

**FIND**

**YOUR  
ACTIVE**

**WORKPLACE  
EDITION**

# Workplace Newsletter

April 2023

## MAY IS NATIONAL WALKING MONTH

May brings National Walking Month, so why not encourage your colleagues and your office to get out in the warmer weather for a walking meeting or if you live close enough, why not walk to work?

Walking provides many physical and mental benefits meaning a lunchtime walk can set you up for the afternoon, and give you a boost of energy.

We have partnered with Go Jauntly to help inspire you with walking routes around Essex.

[Read more here](#)



## THE KINGS CORONATION

Saturday the 6th of May plays host to Charles III Coronation at Westminster Abbey in London. If you're feeling patriotic, this is a great opportunity for you to have an office-based street party. Rather than just hanging some bunting and eating cake, why not host some street party style games instead? Here are three ideas:

- Musical Thrones (A Royal take on musical chairs)
- Buy some chalk and create your own hopscotch!
- Hula Hoop Toss (Place 2 hoops a distance apart and aim to throw a bean bag into it)



## DEAF AWARENESS WEEK

The first week of May is Deaf Awareness week. Did you know 1 in 6 of the UK adult population is affected by hearing loss. Being deaf can often create a barrier between someone and the physical activity they undertake due to the environment around them.

Click [here](#) to help raise awareness and find some videos specifically designed for those with limited hearing.

Why not take an hour to try and learn some sign language [here](#)



## BIG TEAM CHALLENGE IS BACK!



Welcome to the Essex Big Team Challenge! To celebrate Walking Month and Ford RideLondon-Essex coming back to the county for its second year, we will be hosting another walking team challenge. All you have to do is create a team and choose four friends, colleagues or family members to join you and agree a team name :)!

Starting on Friday 19th May the challenge begins in Durham and will see teams virtually travel south towards Lincoln, Oxford and London before finishing on Friday 19th June in Canterbury.

We can't wait to see you all take part, you can sign up from Wednesday the 10th May!

[Click here to apply](#)

## RIDELONDON-ESSEX RETURNS

Following its success in 2022, RideLondon is returning to Essex for its second year in a partnership between RideLondon and Essex County Council on Sunday 28 May 2023!

FAN zones and spectator hubs along the route will be holding local activations to encourage community spirit, support local organisations and get residents active.

[Read more here](#)

