



Briefing for leaders and coordinators
Issue 1, September 2024

TRANSPORT FOR LONDON ARE HOSTING A FREE HEALTH AND WELLBEING INITIATIVE FOR LOCAL SHIFT WORKERS CALLED NIGHT CLUB - AT VICTORIA COACH STATION 31 OCTOBER-2 NOVEMBER



TIRED?

You're not alone! Half of Britons say they don't get enough sleep per night. And approximately 1 in 4 night and rotating shift workers are likely to experience symptoms of excessive sleepiness during periods that they are awake, or insomnia during opportunities for sleep. This doesn't only affect performance at work but also your long-term physical and mental health and wellbeing.

NIGHT CLUB IS HERE TO HELP!

Night Club is a unique initiative that brings sleep experts into the workplace to help workers and employers create a better and healthier experience of working at night. Night Club allows workers to access evidence-based sleep health information during their shifts. Information focuses on improving diet, exercise, sleep hygiene, mental health, understanding of chronotypes and sleep patterns. Night Club is bringing a large mobile event space containing a sleep exhibit and learning area, staffed by sleep experts.

WHO IS THIS FOR?

TfL are warmly inviting local shift workers to participate at Victoria Coach Station, free of charge. The companies whose staff are involved include (but are not limited to):

- TfL's own staff - including all roles at Victoria Coach Station, local London Underground staff, Bus Station Controllers, Network Traffic Controllers, and any other interested TfL staff
- Coach companies - including drivers, customer service representatives, engineers and cleaners
- ABM - operatives and supervisors near to Victoria
- Other local partners employing shift workers approached by TfL

WHERE AND WHEN?

- All sessions at Victoria Coach Station, Gate 0
- Either a full 45 minute session (booked in advance)
- Or slots every day to drop-in for as little as 10 minutes (open to all but particularly with drivers in mind whose schedules may not so easily accommodate the full session)

Thurs 31st Oct	Fri 1st Nov	Sat 2nd Nov
11:00-11:45: 45 min session 12:00-12:45: 45 min session 13:00-18:00: Drop-in anytime 18:00-18:45: 45 mins session	17:00 - 17:45: 45 min session 18:00 - 18:45: 45 min session 19:00 - 23:00: Drop-in anytime 23:00 - 23:45: 45 min session 00:00 - 00:45: 45 min session	15:00 - 19:00: Drop-in anytime 20:00 - 20:45: 45 min session 21:00 - 21:45: 45 min session 22:00 - 22:45: 45 min session

WHAT PARTICIPANTS CAN EXPECT

- Speak to a sleep expert and learn easy tips on how to improve your sleep and wellbeing
- Tips to keep your energy up
- Opportunity to take some time to focus on your sleep and wellbeing
- Learning about how you might better manage working shifts
- Share your experiences and challenges related to sleep and shifts
- Information to takeaway with you
- Snacks and drinks are provided to keep you energised!
- 45 minute group sessions are run for up to 12 participants at a time
- Drop-in sessions can be as little as 10 minutes and are typically for groups of 1-6 participants at any time

WHAT ARE THE BENEFITS?

- **Employee wellbeing:** staff will feel more equipped to deal with the impacts of shift work on their health and wellbeing.
- **Workplace culture:** managers are better equipped to understand and support staff with their sleep and wellbeing.
- **Engagement and productivity:** increasing engagement levels helps to improve team relationships and leads to improved productivity.

HOW TO SIGN UP/ATTEND

Drop-in sessions need no booking, simply turn-up! We will be working with station staff to direct staff (particularly drivers during their brief stay at the station) to the Night Club.

45 minute sessions will be bookable - we will confirm the booking system in our next update, along with advertising materials. But feel free to start thinking if you want to match/signpost particular workers to booked sessions.

HOW WILL THIS BE PROMOTED

Your support is vital to help ensure this reaches relevant shift workers and they are encouraged to attend.

We are initially providing digital 'teaser' assets if you want to spread the word - pictured at the end of this document and attached separately.

Well advance of the session local employers will be provided with the following resources:

- Physical posters and flyers to promote sessions (such as in staff rooms and team areas) - distribution points are Victoria Coach Station, Victoria Underground Station and Victoria Station House
- Digital posters, flyers and teaser graphics (to circulate to staff online)

TfL are holding virtual briefings for partner employers to answer questions and get your support on promoting the initiative, including on 14 October 1230-1330 and 29 October 1400-1500. We plan to host a stakeholder event on site for interested parties to see Night Club in action.

SUPPORTING STAFF TO ATTEND

TfL are asking all partner employers to target relevant workers and encourage their attendance, making clear this is a legitimate activity during working hours, and supporting staff around permission or cover to attend where necessary.

DIGITAL TEASER GRAPHICS

Ahead of circulation of detailed posters with full sign-up information, feel free to circulate any of these digital teaser graphics to your teams to start building interest and awareness about Night Club:

 Transport for London

GET YOUR SLEEP BACK ON TRACK

**Tiredness affects decision making.
Night Club is here to help.**

Victoria Coach Station
Gate 0
Night Club shipping container



31st Oct 11:00-19:00
1st Nov 17:00-01:00
2nd Nov 15:00-23:00

NIGHT CLUB

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NIGHT CLUB IS COMING TO THE RESCUE

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