**Addenbrooke’s Life** is an initiative to promote health and wellbeing for staff at Cambridge University Hospitals (home to Addenbrooke’s and the Rosie Hospitals) through a varied programme of physical and non-physical activities, social events, and clubs.

The *Addenbrooke’s Life* strategy falls into three distinct areas of focus:
- Healthy lifestyle – challenging poor health and promoting healthy activities
- Inner wellbeing – encouraging time-out to relax, reflect and de-stress
- Having fun – creating a community culture through social events

**Healthy lifestyle** activities include inter-department football tournaments; Walk-to-Work sponsored by Stagecoach and Cambridge County Council; free stretch and Pilates classes to encourage staff to exercise regularly; and campaigns focusing on public health messages such as alcohol awareness and smoking cessation.

The programme also includes specific health information events such as health testing days which allow staff to have their BMI, weight, waist circumference and blood pressure taken, and to receive personalised diet and exercise advice. ‘Weigh it Up’, a comprehensive six week weight management programme for staff with a BMI of 27+, provides staff with advice and encouragement on exercise, healthy eating, and lifestyle changes.

The hospital site covers nearly 70 acres and is located to the south of Cambridge city adjacent to farmland. Early in 2010 *Addenbrooke’s Life* introduced twice weekly lunchtime walks for staff guided by a member of staff who is a trained ‘Walk for Health’ guide. Staff are able to take a break from their busy day, enjoy the surrounding countryside, make new friends, and watch the progress of new developments on the site.

Understanding the importance of effective staff communication, detailed supporting pages on the staff intranet site provide information on events and public health campaigns, step-by-step guides to healthy eating, exercise regimes and wellbeing blogs and stories. The site is regularly updated, offers links to other national health websites and profiles *Addenbrookes Life* ‘champions’ staff who have overcome a health problems through lifestyle changes.

**Inner wellbeing** activities are encouraged to help staff relax. These include very popular ‘de-stress days’ where, in partnership with Cambridge Regional College, staff are treated to either a 20-minute manicure and hand massage or a relaxing back massage; a staff poetry competition (judged by the Head of English at Cambridge University and the Cambridge County Council Literacy officer); five book clubs to increase social networks within the hospital and help staff develop new interests; and a staff painting competition.

**Having fun** and enjoying life is a very important part of the *Addenbrooke’s Life* programme and a number of regular annual events are organised such as...
fireworks night celebrations for staff and families, and Christmas celebrations. Other ‘fun’ social and health activities are organised and promoted in association with the on-site staff fitness and social centre. Departments are encouraged to organise their own social activities to promote good working relationships and team building.

*Addenbrooke’s Life* is run on a minimal budget by sharing responsibility for organising initiatives across a number of teams - PR & Communications (lead co-ordinators), Human Resources, Occupational Health, Addenbrooke’s Arts, and the on-site fitness centre. Staff are encouraged to offer their expertise to run activities – in a ‘for staff by staff’ approach. Voluntary partnership arrangements are established to assist with the running of activities – such as the local college, the City Council, football club, etc. When possible sponsorship is secured.

If you have any queries about Addenbrooke’s Life please make contact via email -  Addenbrookeslife@addenbrookes.org.uk

Cambridge University Hospitals website:  [www.cuh.org.uk](http://www.cuh.org.uk)