



Taking Your Breaks Survey Results.

We had over 220 responses to the survey that we sent out to Notts County Council members about taking their breaks, thank you everyone who took the time to respond.

Only 47% of respondents said that they took their lunch break, with 17% not taking their breaks and 36% sometimes taking them. This means that 53% of our members aren't taking their entitled breaks.

The minimum break that NCC staff take should be 20 minutes, particularly those members who use the flexible working scheme. 19.35% of our members took less than this.

Only 15% of members take a full 1-hour lunch break.

On average most respondents took 20 – 30 minutes (65.59%).

There was a range of responses in the free text box given which asked members if they didn't take a break, or their full lunch break what the reasons for this was. We received a number of responses to this with consistent themes. Some of these were:

- Too much work to do and no time for a break
- Having to put 20 minutes on their sheet regardless of whether they took a break
- Car parking issues
- No work base and time taken up travelling between jobs
- Full break not taken due to worry of getting in trouble if returning to desk late
- Lack of time meaning eating at desk and other staff members interrupting
- Guilt toward other colleagues due to workload pressures

Members responded from different departments across the county council.

Adult Social Care made up 33.67% of responses,

Children's was 34.69%,

Chief Execs was 17.35% and

Place was 9.18%.

5.10% of responses noted their department as 'Other.'

The survey was designed to help look at time lengths of breaks taken, so that learning opportunities could be planned around this. However, the results show us that overall there are a large number of our members, and possibly others who didn't respond, that aren't taking their entitled break and as a branch we recognise the impact that this can have on people's health and wellbeing. With these results the branch now plan to raise the matter again with County Council HR. We will keep you updated throughout the year as to any progress. Thanks again for participating in the survey and helping us add strength to the weight of argument regards NCC employee's health and well-being.