



Healthy Living Week 2016 Evaluation report

Review of activities, partners, practice and
successes

July 2017

Foreword



The spirit of the NHS lies within its staff. They are the heart and the soul of the NHS and it's vital that we provide support and opportunities for all employees to look after their health and wellbeing.

This commitment should be a reality for all NHS staff across London – whether they work in a hospital, in the community or an office. Anybody working in the NHS who wants to improve their health should be able to find information and support on how to do this within their organisation. There should be opportunities during the working week that encourage staff to look after their health, whether by offering healthy snacks or activities such as walking clubs or yoga sessions.

All NHS organisations in London are working to improve the health of Londoners and to prevent ill health. As a significant employer across London, supporting staff to look after their health supports the NHS ambition in the Five Year Forward View to prioritise workplace health and make healthy choices the norm.

Having a healthy and happy workforce is also good for patients - there is extensive research demonstrating a direct link between improved staff wellbeing and better patient care.

Healthy Living Week aims to make NHS workplaces in London healthy, inspiring places to work, where staff can join up with their colleagues to make being healthy a normal part of their day. People have the power to shape culture and society and it was fantastic to see so many staff coming together to plan and support events and activities for the NHS's first Healthy Living Week last year.

Supported by Healthy London Partnership, Healthy Living Week provides a platform for Hospital Charities and other NHS organisations to collaborate and deliver a set of events and activities across London. The number of NHS organisations that took part in 2016 far exceeded our expectations and we're hoping that Healthy Living Week 2017 will be even bigger and better.

It is led by the NHS but we also want the wider community to join us. The more organisations and employers in London that take part the more we will raise awareness of the importance of workplace health.

We believe this event should be visible to all who walk through NHS doors. We'll also be focusing this year on supporting organisations to continue their Healthy Living Week activities and events throughout the year.

I'd like to thank all NHS staff that took part in Healthy Living Week 2016 and helped make it such a success.

We hope you enjoying reading about some of the highlights in this report and join us in supporting Healthy Living Week 2017,

Ian Lush

Chief Executive, Imperial Health Charity
Chair, NHS London Charities Group

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Introduction

The NHS is one of London's largest employers. Healthy Living Week 2016 was an opportunity to build a collective voice for health and wellbeing in the workplace, influencing both the NHS and other employers in London to do more.

Healthy Living Week provided a platform for Hospital Charities, Trusts, Clinical Commissioning Groups (CCGs) and Healthy London Partnership (HLP) to collaborate together and deliver a set of events and activities across London. Healthy London Partnership is a collaboration of London's health and care systems to support the delivery of better health in London.

Healthy Living Week was a weeklong period where a variety of health and wellbeing activities were offered by NHS organisations in London to their staff. It was sponsored by London CCGs working in partnership with five NHS Hospital charities. There were 43 participating workplaces and collectively they offered more than 250 events.

This report provides an overview of Healthy Living Week and details the approach taken by Healthy London Partnership. It describes what communication tools were developed and how social media was used to engage staff at all levels in organisations. There are reflections on the lessons learned along with identifying the next steps for ensuring successful delivery and growing participation in 2017 including some of the key statistics and a reach log. Additionally, there is a list of highlighted pledges from staff and details of some of the selected Trust and CCG activities that took place during Healthy Living Week 2016.

Overview and history

Healthy Living Week was a week of events and activities across London NHS workplaces for the staff to get together and improve their health while enjoying organised work based fun activities. It was also an opportunity for organisations to show their commitment to workplace health and wellbeing. This inaugural event took place between Monday 26 and Friday 30 September 2016 and involved 43 different NHS workplaces, offering 250 activities designed and delivered by those leading on or participating in an event.

Organisations customised activities to the size and fit that suited them and as such they were varied, ranging from smoothie bikes, to CCGs running yoga mornings and mindfulness classes, pilates, running clubs, zumba, massage, reflexology, netball and a choir. Drawing on existing resources, organisations used tools such as One You, Couch to 5K and promoted Mental Health First Aid training packages. Many of them actively engaged local businesses or tapped into the skills from within their team or workplace whilst others drew on community resources such as London Sport and other health and wellbeing specialists and used their support and knowledge to plan activities.

Healthy Living Week was a workplace health active campaign created by five hospital charities to support their Trusts with staff health and wellbeing. Working as a social movement partnership this group decided to test whether working together would enable access to a wider range of activities and deliver a deeper impact than working independently. The partnership sought to control costs and develop efficiencies across selected activities, share some administrative duties to minimise duplication and maintain focus on delivery of workplace health activities. The group developed a Pan-London Communication Plan, supported by Healthy London Partnership (HLP).

Healthy Living Week was created to engage NHS staff across all levels and locations to make a healthier and better workplace a reality. According to Tasho (2005) and LaMontagne (2007) it is estimated that a company buying into a positive workplace health strategy can lead to savings of up to £1.13m over a two year period, as well as a decrease in absenteeism of up to 24% and in some cases this can be even higher. Absenteeism is one of the major reasons for the recruitment of locum staff and this has been blamed for part of the budget crisis within the NHS. The Guardian reported that in the first six months of 2015 NHS care providers spent £1.8bn on contract and agency staff, this was more than double the amount that had actually been budgeted for.

High level review

Partnership approach

The project demonstrated high reach and activity across London with a partnership approach which included following features.

- **Successful engagement** - The social movement model drew in 43 different NHS organisations and their staff to collaborate for health and wellbeing.
- **Significant reach and participation** - Healthy Living Week participation reached across all of the five London Sustainability and Transformation Plan (STP) areas at commissioning, provider and support bodies.
- **Partnership working** - A number of CCGs and Trusts worked together in the joint delivery of Workplace Health activities, for example Hillingdon, Imperial and The Royal Brompton shared the costs for the pedometers.
- **Sharing best practice** - Several CCGs and Trusts advised one another in best practice around workplace health.
- **Bottom-up leadership** - Whilst hosted by organisations, there were examples of staff developing their own activities and ideas for Healthy Living Week
- **Communications** - There was a strong social media presence throughout the week and central branding and communications tools made it easier for those taking part to inform staff and participants about events and wider activities.
- **Openness** - Some organisations placed a focus on encouraging discussions about mental health and stress in the workplace.
- **Legacy** - Healthy Living Week is being used as one activity contributing to organisation's foundation for leadership and on-going activity for workplace health.

Partnership principles and learning

This partnership developed a shared understanding about what was central to working with this model.

- Workplace health should be a core business of every employer as it effects and matters to every employee at every level
- Creating sustained impact requires extensive engagement with the staff community and needs support from a senior level
- It is important to illustrate a legacy for building on achievements with suitable activities throughout the year via:
 - Pop up events coinciding with national events and days e.g. World Heart Day
 - Support and sign posting to training or programmes within their workplace
- This inclusive approach may have the potential to be a route for engaging with the broader areas to support a whole system change, by including Primary Care; Health & Social Care; local government and community employers and third sector.

Key statistics

Healthy Living Week actively engaged with a wide range of NHS workplaces and organisations most of which were led through a staff lead, a department or through the HR/OD Team and Occupational Health. There were a total of **43 organisations** that took part in Healthy Living Week and these included:

- 20 Clinical Commissioning Groups**
- 17 Trusts and Hospital Charities**
- 6 NHS Support Organisations**

Reach map

The impact was heavily focused in Central London due to it having the highest density of Trusts, Clinical Commissioning Groups (CCGs) and supportive NHS organisations, for example Health Education England. However, a number of outer London CCGs were engaged. The distribution of those organisations that participated is displayed in the map below:



Activity summary

Over 250 activities were delivered across London with each participating organisation offering approximately seven activities for their workforce. The five most popular activities were:

1. Lunchtime walks
2. Smoothie bikes
3. Yoga classes
4. Fruity Friday
5. Micro breaks

Project Management Delivery Summary

Healthy London Partnership led on Healthy Living Week and helped develop a communications and media strategy with the original five hospital charities. The organisation acted as a resource point for ideas and provided useful advice and direction to community groups and third sector delivery partners. This section discusses some of the features and challenges worked through with the hospital charities group.

Ambition

The expectation was to have 15 NHS workplaces delivering on 30 varied activities across the different London sites. The final outcome was that we were able to engage with 17 Trusts (community, mental health and acute), as well as 20 CCGs and between them they held over 250 activities throughout London.

Measurement

The metrics for evaluation varied between organisations and each partnership measured their own ambitions, goals, targets or pledges set. The primary measurement and evaluation was through the number of participants that took part in the activities and this was completed by individual organisations. Healthy London Partnership collated the data obtained, however the metrics were not comparable across London sites and due to the dispersive nature of the exercise there was some difficulty in gathering a full return from all partnership organisations.

The learning from year one is now informing the design of an evaluation for next year's methodology and it was agreed that a shared evaluation for the coming year would be valuable in being able to provide the principles and tools in which to evaluate the outcomes from the 2017 Healthy Living Week. This could include the measurement and comparison of staff participation between different NHS groups, or measurement locally by site, or by borough. Additionally, measurement of the types of activities offered and the amount of activities held within each workplace or organisation could also provide useful data for additional evaluation. Collectively it would be possible to measure pledges, sign ups and the reach made via social media activity, although the actual impact to staff would be more challenging to measure.

Communications

A communication and media toolkit was centrally designed and created for those taking part in Healthy Living Week. This was to encourage a more consistent branding across the partners participating in the programme and to help them with creating their own activity schedule.

Healthy London Partnership worked closely with the communications team and external designers to create the posters, application packs, advice guides and other materials. The basic tools were developed to make the first steps in getting involved easier. There was a two page communication document to help teams and departments get started; a one page easy to follow form for outlining and managing events; posters that allowed each group to fill in their specific activities; a press release template and guidance on what publications would be best to contact. Together we worked on the social media approaches, writing press releases as well as the wider engagement with local media markets. The five original hospital charities were consistently consulted on the content and that of the materials created.

Social media

Social media is a great way to share the message of a healthy workplace, engage others and spread details and information about activities and events. Interaction is one of the hallmarks of social media, and this is why it is such a valuable tool for marketing, gaining attention and generating conversations about what you are doing. A twitter hashtag was created to allow all those participating to share and communicate details, photos and videos regarding their activities.

- Twitter hashtag – #healthylivingweek
- Website - <http://getthehealthy.london/healthylivingweek/>

In collaboration with the communications team press releases and twitter feeds were created to promote events by both facilitators and participants.

Support participation

Healthy London Partnership worked on a strategy to direct the partners to connect and collaborate with others for their activities. This was achieved by those partners who were geographically close, where they exchanged best practice experiences both informally and formally or worked together to reduce costs of activities, for example smoothie bikes and pedometers or by sharing providers of services such as instructors.

Stakeholder variation

This was the first time Healthy Living Week had been delivered, with a diverse set of partners each with their own levels of capacity, knowledge and engagement around workplace health. Therefore there was a requirement to design a selection of different materials that enabled the partners to be able to customise templates if required. In place of using stock photos we crafted the Healthy Living Week 'characters' that could be used across the wide network of organisations who had signed up to be part of the initiative.

Reflections and lessons learned

Partner engagement

We recognised each of the partners required different levels of support and engagement. Central London Community Healthcare Trust used Healthy Living Week to communicate existing programmes and training, while Lambeth CCG used small and free activities alongside social media to promote the week and their wider grassroots efforts around positive workplace health.

To varying degrees each workplace delivered new activities or built upon existing successes from past wellbeing projects and programmes. In all feedback it was agreed that having a central point, in this case Healthy London Partnership, to lead on the overall project and partnership management was key to a successful outcome. It was decided that Healthy London Partnership would continue to take this role but would consider the following three possible actions:

1. Allowing some partner workplaces to pilot on a particular new activity
2. More established workplaces could work together with new partners in helping them craft new activities for Healthy Living Week in 2017
3. A database of activities, delivery partners and ideas that people can tap into during Healthy Living Week.

Communications and social media

Having easily accessible material and a comprehensive social media plan enabled us to attract the attention of at least two other workplaces who then signed up to Healthy Living Week.

One of the main lessons learned was to start to promote the event much earlier and through more local connections via social media as there was a definite lack of media and press attention received prior to and throughout the week.

The Healthy Living Week branding was successful in that it gave the feel of being part of a programme that was London wide and gave the participating organisations the tools to help them initiate events and activities in their own areas. The templates, although useful, need to be developed for next year to become more user-friendly and flexible with the ability to embed information, logos and other specific related details for each Trust, but still retain a central brand.

In all the feedback it was agreed that having Healthy London Partnership manage the media was a good idea but we should have engaged more locally with the partner's communication teams and health and wellbeing journalists to co-develop ideas. Next year we should use relationships with established workplaces and have a longer lead time to promote activities.

Identifying lessons learned and acting on them would enable Healthy London Partnership to increase the reach to that of 2016.

Next steps

1. Healthy Living Week partners have commenced planning for 2017, taking into account learning points from the evaluation
2. Healthy London Partnership and partners are commencing engagement with participants from all areas that took part in 2016, and extending the invite across the NHS and system partners
3. A planning event for organisations was held in June to kick off this campaign
4. The communications toolkit will be reviewed and updated where necessary to ensure the templates are user friendly and easily edited to meet the needs of each department/team
5. The pledges from 2016 will be followed up to inspire renewed commitment to healthy choices
6. Healthy London Partnership and partners will determine what evaluation model could be used for Healthy Living Week 2017 to provide a more data driven and statistical report.

Appendix I - NHS organisations and selected CCG and Trust activities

| Healthy Living Week Partners | | |
|--|---|----------------------------|
| NHS Trust & Hospital Charities | NHS Clinical Commissioning Groups | NHS Organisation |
| Imperial College Healthcare Charity and Imperial Health and Wellbeing | Lewisham CCG | UCLPartners |
| The Royal Marsden NHS Foundation Trust | Haringey CCG | Healthy London Partnership |
| Royal Brompton & Harefield Hospital Charity | Tower Hamlets CCG | Health Education England |
| Moorfields Eye Hospital and Moorfields Eye Charity | Waltham Forest CCG | NHS Employers |
| Royal Free London NHS Foundation Trust and Royal Free Charity | Lambeth CCG | Health Innovation Network |
| North East London NHS Foundation Trust | Islington CCG | NHS England |
| University College London Hospitals NHS Foundation Trust | Bexley CCG | |
| The Hillingdon Hospitals NHS Foundation Trust & Hillingdon Hospitals Charity | Bromley CCG | |
| Barking, Havering and Redbridge University Hospitals NHS Trust | Greenwich CCG | |
| Whittington Health NHS Trust | Westminster CCG | |
| Central London Community Healthcare NHS Trust | City & Hackney CCG | |
| Barnet, Enfield and Haringey Mental Health NHS Trust | Newham CCG | |
| St. George's University Hospitals NHS Foundation Trust | North West London Collaboration of Clinical Commissioning Groups (8 CCGs) | |
| Camden and Islington NHS Foundation Trust | Kensington and Chelsea CCG | |
| Homerton University Hospital NHS Foundation Trust | Barnet CCG | |
| South West London and St George's Mental Health NHS Trust | Hillingdon CCG | |
| Croydon University Hospital | Brent CCG | |
| | Hammersmith & Fulham CCG | |

St George's University Hospitals NHS Foundation Trust – Champions and social movement

St Georges signed up to Healthy Living Week through their connection to workplace health champions. They already had fifty champions and they thought they could be part of Healthy Living Week as well as run similar programmes. The Health and Wellbeing Lead worked with their ambassadors to arrange activities for each of the workplaces. Healthy Living Week worked as a catalyst for a wide range of activities that included meditation and mindfulness; smoothie bike ride; allotment club; rounders' match and the Morden 5km fun run.

The whole week was a fantastic success with over 17 activities run by the staff champions. Not all the champions were involved but those that were have continued to host activities and push the healthy workplace agenda across the Trust. It was also noted that there would not have been as large and diverse an impact if it had been managed centrally within the Trust or through the HR or Occupational Therapy teams. St Georges expressed an interest to continue the work they began with Healthy Living Week and take part in any future events or activities that might be borne from the week.

Feedback:

"I just wanted to say a huge thank you for introducing the staff health & wellbeing sessions over here at QMH! My fitness & wellbeing are so important to me so having these at work is an added bonus for me. I really do hope we can continue these over at QMH as I for one would love to attend!"

North East London NHS Foundation Trust – Local initiatives

North East London NHS Foundation Trust found out about Healthy Living Week through a communications email. The Trust locations in Waltham Forrest got actively involved due to the enthusiasm of their HR Team. The Trust hosted over 10 different activities and received lots of positive feedback. Two of the most successful were Zumba and the mindfulness activities. In both cases there was an expressed interest in doing it again and spreading it wider across the Trust.

This Trust is a great example of grassroots activities in a single geographical area with the purpose to improve staff health and wellbeing. As a legacy a number of the activities have continued as well as some extra joint working activities with Waltham Forrest CCG. They already have plans to deliver a walking football tournament and to investigate spreading the good work more widely across the Trust's locations.

Feedback on Zumba:

"The class was very well attended and everyone had a laugh and a joke while working out to a mixture of Latin, Soca, Pop and Afrobeats!"

Feedback on Mindfulness:

"Everyone really enjoyed it and found it very useful. There is a legacy with staff looking into running a short managed mindfulness session by staff themselves following the same principles".

Imperial Health Charity – Partnership with Trust

Imperial Health Charity was one of the founding organisations that helped conceive and design Healthy Living Week. They had already been running a number of workplace health activities throughout the Trust but thought this could be a good way to get the charity to play a more intrinsic role with the greater wellbeing of the staff. This was one of the most productive NHS workplaces we were engaged with, holding over 30 activities across the Trust. One of the most successful was a number of Healthy Workplace Markets, with many different stalls offering staff health advice, fitness and wellbeing activities (massage and smoothie bikes) and healthy food options. They recorded a wide spread attendance - clinical and non-clinical employees, hospital visitors and the local community.

Imperial Health Charity are an excellent example of how a Trust can support their staff by tapping into a wide range of resources and networks and they expressed an interest in moving forward with the wider work that Healthy London Partnership is looking to support in the future.

A quote from Ian Lush, Chief Executive Imperial Health Charity:

"Imperial Health Charity is proud to support initiatives that encourage our hard-working hospital staff to take care of their own health and wellbeing. Having healthy, happy staff is vital to the delivery of high quality care and the Charity recognises how important events such as a Healthy Living Week are in showcasing how staff can take charge of their health. The Charity worked closely with the NHS Trust's Wellbeing Team to engage with staff across our three main hospital

sites delivering a wide range of fitness, wellbeing, dietary, stress management and fun sporting activities throughout the week.”

UCL Partners – Educational material

UCL Partners joined Healthy Living Week after attending one of the Workplace Health Breakfast events and they were keen to engage their staff in health and wellbeing. They started their week with an open morning where they informed staff about opportunities, incentives and lifestyle choices that could help improve their health. These included a deal to attend a free session at the local gym, and free food and health products from local businesses. This was supported by a number of educational supplements developed by UCL Partners and Healthy and Resilient Employees group (HARES). This material was useful in helping staff take health and wellbeing to their lives outside of work. In addition they offered finance advice and other useful information to bolster the wellbeing of their staff. During the week they hosted a number of lunchtime walks and held mindfulness sessions and they had one of the largest numbers of staff participation.

Marva Gregorio De Souza, UCL Partners:

“Having recently set up the Wellbeing group – HARES (Healthy and Resilient Employees) for UCL Partners we wanted to launch with style and high energy so we hopped on the back of Healthy Living Week. We were extremely pleased with our opening event, a well-attended drop in, where staff were introduced to the objectives for the year to come. The buzz continued throughout the week, with lunchtime walks, local seminars and prize winning opportunities. We’re looking forward to participating next year and taking things up a notch or two.”

Royal Free London NHS Foundation Trust – Cross systems engagement

The Royal Free NHS Trust ran five different activities across six of its locations in Royal Free, Chase Farm and Barnet Hospitals, Enfield Civic Centre and Edgware Community Hospital. These included well attended lunchtime walks, the launch of a green gym in conjunction with Tottenham Hotspur Football Club, demonstrations of the Zest App across wards and clinics, sessions with a reflexologist, pilates classes and sessions with dieticians to review BMI and identify how to improve it. The Chief Executive and Directors made active health pledges to improve their own personal health and identify how they could empower staff to improve theirs.

Barking, Havering and Redbridge University Trust (BHRUT) – Building on existing work

BHRUT is recognised by NHS employers and the Healthy London Workplace charter as one of the leading workplaces in London around staff health and wellbeing. The Trust saw this as an excellent way to push out a wider set of activities as part of a broader group and they delivered one of the most comprehensive set of activities across all the hospitals. BHRUT hosted over 23 different events that included yoga; running clubs; massage; reflexology; netball and a choir to name a few. Additionally they used the week to encourage staff to take up flu jabs along with other health incentives. They reported over 200 staff were involved across all the activities. This allowed them to promote the great work they were doing around staff health and wellbeing. Moving forward this NHS Trust will be expanding upon the work they are already doing with the aim to become a leader for workplace health.

Sue Kannard, Head of Employee Wellbeing, said:

“Healthy Living week at BHRUT was enjoyed by many staff on both our main sites. It was fun, informative and interactive. We look forward to enhancing the programme further next year. It was great to be part of a wider team with Healthy London partnership too.”

Croydon Health, Children's Hospital at Home Asthma Team – Small team activity

The Croydon Health Asthma Nurses team had one of the simplest campaigns. They approached us when we advertised for people to get involved in Healthy London Partnership and they signed up with the aim of changing how they snacked and ate on their ward. They 'tweeted' the whole experience about how they swapped the typical cake and snack food for healthier fruits and nuts and set themselves a target of taking proper breaks during the week. Within their small team they managed to alter the culture in their office regarding healthy food options. They also promoted Healthy Living Week and the positive effects of strong workplace health to every attendee at their asthma clinics during the week.

Quote:

“It was a fantastic opportunity to encourage the NHS workforce to look after themselves, just by swapping sweets for healthy treats. Next we are focusing on the role of the community pharmacist, to encourage the public to use this invaluable resource on their local high street!”

North West London Clinical Commissioning Group Collaboration (NWL) – Monitoring staff response

Healthy London Partnership and NWL CCG have been working closely together since early in 2016 when they set up a subgroup for workplace and mental health called 'Likeminded'. They work with its members to promote Healthy Living Week across all sites. Over seven different activities took place and were well attended, these included yoga, mindfulness sessions, step jockey, book clubs and lunchtime walks.

Hillingdon Clinical Commissioning Group put together a survey to ask staff for their views on being part of a wider event. The aim was to create a space to comment anonymously on what worked well, what didn't and what could be done in future events. Thirty-five surveys were completed with 70% saying Healthy Living Week made them feel more positive at work. Some suggestions from the survey were:

- A masseuse to visit the CCG once a week, staff can book a session and pay for themselves
- To host monthly themed CCG healthy living/information initiative
- Linking with local businesses to get staff discounts and advertise what staff discounts already exist for NHS staff.

Southwark Clinical Commissioning Group – Board and senior management engagement

Southwark were referred to us through our communications team and were self-sufficient in the activities they hosted. They share a building with the local authority and this association enabled them to join the free taster gym and swim sessions offered to the council staff.

The events held included lunchtime walking clubs around the local area or in the stairwells of their building, walking to the CCG Annual General Meeting and a football and netball game, normally only open to council staff. The response to Healthy Living Week was in general very positive from those that took part. One of the outcomes of Healthy Living Week was some staff expressed an interest in either creating or joining activity groups run by the council employees. The Chair of Southwark CCG, Dr Jonty Heaversedge, was incredibly supportive and led on encouraging staff to take part in the 'walks to the AGM'.

A quote from Catherine Worsfold - NHS Southwark CCG

"I have a corporate role in the organisation and so hardly ever leave our office in the affluent London Bridge area. The walk gave me the opportunity to remind myself of our borough and some of the challenges we face with social housing and levels of deprivation."

Waltham Forest Clinical Commissioning Group – Staff engagement

Waltham Forest were one of the first CCGs to sign up after attending one of Healthy London Partnership's Workplace Health Breakfast events. The CCG ran over 15 health related activities including table tennis, Tai Chi and micro-breaks. Walking meetings were also encouraged throughout the week. Feedback from staff and those organising the activities said that Healthy Living Week was a fantastic success as nearly all staff participated in at least one activity, this was due to the diversity of what was being delivered as well as the promotion of the events.

The success of the week was ultimately due to the enthusiasm and participation of staff. The mindfulness sessions encouraged some staff to take mental wellbeing seriously and as a legacy they agreed to continue to run health activities and events with their workforce team and are looking forward to being involved in 2017.

Appendix II - Highlighted pledges

One of the key aspects of Healthy Living Week was for those taking part to actively pledge to make healthy changes to their lives. People could register directly on the website, and in addition our partner NHS workplaces collected their own pledges verbally and during the events. Listed below are some of the quotes from the website:

- *Keep up the momentum of Healthy Living Week at Waltham Forest CCG and work towards establishing regular mindfulness, tai chi, table tennis and walking competitions*
- *I plan to start walking the dog every evening*
- *Stop drinking coke or fizzy drinks for a week*
- *Make it to at least two yoga classes a month*
- *Sign up for couch to 5k app on my phone then do a 10K run*
- *I am going to not drink or drink less for a month*
- *Make positive choices daily about exercise & ensure that I reduce my alcohol intake and not to drink every day*
- *A week of activities to include games, walking, health screening, reflexology, healthy eating and stress relief*
- *Join the gym next month and go three times a week minimum*
- *Become a health and wellbeing champion at my Trust and carry on the work we did during Healthy Living Week.*
- *We are going to try no sugary treats for the week.*
- *Make sure I sit down to eat three times a day and one meal MUST have vegetables in it!*
- *Run 50 park runs by the time I am 50*
- *Get back on my treadmill!*