

FIND YOUR ACTIVE Workplace Newsletter

December 2023

ESSEX ACTIVITY AWARDS FINALISE SHORTLISTED NOMINEES

Congratulations to Essex Recovery Service and the Basildon and Brentwood Alliance who have been shortlisted for our Workplace Team of the Year Award at this years Essex Activity Awards on the 7th of December.

Both have led the way when it comes to promoting physical activity in the workplace, through encouraging walking challenges, hosting team sports day's and supporting the health of their staff members. This means that your application for next years awards starts NOW!

Whether you have walk to work days, sports days, lunchtime stretching sessions or encourage walking meetings, you could be up for nomination next year!

I'm sure you join us in wishing both shortlisted workplaces good luck and we look forward to announcing the winners in next months edition!



FINDYOURACTIVE FOR FREE

Find Your Active want to support residents and workplaces across the county to remain active, in a free and fun way across the winter months. You can find plenty of online resources and local opportunities which will help us all move a little more, without breaking the bank.

[Find Out More](#)



SUPPORT FOR FAMILIES WITH ESSEX ACTIVATE

Winter holiday clubs will go live to book on Monday 27th November from 12pm midday! Across the school holidays, free clubs for eligible young people will offer fantastic, festive activities such as Christmas parties, arts and crafts, sports and games, exciting days out and so much more!

[Book on with your Holiday Activities voucher or read more here](#)

JUMP WITH US ON XMAS JUMPER DAY

Christmas Jumper Day 2023 is taking place on Thursday the 7th December. Christmas Jumper day is an annual event ran by the charity Save the Children and encourages people around the world to wear their christmas jumper and make a small donation to the cause of giving children the future they deserve.

Chloe, one half of our resident Townsend Twins will be hosting a special “jumping” based online session to all workplaces on the 7th December. Spread the word, wear your Christmas Jumper and we’ll see you there!

Meeting ID: 854 5969 0931
Passcode: 629695



[Click here to join the session](#)

INTERNATIONAL VOLUNTEERS DAY

Does your organisation offer you the chance to take a ‘volunteer day’? Tuesday 15th December is International Volunteers Day, a day that provides you the perfect opportunity to give back to the community or deliver a service, free of charge.

Some of the Active Essex Team recently visited the Motivated Minds ‘Happy Hub’ in Basildon to take some weight off of their shoulders and put their christmas decorations up. The day included putting together and decorating their giant tree and other festive decorations as well as wrapping up some presents to be given to the local community!



WINTER WELLNESS WREATH

Although there is so much to do and enjoy during the month of December, it's also important that we prioritise our physical and mental wellbeing. Whether that's grabbing a cuppa' with a friend, exploring your local nature park or trying a new activity, we hope our Winter Wellness Wreath can inspire you this month!

WINTER WELLBEING WREATH

12 **FESTIVE LIGHTS**
Head outside with a friend and explore the christmas lights in your local area!

11 **PLAN NEW YEAR RESOLUTIONS**
How would you like to better yourself next year to support your physical and mental wellbeing?

10 **GET CREATIVE**
Get inspired and crafty by making your own festive ornaments, paper snowflakes or christmas cards - perfect for the whole family to try!

9 **LIFT YOUR SPIRITS**
Do something that brings you joy. Maybe listen to your favourite podcast or music and have a dance party!

8 **GET COOKING**
Try cooking a new dish or baking festive, sweet treats - gift them to loved ones or host a dinner party!

7 **STAY CONNECTED**
Check in and make sure to message family, friends and loved ones this winter.

6 **GET ACTIVE AT HOME**
Head over to the Find Your Active YouTube channel, get inspired and try a new workout video!

5 **DONATE**
Many charities organise gift donations to those in need at christmas. Find one near you and help your community if you can!

4 **ENJOY FRESH AIR**
Winter is a great season to get walking - message a friend, grab a coffee and get those steps in!

3 **REST AND RELAX**
Don't forget to switch off this season! Pop on your favourite, festive movie or enjoy a hot bath.

2 **TRY A WINTER SPORT**
Find your nearest ice skating rink or hockey class and try something new!

1 **RUN FOR FUN**
There are several fun runs across the county this season, also on Christmas and New Years Day including ParkRun, ParkWalk, ParkPlay and more!

FIND YOUR ACTIVE

www.activeessex.org/find-your-active