

**FIND**

**YOUR  
ACTIVE**

**WORKPLACE  
EDITION**

# Workplace Newsletter

June 2023



**BIG  
TEAM  
CHALLENGE**

## BIG TEAM CHALLENGE IS BACK!

Active Essex Big Team Challenge is back! To celebrate Walking Month and Ford RideLondon-Essex coming to back to Essex for the second year, we will be hosting another walking team challenge.

The challenge will begin in Durham with teams virtually travelling south towards Lincoln, Oxford and London before finishing on Friday 19th June in Canterbury. Distance = 545.8 miles / 878.3 km.

[Click here to sign up!](#)



## SAFER, GREENER, HEALTHIER CYCLING



As part of Essex County Council's Safer, Greener, Healthier ambition, they are working on various projects to encourage everyone in Essex to get on their bikes – whether they're cycling to school or work, for pleasure, or to stay fit.

One initiative they are offering Essex residents, is a number of cycle training opportunities for both children and adults to take part in, as well as cycling courses during the school holidays.

[Find out more and book online](#)



## THIS MONTHS NATIONAL AWARENESS DAYS

### VOLUNTEER WEEK - JUNE 1ST-7TH

It's national Volunteer week in June, a chance for your workplace/team recognises the work volunteers do, or take part yourself, it's a great way to give back to those in your local area! Active Essex have previously given their staff a volunteer day and worked as a team to transform a local organisations community hub – giving back to the community and moving too! Let us know if you get involved.

### BIKE WEEK 2023 - 5TH-11TH JUNE

This year Bike Week is all about workplace cycling and celebrating the power of active travel for businesses! We want to encourage as many workplaces to choose the bike instead of the car to get to work.



[Find out more here](#)

### MENS HEALTH WEEK 12TH - 18TH JUNE



Men's Health Week focuses on men's physical and mental health. Men sometimes aren't comfortable reaching out and opening up about life's challenges.

Men's health and wellbeing can be supported in various ways, from an increase in daily movement such as walking or trying a new activity, meeting up with mates and having a conversation. Why not take some time to go on a walk with a male colleague.

[Find the right activity for you here](#)

### NATIONAL WELLBEING WEEK

Did you know that your wellbeing is largely dictated by what makes you happy?

Whether you're in the office or working from home, click the button to find crucial tips that can support your wellbeing. These tips are crucial to support your path towards a greater and positive wellbeing.

[Read more here](#)



## JUNE IS PRIDE MONTH

We will be supporting Pride Month in June. Pride Month is dedicated to the celebration and commemoration of lesbian, gay, bisexual, and transgender pride.

The OutHouse in Colchester has lots of information and resources to help you.

[Read more here](#)



## GREEN & BLUE!

Essex as a county is blessed with plenty of green and blue spaces! With the warmer months rolling in, it's now a great time to Find Your Active, and encourage your staff to do the same.

Take a look at the activity finder to find opportunities to get moving, local to you or your workplace, and either join in after work, or during your lunch break with a colleague.

Plus, if your workplace is lucky enough to have a green or blue space not too far away, utilise it for walking meetings, lunchtime catch ups or a friendly (and sometimes competitive) game in the park after work!

[Explore more here](#)

## BRING YOUR DOG TO WORK!

**National Take Your Dog to Work Day is on June 23rd!**

Celebrated annually on the Friday following Father's Day, honors one of our most beloved pets.

Wouldn't you agree, the hardest part of the day is leaving our pets at home as we head to the office?

### Ideas for What To Do With Your Dog While At Work

- Try Out Doggy Daycare with your colleagues!
- Find the Right Entertainment.
- Leave Out Their Favorite Toys
- Take Advantage of Dog-Friendly Work Benefits.
- Take them on a walk at lunch or on a walking meeting

