

# INNOVATION AT THE INVERNESS JUSTICE CENTRE

*Where best practice is standard practice*



Best Practice Submission Title	Workforce Wellbeing and Energiser
Site ID	113593
Code of Considerate Practice Category	Appearance <input type="checkbox"/> Community <input type="checkbox"/> Safety <input type="checkbox"/> Workforce <input checked="" type="checkbox"/> Environment <input type="checkbox"/>
Site Size	Medium
<p><b>Purpose</b></p> <p>The team at Inverness Justice Centre hosted a Workforce Wellbeing &amp; Energiser, which aimed to encourage social connections to support and enhance wellbeing through an informative tool box talk followed by laughter and breathing exercises. The session also raised awareness of the impact of mental health, stigmas associated with mental ill-health, self-care and how to support others.</p> <p>The event was delivered by Birchwood Highland, a local charity who work with people experiencing mental ill-health and support them on their journey to recovery. The site also raised over £100 to donate to the charity.</p> <p>The session focussed on both national and local statistics specific to the region and construction industry. Attendees were signposted to The Construction Industry Helpline and the Lighthouse Club for further information &amp; support.</p> <p><b>Benefits</b></p> <p>The session positively contributed to the site culture and supported all elements of the CCS Code of Considerate Practice, including but not limited to:</p> <ul style="list-style-type: none"> <li>✓ Workforce engagement</li> <li>✓ Increased productivity</li> <li>✓ Safe &amp; healthy workforce</li> <li>✓ Positive mental health and attitude</li> <li>✓ Increased Resilience</li> <li>✓ Reduced Stress Levels</li> <li>✓ Improved immune system</li> <li>✓ Awareness of self-care and how to support others</li> <li>✓ Promotion of local charity and support services</li> </ul>	

### What makes it innovative?

With more than 100 entries on CCS BPH relating to improving mental health, companies recognise the importance of the health and wellbeing of their workforce. The team at The Inverness Justice Centre further enhanced this culture by encouraging engagement through laughter, educating their workforce on the importance of social connections and supporting each other

The event attracted 34 attendees including senior management and encouraged our supply chain to further develop and deliver tool box talks on positive mental health & wellbeing to their workforce, demonstrating continual development of wellbeing on site and embedding the CCS Code of Considerate Practice.




## Mental Wellbeing Energiser

Join us for an informative and fun session that provides a blended learning experience. Ingredients include thinking about what's in your mental wellbeing toolbox, laughter, and a dash of relaxation.

This energiser session encourages social connections and supports wellbeing with benefits for our mind and body.

- Laughter can reduce stress, help with feeling good, promote the immune system and provides activity to support wellbeing.
- Laughing in the face of challenges helps a positive mental attitude and can build resilience.





Information about mental wellbeing is designed to raise awareness and provide a brief introduction, including self-care, the impact of mental health stigma, and how to support others.

**Monday 8th April  
2019**

**12.30pm - 13.00pm**

**Justice Centre Site,  
Longman Road,  
Inverness**

External Link:

If you wish to link to an external source, please enter a web address

[www.birchwoodhighland.org.uk](http://www.birchwoodhighland.org.uk)