



### **Staff go the extra mile**

Carmarthenshire County Council staff have gone the extra mile to encourage colleagues to lead healthier lives.

Groups of staff took part in a bike ride challenge as part of a health fayre organised by the authority's occupational health team.

Raising £100 for Marie Curie Cancer Care, the staff were grouped in teams of six and were each given five minutes to clock up as many miles on an exercise bike as possible.

And it was Alison Sigery, of the council's Fusion health and fitness team, that managed the longest distance with 3.6 miles on the clock.

Council staff were joined for the challenge by staff from Hywel Dda Health Board's Condition Management Programme Team, who work closely with occupational health colleagues to encourage health and wellbeing.

Fran Wynne, occupational health co-ordinator, said: "The day was well supported, and it was a fun way of getting across some important health and wellbeing messages.

"We hope that it proved beneficial, and that our staff feel better informed about healthy lifestyle choices.

"With 9,000 employees, it is important that we work together to make sure we have a strong and healthy workforce.

“Our employees do a range of jobs, from caring to refuse collections to customer service, and whilst some jobs are more strenuous than others, we are keen to ensure everyone has access to appropriate health advice.”  
During the health fayre, 40 stress management sessions took place and 160 lifestyle screenings were undertaken included blood pressure, glucose and cholesterol testing.  
Organisations that had stands on the day included Health Challenge Carmarthenshire, Curves and Weight Watchers.

*Pic: Occupational health co-ordinator Fran Wynne times council staff on the bikes at the event. Pic Jeff Connell*