

We are encouraging everyone to take responsibility for improving their own health and wellbeing. The benefits to you, extend beyond work and into your home and family lives as well. We will provide a range of activities and information in the workplace to promote healthy lifestyles and encourage you to make and sustain positive behaviour changes.



Featuring a variety of activities and promotional events aimed at enhancing everyone's understanding of health and wellbeing.

Places are available on a first come, first served basis, and you will be given the time out of your workplace to attend.

Please liaise with your manager before booking your place. To book a place click visit <https://v1.bookwhen.com/bwd-corporate> and select your preferred session.

Monday 23rd Healthy Heart Zone

Even though you maybe feeling great, a health check is a great way to keep on track and to stay happy and healthy. Come and see your health trainers from the Wellbeing Service and learn more about taking care of your health. Booking on line is easy, so what are you waiting for? Even the smallest of changes can make a big difference!

Tuesday 24th Changing Habits Zone

Many people are affected by drug and alcohol use: as a neighbour, loved one, child, community, employer.... Inspire and Go2 offer low level advice, education and information; or more structured and intensive support for anyone that requires it, for all ages. Come along to meet our team, volunteers, clinical staff and partners. Have a chat; try on our beer goggles, have a go on the "Drinks Meter", or examine our drugs box and see how much our actually do know! #makingsubstanceuseeverybodiesbusiness! (Drop in sessions)

Wednesday 25th Health, Safety and Wellbeing Zone

Are you aware of all the staff benefits you as a BwD employee have access to?? If not, why not come and join us to find out about The new Civil Service Sports Council—wellbeing activity discounts, Vectis—discount scheme, Tuskers—car scheme along with more information on the staff benefits we often forget about, including the flexi time scheme, family friendly policy, agile working, pension scheme, reduced staff gym memberships and much more! BWD Occupational Health and Employee assistance providers are also inviting employees to their attend sessions find out about the referral process, what to expect from a OH appointment and how the EAP can hep you.

Thursday 26th Eat Well Zone

Do you have the same old lunches that leave you feeling sluggish in the afternoon and then have cravings! Or are you wanting inspiration to eating well. Come along and join in our lunch box talks and get inspiration from our health improvement officers.

Friday 27th Be Active Zone

Want to improve your health and wellbeing? It will only take 30 minutes a day! Why not join us on a lunch time walk or one of the free gym taster sessions, test your fitness or just give it go, you know you want to!