



Better Health
at Work Award

Better Health at Work Award



Celebration Publication 2025

Introduction

Successful workplace health and wellbeing is all about balance, building things together - in sometimes challenging situations, using innovation and a generous helping of perseverance and tenacity. This year is a great example of all of that. Fifty years ago, in spring 1976, the UK governments published Prevention and Health: Everybody's Business. It was a landmark discussion paper, calling for a shift from cure to prevention and urging action on smoking, diet, inactivity, alcohol, obesity, and sexual health.

This year we will also begin to see changes in employment law as a result of the Employment Rights Act, which came into effect in December 2025. And following on from the Women's Health Strategy, this year, we are also starting to see the implementation of the new UK's Men's Health Strategy, which is a comprehensive plan aimed at improving the health and wellbeing of men and boys across the country. It focuses on several key areas to address the unique health challenges faced by men. As with the Women's Health Strategy, one of the key levers and enablers for this is: developing healthy living and working conditions, including initiatives to promote workplace health and resilience.

The findings and guidance outlined in the Keep Britain Working Report published towards the end of last year will also start to be translated into real-world action this year. The Report focuses on addressing economic inactivity linked to ill health and disability in the UK. It emphasises the importance of employer responsibility in preventing ill-health and supporting employees to stay in work. One of the key recommendations in this was strengthening workplace health provision to reduce reliance on NHS treatment and improve ongoing wellbeing.

So, it's safe to say, workplaces are being placed front and centre in the delivery of not just a healthy economy, but of a healthy workforce and healthy communities. But you all know that already, and are already actively contributing to all of the priority areas outlined.

The figures on page 4 show that you have all ably demonstrated the real world application of theory into practice - delivering prevention, active intervention and reducing inequalities. Your impact is undeniable, felt every day by your colleagues, and ultimately their friends, families and the people of our region. Congratulations to you all and here's to a great 2026!

Susanne and Helen, BHAWA Coordination Team

Workplace Activity



**GEM Partnership
County Durham**



**Newcastle
Building
Society**

2025 at a glance

After an enormously successful and busy 2025 in the region, we received 179 assessment submissions, across all levels of the Award.



179 Assessments received



583 Health Advocates trained



40+ New businesses signed up



267K+ Employees reached



500+ Employers engaged



109

**New Businesses
signed up**

4 Webinars took place



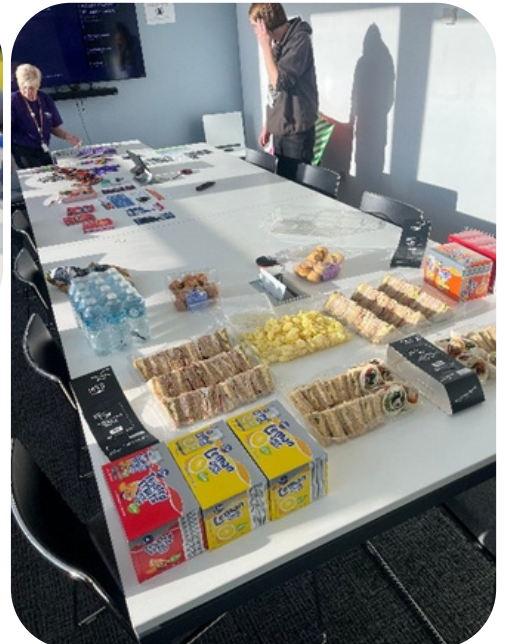
Workplace Activity



**Alpek Polyester UK Ltd
Redcar and Cleveland**



**Newcastle
City
Council**



Foundation Level

Let's Connect

Marlborough Surgery

Bronze Level

AkzoNobel

Alliance Psychological Services

Auxillis

Barbour

Bel Valves

Bishop Auckland College

Bridge Creative

Broom Cottages Primary and

Nursery School

Cumberland Council

Furniture Clinic

GeoPura Ltd

JT Dove

Lanchester Medical Centre

LSL

Newcastle International Airport

Newcastle Theatre Royal

North East Chamber of Commerce

Nuvo Wellbeing CIC

Parker Hannifin

Parkside Academy

Queensway Orthodontics

Responsive Engineering

Saggezza Limited trading as

Apexon

South Tyneside Health

Collaboration

Spamedica

South Lakes Housing

Taylormade Timber

Tees Valley Hospital

Tynemouth Nursery at Jesmond

Ubisoft Limited

Venator Materials

Ways to Wellness Foundation

WCF Ltd

Westway Vets

Worldpay Uk ltd

WWIN (Wearside Women in
Need)

Workplace Activity

THE WILD OYSTERS PROJECT

GET YOUR CROCHET HOOKS / KNITTING NEEDLES READY!




SCAN TO GET INVOLVED





FREE GARDENING ADVICE AND TALKS

Groundwork are offering free gardening advice sessions and gardening talks in South Bank and Grangetown

Proudly part of the Better Health at Work Award

Talks available include:

- Basics of gardening
- Vegetable gardening
- Fruit pruning for increasing produce
- Pests and diseases
- Wild food and foraging

Join our winter forage walk and discover the nature around you. A great way to stay active, reduce stress and boost your wellbeing during the winter months!

We are also offering in person expert advice around community gardening.

FOR FURTHER INFORMATION PLEASE CONTACT
 email: laura.henry@groundwork.org.uk
 phone/text: 07929739020

A HEALTHY YOU, A HEALTHY COMMUNITY

- Get active outdoors
- Connect with nature
- Meet like-minded people
- Improve your physical and mental wellbeing

WINTER FORAGE WALK
 Good for your mind.



Empower Her












WE RAISED OVER

£200

FOR LEUKEMIA RESEARCH & RED BLOOD



**Groundwork
 NE and
 Cumbria
 County
 Durham**



Nexus, Newcastle

Silver Level

Age Concern Tyneside South

BAE Land

Barnard Castle Surgery

Bede Gaming

Byron Medical Practice

Canford Audio Limited

Castles and Coasts Housing Association

Dellner Glass Solutions

Elis UK Limited

Everyone Active

Faltec Europe Limited

Hay and Kilner

Nifco

Northern Gas Networks

Northern Rights

Northumberland Wildlife Trust

Peacocks Medical Group

Practice Plus Group IRC Derwentside

Purmo Group UK Ltd

Savage Silk

Second to none care Ltd

Senstronics Ltd

Silverdale Family Practice

South Durham Health CIC

Sunderland Empire Theatre

Teesside Hospice

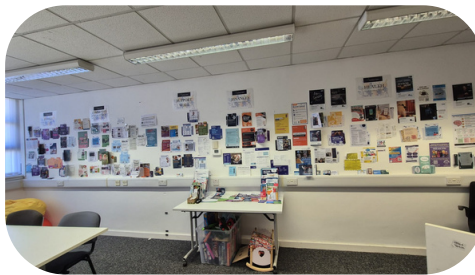
The Cornforth Partnership

Thornhill Primary School

Visuna

Walker Filtration

Workplace Activity



**Northern Rights
South Tyneside**



**Sabic UK
Petrochemicals Limited
Redcar and Cleveland**



**Nuvo Wellbeing CIC
Stockton**

Gold Level

Astley Signs Ltd

BEL Engineering

Cell Pack Solutions Ltd

Clearly Drinks Limited

Diocese of Hexham and Newcastle

Hartlepool & Stockton Health GP Federation

HMP Frankland

HMP Holme House

HMP Kirklevington Grange

Komatsu UK

North House Surgery

Sora Services Ltd

tombola

Trade Interchange

Wear Recovery

Workplace Activity



**Husqvarna
County Durham**



**Peacocks Medical Group
Newcastle**

Continuing Excellence Level

Authentix Security Print Solutions Limited

Benfield Park Medical Group

Change, Grow, Live (CGL)

Citizens Advice Gateshead

Getinge

Hitachi Construction Machinery UK

Kelly Park Limited

Minth Automotive (UK) Company Ltd

Northern Housing Consortium

Pearson Engineering Limited

Stagecoach North East - Hartlepool

Stagecoach Stockton (Teesside)

Stagecoach Sunderland

Sunderland GP Alliance

Tees, Esk and Wear Valleys NHS Foundation Trust

UMi Commercial Ltd

Wear Referrals

Workplace Activity



Sunderland Empire Theatre



Tyne Housing Newcastle



Maintaining Excellence Level

Alpek Polyester UK Ltd

Asset 55 Ltd

Atom Bank

Beyond Housing

Caterpillar Peterlee

Cleveland Fire Brigade

Community Foundation North East

County Durham & Darlington Fire & Rescue Service

County Durham and Darlington

NHS Foundation Trust

Durham County Council

DWP Wearview House

EDF Energy

Education Partnership North East

Education Training Collective

EMG Solicitors

Ford Aerospace Ltd

Gateshead College

GEM Partnership

Gentoo

Groundwork NE and Cumbria

Groundwork South and North Tyneside

Grundfos Manufacturing

GXO Wynyard

Harrogate and District NHS Foundation Trust-

County Durham 0-25 Children's Service

Hartlepool Borough Council

Hitachi Rail Limited

Hope Wood Academy

Husqvarna UK Limited

International Centre for Life

Jarrow School

Jobcentre Plus Gateshead

Karbon Homes

Kasai UK Ltd

Legal Aid Agency

Middlesbrough College

Middlesbrough Council

Muckle LLP

New College Durham

Newcastle Building Society

Newcastle Carers

Maintaining Excellence Level



Newcastle City Council
Newcastle Upon Tyne Hospitals NHS Foundation Trust
Nexus
NHS BSA
Nissan Motor Manufacturing (UK) Ltd
North of England Commissioning Support (NECS)
North Tees and Hartlepool NHS Foundation Trust
NorthStandard
Northumbria Healthcare NHS Foundation Trust
Northumbrian Water
Ocado
Optimum Skills Ltd
Oxclose Community Nursery School
Palram DPL
Physiotherapy Matters
Pioneering Care Partnership
Queensway Dental
Redcar & Cleveland Borough Council
Robson Laidler Accountants Limited

Sabic UK Petrochemicals Limited
Seqens Custom Specialties
South Tees NHS Foundation Trust
South Tyneside and Sunderland NHS Foundation Trust
Stagecoach - Slatyford Depot
Stagecoach in Newcastle - Walkergate depot
Stockton-on-Tees Borough Council
SUEZ TeesValley
Sunderland City Council
The Banks Group Ltd
The Glasshouse International Centre for Music
thyssenkrupp rothe erde UK Ltd
Together for Children
Tyne Coast College
Tyne Housing Association
UCFS DWP Middlesbrough Service Centre
University Centre Quayside
University of Sunderland
Waythrough

Workplace Activity

Step Out, Breathe In!

Let's Get Moving on World Mental Health Day

Lunchtime Walk

Date: Friday 10 October
Time: 12-30 PM (30-minute walk)
Meeting Point: Front Doors of Redcar Library

Take a break from your day and join us for a refreshing walk. No booking needed - just turn up!

All ages and abilities welcome

For more information, contact Sharon Chappell or Nichola Munro from the Health Communities Team



STEP INTO SPRING

JOIN AS A TEAM OR INDIVIDUALLY
SET YOUR OWN STEP TARGETS
GET ACTIVE AND WIN PRIZES
CHALLENGE STARTS IN MAY 2025
FOR MORE INFORMATION OR TO JOIN EMAIL
EmployeeHealth@redcarandcleveland.gov.uk



Redcar and Cleveland Borough Council



Hay & Kilner

Here for you

0191 232 8345 | hay-kilner.co.uk

Hay & Kilner Newcastle

Hay & Kilner

Here for you

0191 232 8345 | hay-kilner.co.uk #HeartMonth

2025 Ambassadors

Ambassador Status recognises those employers who demonstrate both long-term commitment and outstanding practice around workplace health and wellbeing, not only achieving but consistently going above and beyond at every stage of assessment.

Education Training Collective, Stockton

Education Training Collective has taken part in the programme for seven years, working across several sites and adapting approaches based on local needs. Their assessments are consistently strong and always exceed the required standards. Health and wellbeing is firmly part of their culture. This year's submission showcases new areas of focus alongside well-established good practice, including:

- Wide-ranging mentoring support
- A pilot to improve student mental wellbeing, with the construction sector
- A thriving men's health affinity group
- Paid volunteer days for all staff to support social value work
- Two extra days of paid leave dedicated to personal wellbeing



Legal Aid Agency, South Tyneside

The Legal Aid Agency has shown strong, long-term support for the BHAWA, consistently demonstrating commitment through every stage of assessment. During visits to the Jarrow site, the team's positive attitude and determination stood out, especially after a major cyber-attack caused serious disruption and forced significant changes to daily operations. Despite this, the organisation continued to deliver thoughtful campaigns and wellbeing activities, driven by a deep belief in the BHAWA values.

A large number of staff had to work from home or move to different sites, and the health advocates adapted quickly by using new ways to stay connected. They shared wellbeing messages through webinars, online workshops, staff emails and Microsoft Teams, making sure everyone felt involved. Engagement remained high, with staff showing clear appreciation for the programme and the advocates supporting it.



Optimum Skills, County Durham

Optimum Skills have delivered a wide mix of campaigns that support health and wellbeing, always adding new and thoughtful ideas. Their activities include mindfulness drawing, photography competitions, Christmas gratitude baubles, yoga, line dancing and others. They have also made positive changes to flexible working, introduced earlier finishes on Fridays, and updated their health benefits package.

They also share their learning with the wider community. They invited the County Durham BHAWA team to a business networking event to promote the award and make their activities visible through regular online updates. Their strong group of health advocates help shape each campaign and keep progress steady year after year. They are a wonderful organisation to work with, and their 2026 plans promise even more impact.

South Tees NHS Foundation Trust

Their ME submission was an excellent example of workplace health and wellbeing delivery; comprehensive, holistic, resourced, evolving and rooted in/receptive to continuous improvement. It has been, and continues to be, a journey for UHTST, and the team would be the first to acknowledge that there is always work to do, but it is important to recognise the progress and upward trajectory that has been achieved over the last 5 years.

The quality of both the submission and their overall approach are testament to the dedication and tenacity of the contributors and, having seen the evolution of the programme since UHTST's sign-up, they have come a long way - and definitely earned their Ambassador Status.



South Tyneside and Sunderland NHS Foundation Trust

STSFT have continued to develop a strong Health and Wellbeing Strategy, aligned with Trust goals and the wider wellbeing system. They shared detailed information on how they prioritise staff safety and wellbeing across physical, mental and emotional health. Continuous learning is encouraged through career development pathways and a refreshed appraisal approach centred on wellbeing. Flexible work options are expanding, supported by guidance for remote working, new work model pilots, an Agile Working Policy and phased retirement options.

Their Wellbeing Hub brings together a wide range of resources, and they continue delivering high-quality campaigns on social, physical, emotional and financial wellbeing, including menopause, hydration, sleep, healthy eating, alcohol and carers support.



The Glasshouse International Centre for Music, Gateshead

Over the past three years, The Glasshouse Health Advocates have shown constant growth and dedication. They work with care and intention to put health and wellbeing at the heart of their organisation. They take ideas from staff, adapt activities to suit different working patterns and present information in ways that support clear understanding. They keep things engaging with creative activities, from roller skating to simple, fun challenges. Even when responses aren't high, they stay committed, continue learning and keep checking in with staff.

They completed Gateshead CVD Champions training and now share guidance and offer blood pressure checks. Uptake was slow at first, but steady encouragement has helped more staff take part. They also help trainers by offering free rooms, creating benefits for their staff, their partners and the training teams. They willingly share support with other BHAWA organisations and rarely highlight their own achievements. They are strong champions for BHAWA, shown by a staff member who moved to London but still chooses to stay involved in planning for 2026. Their advocates truly value the positive impact BHAWA has on staff, their workplace and the experience of visitors who meet a healthier and happier team.

UCFS DWP Service Centre, Middlesbrough

UCFS DWP Middlesbrough Centre has shown strong commitment to workplace wellbeing throughout its seven years in BHAWA. The team continues to deliver thoughtful, detailed applications, led by a passionate main HA who encourages meaningful activity across the site and its partner locations in York, Sunderland and Bolton. Over the past year they've introduced support around grief and baby loss, a chat space for menopause discussions, a ladies martial arts group and new men's health topics including Andropause. The loss of a colleague to suicide deeply affected the team, and staff were supported through MHFA, PAMS and line managers. Their Menopause Café also reached its three-year milestone in 2025.

Across the year the team attended networking events, mentored other workplaces and shared their wellbeing work with sites across Northern England and Scotland. Staff contributed to the Community 10000 scheme, volunteered at a local community farm, joined beach cleans and helped homelessness groups with food and clothing donations. Their ongoing efforts continue to inspire other DWP locations to take part in wellbeing activities and build healthier, more supportive workplaces.



2025 Ambassador Re-accreditations:

Cleveland Fire Brigade
County Durham & Darlington Fire & Rescue Service
County Durham and Darlington NHS Foundation Trust
EDF Energy
Education Partnership North East
Ford Aerospace Ltd
Gentoo
Grundfos Manufacturing
Jarrow School
Jobcentre Plus Gateshead
Karbon Homes
Nexus
NHS BSA
North of England Commissioning Support (NECS)
North Tees & Hartlepool NHS Trust
Northumbria Healthcare NHS Foundation Trust
Northumbrian Water
Pioneering Care Partnership
Robson Laidler Accountants Limited
Stagecoach in Newcastle - Walkergate depot
Stockton-on-Tees Borough Council

Workplace Activity

The Hitachi Construction Machinery Group's Positive Social Impact Campaign June 2022

- 2nd June - PSI Campaign Launch
- 5th June - World Environment Day
- 9th June - Healthy Eating Week
- 16th June - Clean Air Day
- 23rd June - PSIC Sustainability Quiz

SUSTAINABLE DEVELOPMENT GOALS

HITACHI HIKING GROUP

Join our walking group!

We aim to meet twice a month on Saturdays and have already explored some incredible locations, including Northumberland, Tyne and Wear, the Lake District, and North Yorkshire. Each walk offers a chance to enjoy the outdoors, discover new places, and take in some truly breath-taking scenery.

We stay connected through a WhatsApp group, where we share walk details, photos, and updates. There's absolutely no pressure—just join in whenever it suits you!

If you're interested in getting involved or want to find out more, feel free to contact Stephan.Pobson@hitachi.com

Healthy Eating Week

9 - 13 June 2025

This year, we are focusing on how fuelling your workday can help your productivity. Check out the Healthy Eating Week newsletter on SCOP for details of how you can get involved in our photo challenge or join the workshop held at Hebburn on the 12th June.

Well and feel well, with HCMUK.

Fuelling Your Workday

Do you want to learn more about packing healthier lunches that help to fuel your productivity, rather than leave you with the after-lunch slump?

Registered Dietitian Carolyn Spooner will deliver an in-person workshop to our Hebburn HQ employees, explaining how what you eat can affect your productivity.

Topics include:

- How to prepare a healthy lunch that increases productivity.
- How what you eat affects your mood.
- Debunking food myths.
- The importance of taking a lunch break.

Sessions will be held in the Training rooms on: 12th June - 12pm

Email sarawhitaker@hitachi.com or contact Sara Whitaker by 11th June to book onto the workshop.



The Hitachi Get to Know You BINGO

| | | | |
|----------------------------|-----------------------------|---------------------------------|----------------------------------|
| Has had a drink in the pub | Has been to a match | Has a dog | Likes pineapple on pizza |
| Has a green car | Used to work in a bank | Has been in December | Could run a mile in 10 minutes |
| Is left handed | Has never been to a concert | Knows how to use a power drill | Can surf their favourite website |
| Can do a handstand | Has never broken a bone | What's someone's colour in blue | Can play an instrument |
| Has had a weekend away | Collects something | Can speak another language | Has been on TV |
| Has been to a museum | Has been to a museum | Has been to a museum | Has been to a museum |

Can't find your colleagues with this helpful bingo? Please email hitachiwellbeing@hitachi.com to see a print.

Bake, buy and wear pink for charity!

HCMUK are hosting a bake sale on Wednesday 16th October, in aid of Breast Cancer Awareness month raising money for Breast Cancer Research (Cancer Research UK).

Hebburn's collective sale will be held in Unit 5 Training Room 09:00 - 14:00.

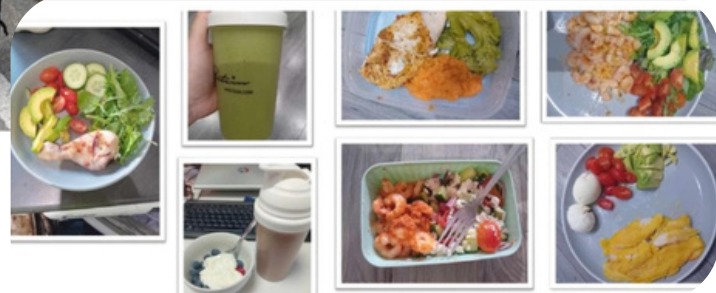
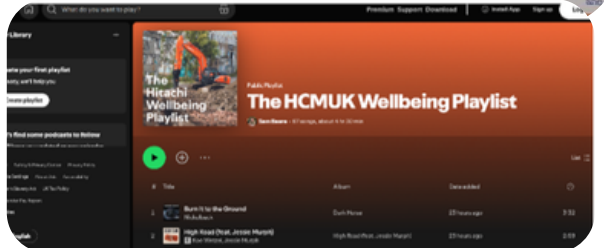
MENTAL HEALTH AWARENESS WEEK

Being part of a positive community is good for mental health and wellbeing

OPEN



Hitachi Construction Machinery South Tyneside



Health Advocate of the Year



COUNTY DURHAM
Sandie
Buxton

GATESHEAD
Paula
Marrs

**2025 Health Advocate of
the Year, for each area
receiving nominations, was
awarded to...**

NEWCASTLE
Claire
Hopkins

**REDCAR &
CLEVELAND**
Emma
Robinson

MIDDLESBROUGH
Kellie
Joyce

PRIMARY CARE
Danielle
Lavery

STOCKTON
Ellie
Russell

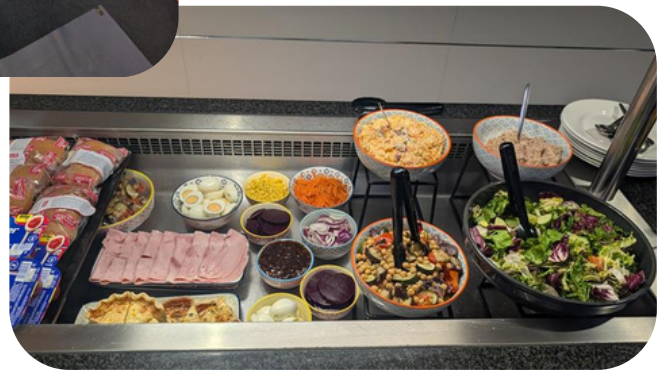
SOUTH TYNESIDE
Lauren
Hugo

SUNDERLAND
Michael
Emmet

Workplace Activity



**Pearson
Engineering
Newcastle**



**Queensway Dental
Stockton**

**Queensway Orthodontics
Stockton**



Regional Health Advocate of the Year



Danielle Lavery Sunderland GP Alliance

Danielle leads with a warm, inclusive and deeply people-centred approach that has completely reshaped how wellbeing is understood and experienced across the organisation. She listens closely to colleagues, and designs support that feels personal, flexible and genuinely helpful.

Through her thoughtful planning, creative campaigns and constant encouragement, she has helped wellbeing become something people feel comfortable engaging with every day.

Participation in campaigns has grown year after year, with colleagues reporting better fitness, improved balance between work and home, and greater confidence in looking after their own health. Danielle's warm communication style helps people feel connected and reassured. She has removed barriers and made wellbeing feel welcoming, meaningful and part of everyday working life.

Her influence has strengthened relationships, encouraged new ideas and created a workplace where people feel valued, motivated and supported to make positive changes. She continues to inspire colleagues with her steady optimism and belief in what people can achieve. Her presence has become a source of encouragement that helps the wellbeing programme grow stronger each year.

Workplace Activity



EMG Solicitors, County Durham



**Stagecoach Stockton
(Teesside)**

**Nifco
Stockton**



Case Study

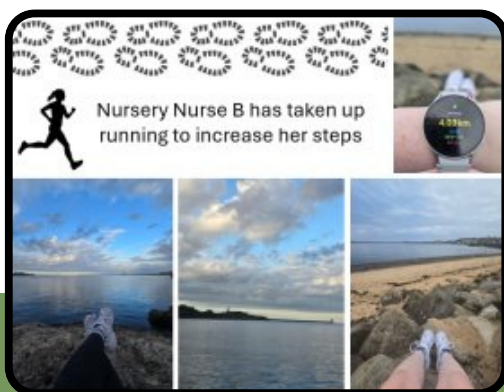
Tynemouth Nursery at Jesmond: Newcastle Step into Summer Challenge

As a company, we are committed to increasing staff physical and mental health. To improve this, we follow the NHS 5 ways to wellbeing, which states that physical activity has a positive affect on mental health. In addition to this, getting outside benefits our mental health by reducing stress, increasing feelings of calmness and optimism and improving your overall mood.

With this in mind, Team Jesmond completed a 6 weeks of summer steps challenge for the second year in a row. All staff had the opportunity to participate in the challenge where they input their daily steps and enter a competition with vouchers as prizes. We also worked together to see if we could collectively walk from the most Northernly point of Scotland to Lands End by the end of the summer.

All staff were given a link to input their daily steps. This was all online and staff members that found it challenging to follow the link were able to give their numbers in person. Staff were also asked prior to the challenge if they have their own pedometer. 2 members of staff did not have a pedometer and therefore 2 basic smart watches were purchased using the wellbeing budget to support these staff members.

Out of a possible 19 staff members, 12 staff members took part in the challenge, including 2 who were off on maternity leave.



“By having a bit of friendly competition and knowing what steps I needed to beat, it gave me motivation to get out more!”

Anonymous nursery practitioner

“Thank you so much, it has been lovely! I can’t wait for the next challenge”

Nursery Practitioner G

The aim of the challenge was to get outside and increase your daily steps. During the challenge, staff were encouraged to share photos of their walks; encouraged to include the whole family; and share recommendations of their favourite places to get out and about.

**Tynemouth
Nursery Group**

Throughout the summer, various inspirational posts were sent to staff via a private whatsapp group. Each week, a recommendation was sent out of places in the local area to increase your steps. The recommendations included public transport information to and from the location as well as parking availability. Staff members also shared their outings with the group and shared their recommendations:



- Week 1: Northeast coastline
- Week 2: Northumberlandia
- Week 3: Newcastle Quayside
- Week 4: Penshaw Monument
- Week 5: Rising sun country park
- Week 6: Jesmond Dene



From 19th July 2025 to 31st August 2025, staff sent in their daily steps and in total, we collectively walked 1,993 miles which is the equivalent of walking from the most Northernly point of Scotland to Pesciotta, Italy.

100% of staff that participated saif that it increased their overall physical activity and as a result of engagement in the challenge, staff have asked for another similar challenge to go ahead in the winter!



“The steps challenge kept me motivated to hit my daily goals and keep active which has benefited me both physically and mentally.”

Anonymous nursery practitioner

“Wow, what a 6 weeks it’s been! I’ve never done as many steps in my life haha, Thanks Alex for getting us moving!”

Nursery practitioner H



“I got out more with my child and felt better in myself”

Anonymous nursery practitioner

Tynemouth Nursery Group

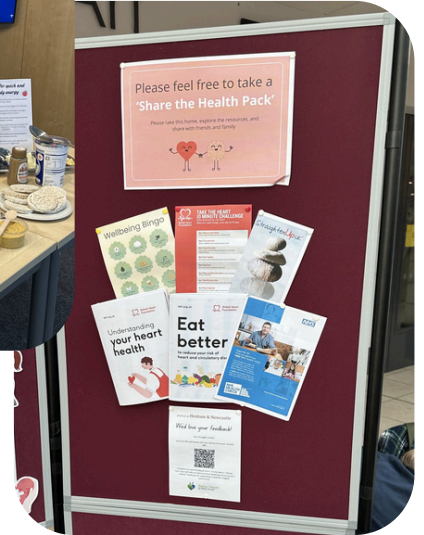
Step into Summer Challenge

Team Jesmond have collectively walked:

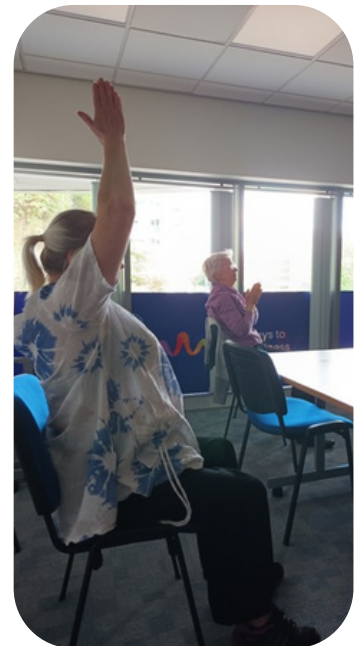
1,993 miles

That is the equivalent of walking from the most Northernly Point of Scotland to Pesciotta, Italy

Workplace Activity



Diocese of Hexham and Newcastle



Ways to Wellness Foundation Newcastle



Special Recognition Award



2025 Special Recognition Awards

Special Recognition Awards can be awarded to individuals or workplaces for outstanding contributions to the Award, and are nominated by their Workplace Health Improvement Specialist

County Durham: The Banks Group

An excellent submission with detailed campaigns, most of which are opportunities for staff to be involved in physical activities that are varied to encourage engagement from all. Campaigns are innovative and every effort is made to change the activity each year to motivate staff, there is a focus group in place and the SLT lead on the group, staff are trained in HAV, MHFA and other Wellbeing courses.

The Banks Group have a Grants Programme that supports local charities across the region with 23 individual funding pots, their community involvement is extensive and they pride themselves in supporting good causes within the community. The Banks Group have also mentored new companies to the award providing advice and guidance, offering the opportunity for collaboration where possible.

There is a feel-good factor within the business, when visiting staff are happy and there is a comfortable, professional atmosphere in the building, it is clear to see the Campaign activity that has taken place and on a few occasions I have witnessed fun activity that is happening to get out the message regarding Health and Wellbeing in the Workplace.

Gateshead: Elodie McGee, AkzoNobel

AkzoNobel embarked on the bronze award but at every point Elodie ensured she went above and beyond what was needed for this level of award, to reach the quality needed for full organisation involvement. The submission was beautifully presented with some amazing evidence and some great ideas of activities.

At the workplace visit the full team of Health Advocates and management attended and discussed the various issues for staff health and wellbeing involvement, and how Elodie has been the driving force behind the award. The full team gave Elodie recognition for her drive, attention to detail to deliver the award, keep everyone on board and look at ways to adapt the activities to ensure all team members could be involved and potentially spark their interest. This was truly a fabulous bronze submission and Elodie does deserve a special recognition for her hard work and efforts to involve as many of the staff as possible.

South Tyneside: Andrea Collin, Northern Rights

After a one-year deferral, Northern Rights proudly re-entered the program at silver level with a refreshed health advocate team. When unexpected changes left Andrea as the only health advocate, she didn't just step up, she shone. Her dedication and leadership have been nothing short of inspiring, and she truly deserves special recognition for her exceptional contribution to an outstanding submission. Andrea went above and beyond, not only gathering evidence and crafting the submission but also driving transformative improvements within the Northern Rights facility.

Her efforts led to the modernisation of the common room and enhanced media functionality, changes that have significantly boosted staff engagement and breathed new life into the BHAWA initiative.

Stockton: Samantha Bolton, Queensway Dental

Sam has demonstrated an exceptional commitment to being a health advocate by organising and delivering engaging, varied and purposeful campaigns and activities that meet the needs of the staff. Sam's enthusiasm and dedication to the Better Health at Work Award shines through and reflects the expectations of an organisation at Maintaining Excellence standard.

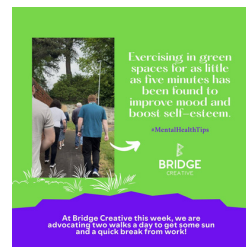
This year Queensway Dental hosted us (Stockton workplace health leads) for the first time, helping to deliver a successful networking event. Sam has also provided invaluable support when mentoring other organisations and has worked hard to encourage staff engagement in activities and collect feedback, which was previously a challenge.

Assessment write-up was extremely detailed and well written and it is clear that the energy, creativity and passion put into this year's submission has made a real difference. Sam is deserving of the nomination for Special Recognition for 2025, well done, it is always a pleasure to read through your assessment.

Workplace Activity



Bridge Creative
 Published by Sue Tucker · 4 October 2023
 It's always a pleasure to get the full team together for an afternoon at our staff meeting! Thanks to The Manor House Hotel and Spa, West Auckland for hosting us, and Noreen for leading our Laughter Yoga session!
 We had two incredibly inspiring guest speakers, John Paul and Oliver who told their journey to employment stories, making us all so proud - it's moments like this we live for!



Stoptober - Slides for Keeping People Connected group

Benefits of stopping smoking

| | | |
|--|--|--|
| <p>Better physical health</p> <p>Increase energy</p> | <p>Breathe more easily</p> <p>Better mental health</p> | <p>Improve taste and smell</p> <p>Increase positive mood</p> |
|--|--|--|

Smoking and vaping

Smoking and vaping

Harmful effects

E-cigarettes/vapes Cigarettes

What happens when you quit?

After 20 minutes: Your heart rate and blood pressure begin to drop.
 After 8 hours: The level of carbon monoxide in your blood drops.
 After 24 hours: The risk of heart attack begins to decrease.
 After 48 hours: Your sense of taste and smell begins to improve.
 After 72 hours: The nicotine is completely out of your system.
 After 96 hours: Your body begins to produce its own nicotine.
 After 100 hours: Your heart and lung function continues to improve.

Support services

Better Health, Start to Stop
 Healthline Living Pharmacy
 Smoke-Free Community
 NHS Quitting Now
 NHS Quitting Now
 NHS Quitting Now

Bridge Creative
 County Durham

Congratulations to all achieving a level of the Award for 2025

We hope that your 2026 BHAWA
journey is just as amazing!



Better Health
at Work Award