

KTP with Dru UK Ltd

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FUNDING

Knowledge Transfer Partnership: Bangor
University and Dru UK

£109,000

THE TEAM

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RESEARCH QUESTION AND DESIGN

The KTP with Dru UK Ltd aims to increase company capacity to develop its workforce to deliver innovative health and well-being interventions in health care and occupational health settings.

Workforce Development at Dru UK involves 4 main areas :

- 1) Evidence Base Development:** This involved setting up a pilot study at Conwy County Council. A RCT, involving 80 employees at Conwy County Council, measured the effectiveness of an eight week Dru Yoga Intervention for reducing back pain and stress, and improving mood and wellbeing in the workplace. Preliminary results indicate a beneficial effect for the implementation of Dru in the workplace.
- 2) Business/Marketing Skills Development:** This involves developing a business and marketing skills module to train the Dru workforce to design, deliver, and evaluate health and wellbeing programmes for health care and occupational health settings.
- 3) Website Development:** This involves establishing better web support for Dru teachers (i.e., workforce), enabling the workforce to access information to further professional development.

Accreditation/Commissioning Framework Development: This involves Dru UK achieving educational accreditation and the capacity to be commissioned to deliver health interventions in the health care and occupational health sectors.