

Staff Health and Wellbeing Roadshow

FAQs

What is the Staff Health and Wellbeing Roadshow?

The Staff Health and Wellbeing Roadshow is taking place to showcase a range of services that can support staff in their health and wellbeing.

The structure of the day will be a 'market-place' style exhibition for staff to explore a range of the wellbeing services offered by the University and the wider community in Bristol. You can come and visit the exhibition at any time between 10am and 4pm, but if you are planning on attending please do book a place so we know you are coming. In addition to the variety of information from the stallholders in the exhibition, staff can sign up for:

- 30 minute talks on various health and wellbeing topics
- Cholesterol testing and health checks
- Sports & wellbeing taster sessions

Who will be there?

We have lots of fantastic charities, businesses and internal teams attending the event to showcase their wellbeing offers for staff. For a full list of exhibitors and speakers, take a look at the programme on our website.

Who are New Leaf Health?

New Leaf Health are a leading national provider of customised wellbeing workplace services. For this event, New Leaf Health are working with us to help staff learn more about their bodies with the Know Your Numbers station in the exhibition, as well as providing cholesterol testing, a physical activity station and information about how to monitor and manage stress at work.

How much does this event cost to attend?

This event is completely free for University of Bristol staff!

Do I need to book a place?

Although entry to the exhibition and to the talks is free, we do ask that you book your place using the 'register' button so that we know how many people to expect. When you are booking, make sure to select the exhibition of stalls first, and then select as many of the talks as you like! Each talk (unless otherwise specified) can accommodate around 80 people, so if you are interested in a particular subject, please do book yourself a guaranteed place.

How do I book a Cholesterol Test?

We have a limited number of cholesterol tests available for staff to find out more about their cholesterol levels. If you would like to book a test, you can do this on the website or by getting in touch with the Staff Engagement Team. Please note that when booking, you will need to select a 30 minute time slot, but the appointment should only take around 5 minutes. We have made this booking separate as we know that not everyone wants a cholesterol test, and we didn't want our booking form to be too big! You can also sign up for a test on the day by visiting the Health and Wellbeing Roadshow Welcome Desk on the first floor of the Richmond Building, if there are still places available.

What activities are being run?

In addition to the exhibition and series of talks, there are various other activities taking place throughout the day. Some of our Staff Social Club Leads are running Tai Chi, Yoga & Pilates sessions throughout the morning. Sports, Exercise and Health will be running some taster classes for Zumba. We also have Reiki and Breathing Space sessions available to book.

We recommend booking onto these sessions on the website, as we cannot guarantee that there will be spaces on the day. If you would like to turn up on the day, please check in at the Welcome Desk where staff will be able to let you know if there are any spaces available.

Can I book for my colleague too?

You can book 1 ticket at a time for activities that are part of the Staff Health and Wellbeing Roadshow, but if you would like to book for a colleague you can go back into the booking system and book again. If you do book for someone else, it's best to arrive together or make sure your colleague has a copy of their ticket, so we know they have a space too!

What if I don't have access to a computer to book my place?

If you are unable to book online, you can ask a colleague to book a place for you. (see question above). Alternatively, please contact a member of the Staff Engagement Team, and we can arrange a booking over the phone for you.

Do I need permission from my manager to attend?

To ensure that we can still provide our service as a University, please do talk to your manager about attending the event. Areas of the business may require cover whilst a member of the team is away - managers will need to be aware and potentially make provision for it. This is a free event open to all University of Bristol staff, so we encourage all managers to try and make sure both they and their staff have the opportunity to come.

Do I need to bring anything with me?

All you will need to bring with you is your Eventbrite booking confirmation! Please make sure you have your ticket to the Exhibition, and your tickets for any talks, sessions or health checks. We will check these at the Welcome Desk upon your arrival. If you have booked onto a session, we recommend checking the programme to see if you should wear any specific type of clothing.

What time do I need to arrive?

The event runs from 10 am – 4pm. It is designed to accommodate those who want to drop in for a particular session or those who want to stay a little longer. There will be plenty of activity throughout the day, so you are welcome to come and go as you please. If you are attending a specific talk, health check appointment, or taster session we ask that you arrive at your designated area at least 5 mins before your appointment start. If you are unsure of any of these locations, please contact the Welcome Desk, situated at the entrance to the exhibition and they can advise you.

Do I have to stay all day?

Not at all – your exhibition ticket means you can come and go any time you like between 10am and 4pm. If you have booked a talk or two, please make sure you arrive at least 5 minutes before the talk is due to start.

Can I cancel my bookings?

If you need to cancel your exhibition booking, or your place at any talks or other activities, you can do this on your Eventbrite account page. Please do let us know if you have changed your mind as we would want to offer your place to another member of staff, rather than the place being left empty.

Why is this event taking place in the Richmond Building? It's so far away!

The Richmond Building is a fantastic event space and has everything we need to hold talks, an exhibition and other activities. It also gives staff a good excuse to get away from their desks and take a nice stroll to a part of the city most of us don't get to visit very often!

I'm based at the Langford campus – what about me?

Staff based at Langford can travel for free to the Richmond Building. Visit the Dolberry Reception team and request a pass code, which you can then use on the First Bus M Tickets app.

I can't attend this event – will there be another one?

We are planning to hold another Roadshow in the summer if this one has good uptake and engagement, so if you can't attend this event please encourage your friends and colleagues to come instead!

Who do I contact if I have a question?

The Staff Engagement Team are organising the Staff Health and Wellbeing Roadshow, so if you have any questions about the event please contact:

Email: staff-engagement@bristol.ac.uk Tel: 0117 42 84361