

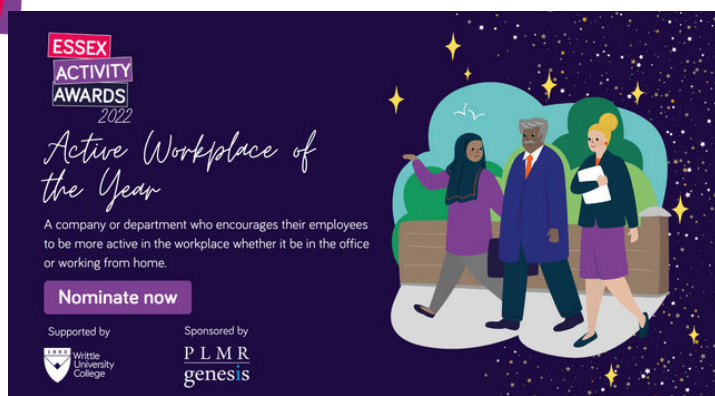
# Workplace Newsletter

FIND  
YOUR  
ACTIVE

Vol VIII | September 2022

WORKPLACE  
EDITION

## Nominate Your Workplace! Essex Activity Awards 2022



Nominations are now OPEN for our Essex Activity Awards and will close on midnight Wednesday 5th October!

So hurry, move with haste! Do you get active at work? Nominate your workplace!

Nominate [here](#)

As October looms over us, we wanted to kick off this month's newsletter by reflecting on September's focus of Active Travel. Lots of you have already downloaded the Workplace Active Travel toolkit, so do let us know what you have started to implement. If you're still yet to download it, visit the webpage [here](#).

October's focus is mental wellbeing. We know how important physical activity is for our mental health, and with Mental Health Day in October, we thought it would be a perfect time to showcase it as a priority for workplaces and their employees. Below you will find top tips, resources, and our workplace plan for National Mental Health Day. Together, we can make mental health a priority now, and for the future.

### Mental Health Day, 10th October

Join others around the county, as we come together for a 10-minute meditation, stretch and relax session at 10 o'clock on 10th October. Instructor Sarah will be holding a live YouTube session on the Find Your Active YouTube channel for you to follow along. Whether you join us from your office at home, at your desk in the office, or even book a meeting room for a few of you to do together, it will help energise you for the day and help you to focus on positive mental wellbeing.

Simply head over to the [Find Your Active YouTube](#) channel at 10am, on the 10th of October for a quick 10-minute session!



## Top 5 tips this month to improve employee wellbeing and activity levels



Walking meetings



10-minute coffee check in after team meeting



Stretch and move breaks



Walk & talk at lunch



Utilise Find Your Active YouTube channel for sessions to do before work, at lunch, on your own or with colleagues

## Are your workplace activities inclusive?



If you want to understand how to make activity inclusive for everyone or need some support to make some changes in your workplace, then the activity alliance can help. From events to training and lots of online information, you can find out more [here](#).

## Essex Working Well, supporting Mental Wellbeing



If you are looking to access Mental Health first aid training or support for staff then take a look at signing up to Essex Working Well for free. You can find out what support is available this month by visiting [here](#)

## Race Code

The Race Equality Code is designed to provide organisations across all sectors with the opportunity to address a very specific challenge, how to deal with race inequality in the boardroom and senior leadership team. Organisations can find out more and sign up as adopters [here](#)



## Upcoming Workplace Zoom Sessions



As part of the **Find Your Active: Workplace Edition**, two activity sessions are scheduled each week on Zoom, for your employees to join. They are scheduled at the beginning of the day in hope that this energises attendees for the day ahead. Please share the links below:

Join Lindsey for a Move & Stretch Session every Monday at 9am for 15 minutes.

Access the Zoom Meeting [here](#)  
Meeting ID: 845 9199 1324  
Passcode: 558552

Download and import the following iCalendar files to your calendar system click [here](#).

Chloe holds Cardio Blast sessions every Wednesday at 8:45 for 15 minutes.

Access the Zoom Meeting [here](#)  
Meeting ID: 872 7031 6318  
Passcode: 283877

To download and import the following iCalendar files to your calendar system click [here](#).



## Heads Up -what's coming!

As we reach the end of September, we'd love to hear your workplace stories and continue to see photos of how you're getting active. With the Essex Activity Awards coming up, your workplace could be nominated for Active Workplace of the Year, so stay tuned!