A SWell way of engaging with Sustainability and Wellbeing

Swansea University

Teifion Maddocks
Safety Health and Environment Officer
Overview

- Swansea University
- Our Sustainability & Staff Wellbeing
- What is SWell?
- How Does it work?
- Outcomes so far
- Plans for the future
...and a short cycle away

Bay Campus

2,600 FTE Colleagues
17,000 Students
Sustainability & Staff Wellbeing Strategy

Themes

- Minimal waste
- Biodiverse campuses
- Lower carbon
- Knowledge & skills
- Positive procurement
- Culture & community
- Sus. Travel
- Travel & community

April 2017

CONGRATS! SWANSEA UNIVERSITY RANKS NO. 9 IN THE 2017 UNIVERSITY LEAGUE

Cyrraedd y nod
Corporate health standard
Arian - silver
Cymru iach ar waith
Healthy working Wales

Prifysgol Abertawe Swansea University
Sustainability & Wellbeing engagement

Staff veg growing, staff volunteering, staff bee keeping, nature trail

SWell Launch, On your feet Britain, Dry January & Stop Smoking ...
Facilities & Activities

Sports village, Bay Sports and 360 watersports centre
What is **SWell**?
What is SWell?

The SWell programme rewards staff for taking a range of Sustainability and Wellbeing related actions

- October 2016
- 8 Core SWell Areas
- 1262 sign ups ~40% of Staff
- Two most popular Areas?
How does it work?

SWell follows the “Five Levers for Change”
How does it work - My Wellbeing

GET FIT AT WORK
Earn up to 200 Green Points each week for booking and participating in fitness classes on campus.

OUTSIDE BREAK
Spend your break being active outside in the beautiful campus surroundings to earn up to 100 Green Points per week.

DRY JANUARY
Go dry for a month and you could earn up to 200 points a week as well as making dramatic improvements in your health and wellbeing.

WALES NATIONAL POOL
Earn up to 200 points a week when you use the Wales National Pool Swansea or 360 Watersports

STAIRS OVER LIFTS
Save energy and improve your fitness by walking up stairs rather than taking the lift and we will reward you with 5 Green Points for every flight!

HEALTH & WELLBEING ACADEMY
Find out more about our new state-of-the-art Health and Wellbeing Academy and book an appointment to earn 200 points!

THE GREAT SWELL RECIPE COMPETITION
We want to offer more healthy and sustainable food on our campus menus, but we need you! Submit a recipe and get 200 points.

STOP SMOKING THIS MONTH
Do you smoke? Want to quit? Quit smoking for a month and you could earn up to 200 points a week.
How does it work - My Journey

**GIVE AND GAIN**

**MY JOURNEY *NEW***

**MY BIODIVERSITY**

**MY RESOURCES**

**MY WELLBEING *NEW***

**MY KNOWHOW**

**MY FOOT PRINT**

**MY PURCHASES**

**BETWEEN CAMPUS**
Use a sustainable travel method to commute between campuses and earn 25 Green Points per journey.

**I'M IN!**

**MORE INFO**

**TELECONFERENCE**
Avoid travelling for meetings by using the video or teleconference facilities at the University and earn 100 Green Points for every meeting.

**I'M IN!**

**MORE INFO**

**TRAVEL AND ROADSHOW**
Book a bike marking and protect your bike against theft whilst earning yourself 200 points!

![Register with www.immobilise.com](image)

**ATTENTION TRACEABLE ITEM**

**SUBMIT**

**MORE INFO**

**TRAVELLING TO WORK**
The University gives you more sustainable way to earn 5 Green Points for every mile!

**I'M IN!**

**MORE INFO**

**CYCLE TO WORK SCHEME**
Join the Cycle to Work Scheme to save money on a new bike for work and we'll reward you 500 points!

![New bicycle](image)

**#BIKES4SWANSEA**
Make a pledge to help the University win £100,000 of funding for a bike share scheme and earn 500 points.

**PLEDGE**

**MORE INFO**
How does it work?

Weekly activity submissions through the app.

Hi Tiffany,

How are you getting on with your energy saving, sustainable travel between campuses and outside breaks? Just follow the link below and fill in the boxes and click ‘Submit’ and And remember, the more you do the more Green Points you earn!

http://swell.teamjump.co.uk/enter?giresid=1942729325&token=dc3ac14f3fcd9e27562e2460c51213

Need to see an osteopath or audiologist or want to attend a free breastfeeding clinic? Book an appointment at the state-of-the art Health and Wellbeing academy and earn 200

The SWell Team

P.S. If you’re having trouble clicking your link please copy and paste it into your browser’s address bar or head to the SWell homepage and click the ‘Enter Activity Data’ button.
# How does it work? - Motivate

## LEADERBOARD

**YOU'VE EARNED 20330 POINTS FOR PROS ESTATES - SAFETY HEALTH & ENVIRONMENT / YSTADAU - ICHDYD A DIOGELWCH AMGYLCHedd**

<table>
<thead>
<tr>
<th>TEAM</th>
<th>TOTAL POINTS</th>
<th>AVG PER PERSON</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>184,825</td>
<td>16,985</td>
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<tr>
<td>2.</td>
<td>172,605</td>
<td>8,630</td>
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<tr>
<td>3.</td>
<td>104,090</td>
<td>6,506</td>
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<tr>
<td>4.</td>
<td>30,360</td>
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<tr>
<td>5.</td>
<td>50,020</td>
<td>3,335</td>
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</tbody>
</table>

**WIN PRIZES FOR YOU AND YOUR GROUP BY TOPPING THE LEADERBOARD!**

### TIPS

- **Cycle to Work Scheme**
  - Save yourself money on a new bike for work by signing up to the national Cycle to Work Scheme ([https://www.cyclescheme.co.uk/get-a-bike/how-it-works](https://www.cyclescheme.co.uk/get-a-bike/how-it-works)). You can choose a bike, hire it for an agreed length of time and pay a fraction of its original value.

- **Get money off**
  - Get £25 off at university catering outlets when you bring your own cup!
How does it work?

Rewarding

CHARITIES AND COMMUNITY PROJECTS

Gofal
Thinking Differently

24% of votes

The Wildlife Trust for South and West Wales

47% of votes

Caer Las

7% of votes

Discovery

22% of votes

PARTICIPATE MORE AND WIN VOUCHERS

M&S
EST. 1884

Marks and Spencer eGift

Green Rewards Voucher

Taliesin Arts Centre

Sport Centre Voucher

Campus Catering
Your wellbeing at work

Welcome to 2017! It’s a brand new year and a time to put those New Year’s resolutions into action. Research suggests that we spend around 30% of our lives at work, so let’s make a positive start by working on your wellbeing during those working hours.

Here are 4 ideas to get you started:

1) Make healthier food choices - nuts over crisps, soup over a sandwich, a banana over a chocolate bar. Leftovers from a wholesome dinner the night before are perfect for an easy, healthy lunch.

2) Get your blood pumping and breathe in some fresh air by taking a walk outside. It feels great to do this after having your lunch.

3) Choose to take the stairs rather than a lift to burn 7 times more calories. Stair
SWell Outcomes so far?

Wellbeing

Number of times stairs were used over lift: 7066 times

1. Impacting staff wellbeing improving cardiovascular fitness
2. Reduced carbon emissions from saved lift usage
The highlights...

- 7,334 car journeys saved travelling between campuses
- Over 50,000 positive actions logged
- Over 23,000 kg of CO2 saved
- 36,670 miles travelled sustainably between campuses
- Employees saved themselves £7k using disposable cups
- 5 tons of CO2 saved from travel between campuses
**SWell Outcomes so far?**

**Sarah**
Estate & Facilities Management
SWell is an important reminder each week of what I have done that is SWell and how I can improve for the next week. I recommend everyone to get involved because even the tiniest of things like making coffee for your whole team or taking a 20min walk at lunch can make a big difference.

**Mahaboob**
Marketing, Internationalisation and Development
Swell is my favourite app which I use to remind myself of sustainable and wellbeing activities at work and home. I would recommend everyone to download the SWell app and get rewarded for it.

**Joe**
College of Human and Health Sciences
The greatest threat to our planet is the belief that someone else will save it – Robert Swan
Discuss **Barriers, Motivators** and **Triggers** of Sustainable behaviour change for these scenarios:

**Group A: Eating healthier options whilst at work**

**Group B: Switching to an active commute**

**Group C: Staff community volunteering**

**BARRIERS:** Time/Knowledge/Cost

**MOTIVATORS:** Savings/Efficiencies

**TRIGGERS:** Corporate policy/Simple guidelines

5 MINS
SWell plans for the future

- Source smart environmental data in real time - flexible engagement
- Integration - fitness apps e.g. Fitbit or Apple watch
- Actual data Vs Self reporting

Identify, track and promote winning behaviours

Method not magic bullet!

constant flow of different and interesting triggers
Questions please?

Charlie Rozier @RozierHistorian · Mar 9
Nice ride to @SwanseaUni Good advert for @SwanseaSWell @CycletoWorkUK? pic.twitter.com/WTMIEfU7Nu

Shaun Davies @CastlePlot · Mar 10
Love Thursdays #Yoga time with Effed @Swansea_UniGym Pavilion and #Judo @SamuraiJudoWAL Dojo #Swansea #worklifebalance @SwanseaSWell

Swansea Uni SWell @SwanseaSWell · Mar 24
Well done Nigel for using electric car for your journeys! #SWellFruityFriday #champion #4000GreenPoints @SwanseaUni @teamjumpUK

Odel Elias @ymchelbocian · Sep 26
Sure crystal is gynned ur y bled @SwanseaSWell #cycletowork