



- Benchmarking initiative conducted with:**
- Bougues Ltd (Estates Management)
  - Macquarie Roup Ltd (Merchant Bank)
  - Richmond and Wandsworth Council
  - London Fire Brigade
  - Bank of England
  - City Hall
- \*Mental Health dominating all agendas



*In comparison, LSBU is delivering a much broader range of initiatives.*



*Latest results*

Competing against 39,000 teams worldwide, LSBU entered for the 2<sup>nd</sup> time with 9 teams of 7:

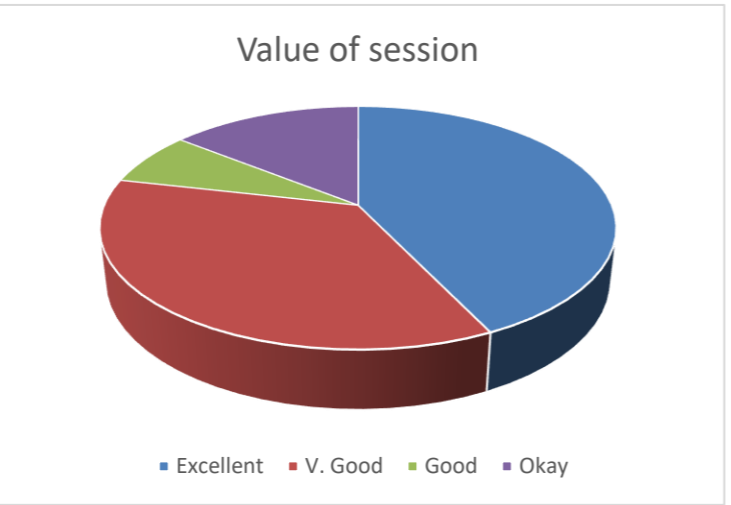
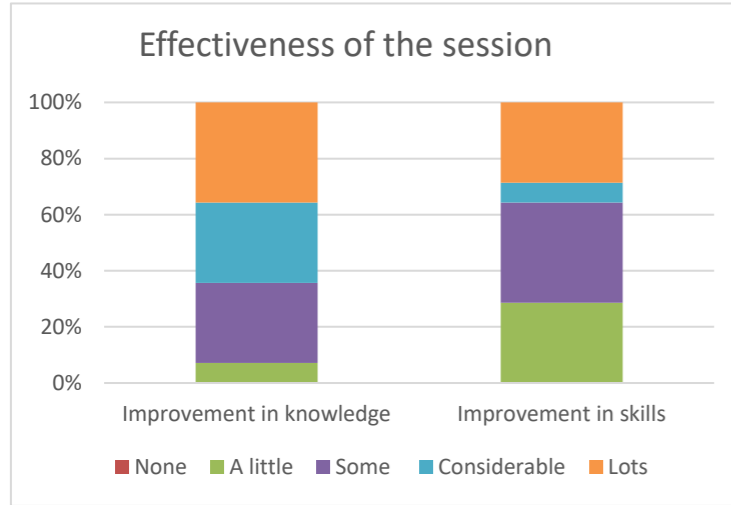
450% increase in uptake

Total distance covered: 62,302km or 1.5 times around the planet!

Worldwide our most active team ranked in the top 10%



Diabetes type 2/Healthier Lifestyles workshop in collaboration with the Health Innovation Network



**Working with the community:** raising awareness on discrimination around ageism

LSBU hosts first Ageism event in collaboration with Age UK London. Event sold out with 140 attendees.



**Academy of Sport**

Direct debit facility offered to staff:  
68% increase in gym memberships



200 staff attend our Summer Barbecues.  
Held for:  
LSBU Staff Networks  
Havering Campus

**Employee Assistance Programme**



	Oct 17 to Mch 18	Apr 18 to Sept 18
Calls to the helpline		
Advice & support	63	67
Legal Advice	15	19
Counselling by appointment	11	5
Face to face appointments		
Counselling (sessions)	44	54
Website hits	192	215

140 free flu jabs for staff / 30% increase



**Mental Health at Work Plan** published for the first time:  
500 copies distributed

Wellbeing has supported coffee morning initiatives

