Researcher - Health at Work Project



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| **Location** | Westminster, London (Central) |
| **Where the role is based** | Mainly at home |
| **Travel limit** | Within the M25 |
| **Opportunity type** | Short term project |

Opportunity description

Can you help with our campaign to make healthy choices easier for people? For this project we're focusing on what EMPLOYERS can do to make a difference.

The role

As part of a small project team, help with our research into programmes and initiatives developed by employers to support the mental and physical health of those working for them. In particular to find answers to the following questions:

1. Which companies have formal programmes and initiatives to support employee health and well-being?

2. Are these primarily Workplace Wellbeing Charter members or are initiatives spread more extensively across employers?

3. What commitment of time and resource are employers making?

4. Are particular types of employer/business sector significantly more or less likely to have such programmes and initiatives in place?

5. Are there case studies of good practice available?

6. Has any research been undertaken into the effectiveness of such programmes (whether by employers themselves, trade unions or academic researchers) - and, if so, what are the findings?

We will use our findings to prepare a report and this will then inform our campaign to encourage more employers to take action to support the health and wellbeing of those working for them.

We see this as a potential Win Win for both employers and employees, assuming that healthier employees are likely to be more productive employees.

Required skills

* General management
* Health and safety
* HR
* Research

Person description

Proven research skills, experience and an enquiring mind.

* An interest in health and wellbeing
* Excellent written communication skills
* Able and willing to respond constructively to feedback

Experience as an employer, or in HR, or occupational health, or as a Trade Union representative would be particularly welcome.

What impact the opportunity will have

Preventable illnesses are the biggest health challenge facing the UK and are threatening to make the NHS unsustainable.

At the same time most of us spend a large part of our waking hours at work. If ways could be found to make that time more positive for our health that would be a big step forward.

Conventional charities usually have to commit significant time and resource to fundraising. Because we're an entirely voluntary organisation we can focus all our efforts on our charitable work. So people like you, who are able to commit a few hours a week, alongside their work, family or study commitments can make a valuable contribution to our work.

What’s in it for the volunteer?

* The chance to help make a difference to people's health (and so help ensure the NHS remains financially sustainable).
* An intellectual challenge - what evidence is available and how do we interpret and communicate it.
* A very flexible volunteering opportunity. You can research from wherever is convenient for you, whenever suits you - while having the opportunity to meet fellow team members at project meetings in central London.

Time commitment

Either in or out of office hours

We are used to people fitting their volunteering for us around work, family or study commitments - so can be very flexible.