

FEBRUARY 2024

FYA WORKPLACE EDITION



Give something new a go

With the 2024 well underway, why not give a new and slightly different activity a try this year? The Find Your Active activity finder holds over 2,000 activity and sport sessions across the county, with many non-traditional options such as Pickleball, Aqua Zumba and Trampoline Fitness. <https://www.activeessex.org/activity-finder/>



Alternatively, if you'd feel more comfortable to try an activity from the comfort of our own home before attending a class, check out our Find Your Active YouTube channel: <https://www.youtube.com/@FindYourActive>

Sam Crawford – Adult Social Care

Sam encourages colleagues to take on Big Team Challenges.

“The important aspect which I really wanted to share was about the positive wellbeing influence of undertaking this challenge. One of the things I enjoyed most was getting to know work colleagues in a new and fun way. Our team set up a WhatsApp group to stay in touch, share updates, experiences and motivate each other and this was great fun!





Big Team Challenge

Launching in line with Time To Talk Day, Big Team Challenge returns! For 3 weeks, starting 1st February, get your teams together to take on the walking challenge.

This year's challenge will take you through the Islands of the Caribbean, starting off in Trinidad and Tobago an island off the northern edge of South America before travelling along to Barbados and St Lucia which is in the eastern Caribbean Sea on the boundary with the Atlantic Ocean before reaching the final destination of Antigua and Barbuda, covering a total of 626.6 miles / 1,470,440 steps.

To sign up you will need to follow the below instructions:

- Download the Big team challenge app, or input <https://activeessex.bigteamchallenge.com> into your browser
- If you completed a previous challenge, you would need to log out and then relog back in, ensuring that you add **activeessex** in the challenge address section.
- All we ask is that every organisation that takes part in the challenge, sign up to our Find Your Workplace Newsletter [here](#).

Need help?

- Check out the useful tips and videos directly from Big Team Challenge <https://help.bigteamchallenge.com/en/>
- Alternatively reach out to Danielle.Warnes@essex.gov.uk for support.





Apprentice Week

National Apprentice Week in February, recognises and celebrates accomplishments of apprentices, so we wanted to highlight the incredible work of Coach Core. The initiative, that is based around the country, with a cohort of employers and apprentices here in Essex, use the power of sport and apprenticeships to change the lives of young adults.

[Read more here](#)



Workplace Pledge

There is no better time than now for your workplace to make pledges to be more active as an organisation or as individuals. Whether you want to have more walking meetings or take part in more of our workplace challenges that we have to offer, there is no better way to seal the deal by signing up to one of our pledges.

We have created some assets for you to print out so you don't forget, or post to your social media channels so you can inspire others to do the same.

[Find our workplace pledge assets here](#)

