



# Groundwork communities' team

**Employer:** Groundwork South and North Tyneside

**Area:** South Tyneside and North Tyneside

**Theme:** Communities Team



The Communities team have fully embraced the Better Health at Work events and activities, more than any other team in the Trust. They have 6 members of staff and have taken part in all activities including taking a lead in supporting the planning and delivery of some of the Campaigns.

Lucy Fenwick and Nicole Abbott have undertaken the health advocate training after showing a keen interest in supporting health and wellbeing activities. Both have helped to plan events and supported the development of the Better Health at Work Action Plan.



The benefits for the team include getting to know one another, Lucy is new to Groundwork and was able to get to know others within her own team and across the Trust outside of the normal working environment more quickly, this could have been difficult especially as she only works two days a week.

*“This is something that I have an interest in anyway and I’m quite passionate about healthy lifestyles – I’m most comfortable with the physical activity side but I’ve enjoyed getting to grips with the other campaigns. The training has made me confident and more aware of the other areas of health and wellbeing”.*

**Lucy Fenwick Communities Project Officer**

*“I have gained a better understanding of what I can do in the workplace to keep myself fit and healthy. It’s been fun trying new challenges with friends and I have been able to take some of the things I have learnt at work home and encouraged my family to do it too!”*

**Nicole Abbott Communities Programme lead**



Lucy sharing a homemade healthy, savoury flapjack. Recipes were shared to encourage others to try them for themselves at home.

Everyone enjoyed the cycling challenge.