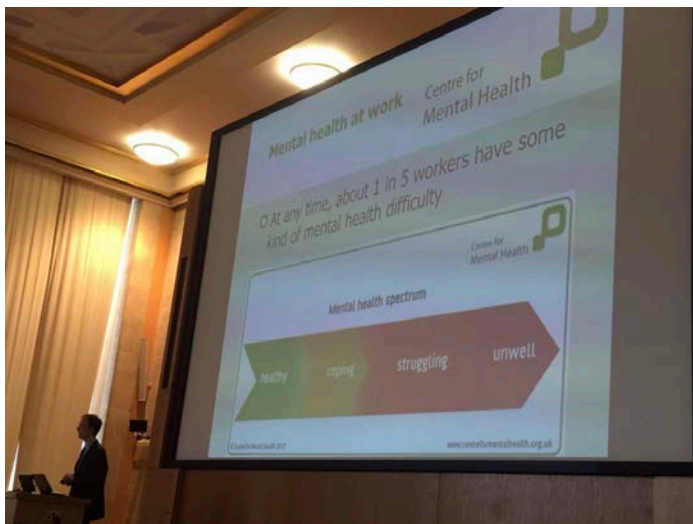
# Follow up

## What did we hear?

For many of us, work is a major part of our lives. It is where we spend much of our time, where we get our income and often where we make our friends. Having a fulfilling job can be good for your mental health and general wellbeing. Centre for Mental Health spoke about their work and evidence so far around wellbeing of mental health in the workplace. Asher Craig spoke about key priorities for mental health in Bristol! There was a powerful speech from Clugston Construction around what they are doing to improve the mental health for their construction workers. Statistics show that within the construction industry 1 in 4 construction workers have considered suicide and flagged up hugely increased levels of suicide in this sector.

"There has always been a need to address mental health at the workplace." said Patrick Robinson from Burges Salmon at the Thriving at Work launch. Victoria Bleazard promoted the great work of Thrive initiative to mental health and wellbeing in Bristol. Healthwatch Bristol worked in partnership with Thrive with our emotional questionnaire. If you would like to participate in our emotional health questionnaire click here: <http://bit.ly/2BYqmxH>

We heard lots of positive outcomes of how some organisations are building mentally healthy workplaces, through mental health champions. Healthwatch will be proposing mental health champions as a positive outcome to help support the care forum and our volunteers.



**IMAGE: Andy Bell informing us that 1 in 5 people have mental health difficulties**

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# Follow up

## Who did we meet?

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We meet with lots of organisations, in the Statutory and Voluntary Sector in Bristol to see how we can collaboratively work together and promote Thriving at Work programme with aims to help our businesses/organisations connect with mental health support for their staff. It was great to see such a great turnout from organisations from across the city!

During 2018/19, Healthwatch is asking everyone - how do local services support your wellbeing?

We use our Wellbeing questionnaire <http://bit.ly/2BYqmxH>

We're asking the same questions of a range of stakeholders as part of our mission to *demonstrate breadth of community reach by developing relationships with stakeholders*

## Healthwatch will.....

All the feedback Healthwatch Bristol gathers is analysed and used to inform the Healthwatch Bristol quarterly reports which are shared with Healthwatch Bristol partners including Bristol Clinical Commissioning Group, the Bristol Health and Wellbeing Board, Bristol City Council, the Care Quality Commission, NHS England and Healthwatch England. The quarterly report is also presented to the Healthwatch Bristol Advisory Group to propose further uptake of the issues identified in the report. The report will be available on the Healthwatch Bristol website ([www.healthwatchbristol.co.uk](http://www.healthwatchbristol.co.uk)) and circulated to our mailing lists via the monthly e-bulletin.

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