

Workplace Newsletter

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ACTIVE

WORKPLACE
EDITION

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Big Team Challenge - Jewels of Japan



(Images supplied by those completing the Big Team Challenge via Twitter)

It's been amazing to see 73 teams joining the Big Team Challenge and completing daily steps to help their team reach the various virtual Japanese milestones.

Did you know that the app has many different functions including badges and stickers for reaching personal goals, as well as a map that highlights how many of the 925km you have completed as a team. How is your team getting on?

Don't forget there are **x5 £100** prizes to be won, not only for the furthest amount of distance covered, but also to the teams that are consistent in their daily steps. The winners could spend their £100 on:

- Activity equipment for the whole team
- A charity donation
- Team away day
- Lunchtime/ after work sessions, by an Essex instructor.

Building on the fantastic response we have had from Big Team Challenge, we want to know how we can support you, to ensure your workplace can continue to move more. Let us know how we can help [here](#).



Email: administration@activeessex.org
@ActiveEssex #FYAWorkplace



April - Stress Awareness Month

Our April focus is around supporting staff stress levels and mental wellbeing. Throughout the month we will be sharing resources, hosting live Movement and Mindfulness sessions from 'Be More Dandelion', signposting to local opportunities that support mental wellbeing and sharing videos to follow along at work or at home, to release anxiety, worries and stress. Book your place [here](#)



Shining the Spotlight on Healthwatch Essex

Healthwatch Essex has been developing a culture focussed on wellbeing for some time but, expedited by the pandemic and the need to work differently, the senior management team worked on a wellbeing policy to support staff with flexible working, enhanced communication and a focus on work-life balance. [Read more here](#)



Heads Up

A date to put in your calendar. RideLondon:Essex takes place 27th-29th May 2022 and we're planning a whole host of exciting activities.

This summer looks to hold new challenges, competitions and new ways for your workplace to get active, so stay tuned for the next newsletter.

