



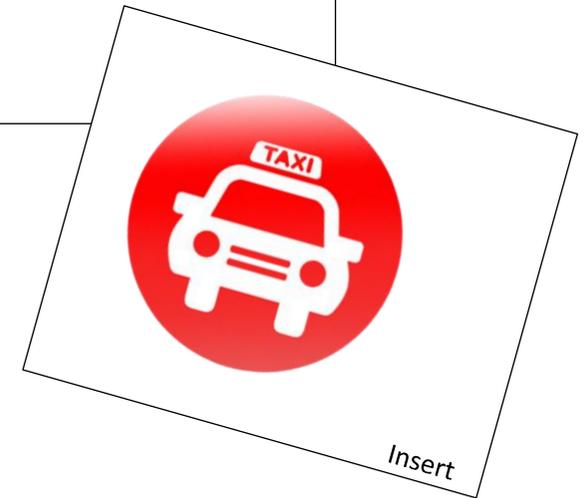
Event Name & activity and area covered:

Taxi driver Pop Up support

Location: Leeds City Centre, LS1

Date: 30 July 2019

Your Space Your Ideas - promoting health and Wellbeing Space by working together with communities in South and East Leeds.



### Background & Aims

The aim was to look into the wellbeing of taxi drivers as they are known to work long hours and are sat down for most of the day. We knew it was going to be a challenge engaging with taxi drivers due to the nature of their work and that mostly we would have brief conversations as we were engaging with them in their work time.

Prior to this session I had contacted taxi ranks in South and East Leeds by offering support sessions at their premises however these were declined. I created a look after yourself as a taxi driver resource for them in the form of an A5 flyer which they could keep for future reference along with a 'Useful services in Leeds' flyer.

## What Happened?

We had discussions with taxi drivers in the city centre as they were waiting to pick up their customers. We spoke to them about how they maintain health and wellbeing while working, the challenges faced within their role and how they manage to sustain their employment due to fluctuations with working hours.

We found that taxi drivers engaged more in conversation with myself compared with Anne where some declined or kept conversations brief. It wasn't clear if this was because of perceived differences with our gender and ethnicity.



## Next Steps:

We plan to engage with more taxi drivers and also look at support for bus drivers in the near future as they may have similar challenges in their work.

## Feedback and Comments:

The taxi drivers fed back that they appreciated that we came to speak with them and that they found the resources helpful. A couple said they didn't feel supported as workers within their industry.

## Outcomes and Impact:

We engaged with over 20 taxi drivers in that morning. We found that many taxi drivers lived in different parts of Leeds and Bradford but mainly covered the Leeds area for work. They felt that they could take breaks throughout the day but could do more for their wellbeing for example drink more water and do more stretching. Generally they felt that they did not have time to factor in more time for their wellbeing as they didn't have the time with some saying it was due to family commitments.

There were several areas that were common issues for them which included: unsocial hours although these could be flexible hours, stress from challenging clients fluctuating pay due to irregular amounts of customers which was causing stress and competition from Uber which they felt was unfair and that not enough was being done to help tackle this especially in the city centre. We did not speak to any Uber drivers that day.

The taxi drivers found the useful services leaflet helpful as some said they were facing issues with housing, debt and employment issues. A couple mentioned that they would seek support for stress and money worries as a result of us speaking to them.

