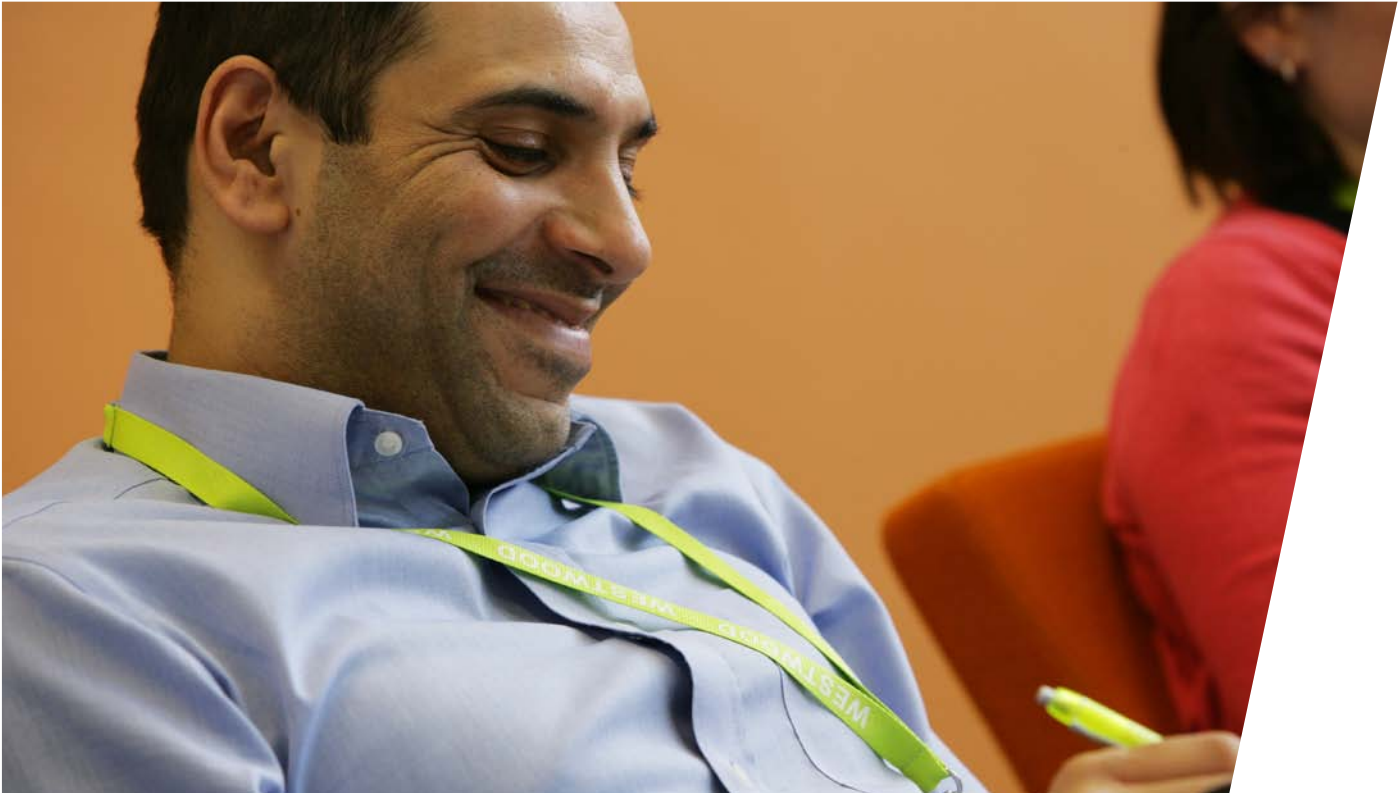


Moving ahead **Wakefield Kirkgate Depot health fair**



Health fairs have the dual benefit of providing targeted health information and an opportunity for screening and early detection of health problems.

We've trialled a scheme to help line managers organise health fairs for their teams. The pilot was held in February 2010, at Wakefield Kirkgate Depot, with over 100 employees attending.

In preparation for the health fair, employees were asked to complete a short questionnaire to ascertain health topics that would be of most interest to them. These were then incorporated in the fair.

Wakefield Kirkgate Depot was keen to be the first because one of the workers had a triple heart bypass operation following a heart attack while repairing rail tracks last year. His health scare prompted colleagues to start taking their own health more seriously.

Network Rail Case study

Working in partnership with NHS Wakefield, we planned the event keeping costs to a minimum by using in-house resources and those available from NHS health promotion charities.

The health fair provided staff with increased health awareness and the opportunity to have a mini health check comprising a blood pressure check and measurement of their height and weight. Health information was provided by Care First (our 24/7 employee counselling and information service), our charity of choice (Cancer Research UK) and the British Heart Foundation,

with engaging fitness demonstrations delivered by our in-house fitness instructors, a relaxing head massage by NHS Wakefield and demonstrations of appetising healthy alternative lunches, all helping staff to make positive health changes.

The feedback on the day was immensely positive, with everyone fully engaged in all the activities and hoping that this could become an annual event. The local co-ordinator said: "If we can reach out to our people through the health fair and with the help of local support that's got to be beneficial for our staff, their families and our organisation."

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