

# BETTER HEALTH AT WORK AWARD



Better Health  
at Work Award

Gold Award

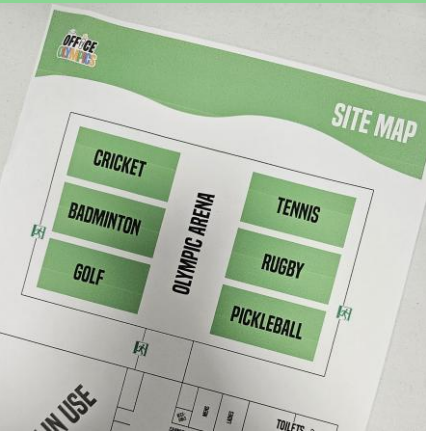
# 2024 CAMPAIGNS



# The Office Olympics



JOIN THE TEAM!



- + Taster sessions
- + Friendly competition
- + Open to friends/family
- + After work social



# Give it a Go!



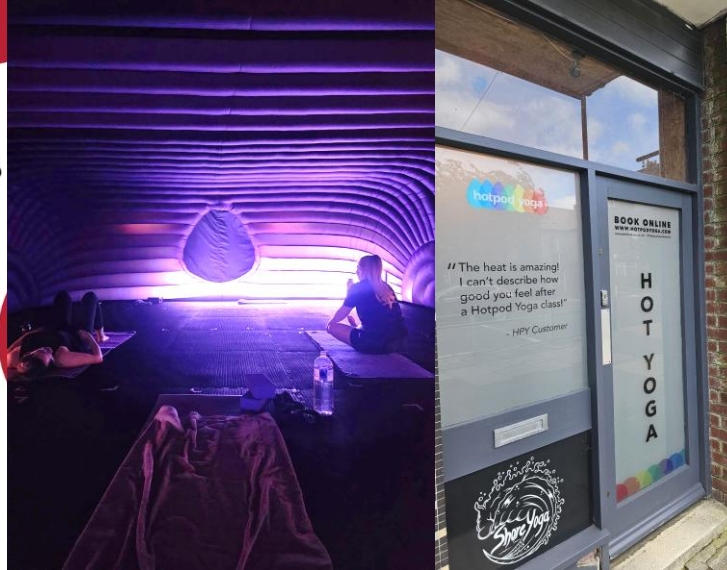
Give it a Go!



## Want to try something new?

Sign up to one of the following activities to try something new in your local area. These private sessions are fully funded by the company, so all you need to do is show up and give it a go!

- + Badminton - court hire/private coaching session (2 hours)
- + Walking rugby - private coaching session (1 hour)
- + Hotpod yoga - exclusive hire of the pod with instructor (1 hour)



"I really enjoyed our Hotpod Yoga session in Whitley Bay, it's something I've always wanted to try! To have the opportunity to receive a private session just for me and my colleagues was a great way to try something new without any pressure."

"I've since booked another Hotpod Yoga session and can see this being a new hobby of mine!"

"We had a great time during our free badminton coaching yesterday, thank you for organising!"

- + Private coaching
- + Paid for by the business
- + Built relationships with local sports groups
- + Make sure you gather feedback

# Give it a Go...comes to Armstrong Works



## Walking Wednesdays

The perfect opportunity to get your steps in.

For each Wednesday in June, an additional 15 minutes will be added to lunch for anyone who wishes to walk around the building during this time.



BATAK Reaction Machine  
(Located in the canteen)

How fast are your reactions?

Get moving and show your support to FACT Cancer Support Centre this week!

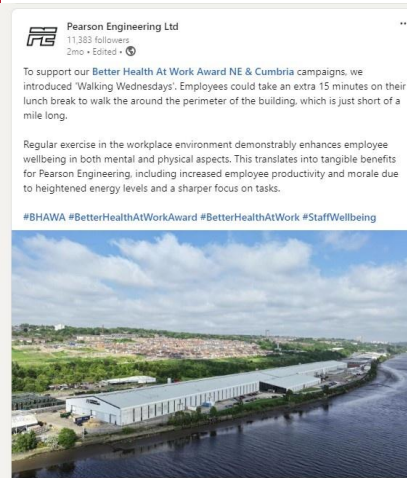


The BATAK reaction machine is in the canteen until lunchtime on Wednesday!

As part of the Better Health at Work Award campaign for physical exercise, we have the use of a BATAK machine this week to get staff moving and to raise money for a great cause.

FACT Cancer Support Centre was recently broken into and they're trying to raise funds to help with repairs. Click the link on the image to read more and show your support through BATAK.

See if you can beat the high score of 44!




Pearson Engineering Ltd  
11,353 followers  
2mo • Edited •

To support our Better Health At Work Award NE & Cumbria campaigns, we introduced 'Walking Wednesdays'. Employees could take an extra 15 minutes on their lunch break to walk the around the perimeter of the building, which is just short of a mile long.

Regular exercise in the workplace environment demonstrably enhances employee wellbeing in both mental and physical aspects. This translates into tangible benefits for Pearson Engineering, including increased employee productivity and morale due to heightened energy levels and a sharper focus on tasks.

#BHAWA #BetterHealthAtWorkAward #BetterHealthAtWork #StaffWellbeing



- + During the working day
- + Easily accessible
- + Everyone can get involved
- + Raised money for local Cancer charity



# Give it a Go for charity



- + Cumbrian Challenge raised over £3,000 for Walking with the Wounded.
- + 11km walk with 650m ascent in the Lake District.



- + Staff expressed an interest in doing further walking challenges and felt motivated to do so when raising money for good causes.
- + Has now become an annual event for us.

# The physical exercise social fund was created...

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## Go Karting for staff at Pearson Engineering and Responsive Engineering



## Tour de Tyne



The social fund covered the costs of bike hire and refreshments for participants, friends and family at the end of the routes of 30km and 100km.

# Why was this campaign so important?

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- + Feedback from staff
- + Allowed all abilities to get involved
- + Worked well with other campaigns
- + Workplace culture
- + Long-term health initiative

