



# The RAPARU SPF Healthy Workplace Kit!



Our Work-Able programme provides digital upskilling to empower people's self-care of their health and wellbeing through digital modes; supporting people in employment and encouraging them to stay working by investing in healthy workplaces for local businesses/organisations such as general practices and Trusts, schools, community groups and public or commercial services in Stoke-on-Trent. We have worked in partnership with Wavemaker CIC with funding allocated to Stoke-on-Trent City Council from the UK Shared Prosperity Fund (SPF) for 2023-2025.

Knowing your blood pressure can not only alert the clinician about possible disease, but it can also help to prevent illness in the future!



Our updated book about digital aids for health and wellbeing helps to:  
**Prevent ill health  
and  
Promote healthy living!**

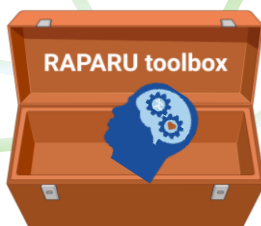


Being overweight is associated with many diseases, which is why we provided electronic scales which calculate weight and BMI, making it clinically relevant

Hydration is a vital way of keeping the heart and kidneys healthy



A desk light reduces eye strain and helps with working in dark conditions



A desk fan can cool you down in warm weather or combat symptoms of menopause

A toning tube can be used in a variety of ways to exercise even when sitting down at your desk!



A lumbar support will help you to be comfortable when working, as well as helping prevent bad posture and associated problems in the future



## 60 healthy workplace kits distributed to:

- Mental Health Trust
- 6 general practices in Stoke-on-Trent
- Schools
- Libraries in Stoke-on-Trent
- Nursing and Care Services
- Justice Centre/Magistrates Court
- Funeral Directors

## Raparuru Achievements 2023/2024:

Raparuru has hosted over 25 healthy working/upskilling events with the focus being on the importance of maintaining a healthy workplace and ways to minimise physical and mental stress. The project successfully met the UKSPF objectives:

- Support economically inactive people with digital skills to help in employment
- Increase levels of digital inclusion
- Develop people's digital literacy