

JANUARY 2024

# FYA WORKPLACE EDITION



## Happy New Year!

From everyone at Active Essex we'd like to wish you a happy and healthy new year.



## Set Your Goals

As another year rolls round, make this New Year your time to set your goals, and ensure your workplace wellbeing is a priority! Is there an initiative you can go involved with? New activities you could showcase at your workplace? Added support you could offer employees?

Find more ideas here >

## Mind Self-care webinar

On 17 Jan 2024 we're hosting a webinar on 'Exploring Self-Care' and launching our updated Self-care library.

The aim of the webinar is to increase awareness of self-care and encourage the sport sector to engage in self-care techniques to support their own mental health and that of others.

[Sign up](#) to book your free space.





## Congratulations to our Workplace Team of the Year!

We want to congratulate Essex Recovery Foundation who are this year's winner's of the Essex Activity Awards Workplace Team of the Year award. Putting staff's wellbeing first, the Essex Recovery Foundation encourage staff to work flexibly to ensure they can build activity into their daily routine. In addition they hold walk and talks, monthly team activity days and fundraising challenges to suit everyone. We hope they've inspired your workplace to get active and maybe at next year's awards you could be our winners!

[Read more about our other winners here](#)



## Big Team Challenge is coming soon! teaser - starting 1st Feb linked to Time to Talk day

We've listened and heard your expressions to do another Big Team Challenge, so we're actioning! Starting on 1st February, and tying in with Time to Talk Day, the upcoming challenge will consist of a mental health focus, and chance to encourage your workplace to talk to one another, as well as get moving.

Make sure you keep an eye out on our social channels, for the release of the route and sign up!



## Fully funded bike maintenance sessions

We are pleased to announce that the Essex County Council's Cycle Training Team can run a selection of bike maintenance sessions for your staff/community to help them get out and about on their bikes completely free of charge.

This is fully funded through the [Active Travel Capability Fund](#).

1. Instructor led bike maintenance session (performed on a demonstration bike) – we will set up a 'workstation' on your site, where employees/residents will be shown what to look for on a bike repair, how to recognise when it needs to go to a qualified mechanic and teach them how to fix a puncture.
2. D.I.Y bike maintenance session (own bike required) – we will set up a 'workstation' on your site, where employees/residents bring their own bikes, and our mechanic will show them how to diagnose and fix various problems. They will also be taught how to repair a puncture.
3. Run a Dr Bike workshop (bike dropped off and collected once repaired), where employees/residents bring their own bikes and leave with our mechanic for them to check and then carry out any minor repairs needed. This would be for around 5 hours. In conjunction with this option, we would include a puncture repair workshop to teach people how to fix these themselves.

If you are interested in finding out more about this offer or would like to discuss further, please contact [cycletrainingteam@essex.gov.uk](mailto:cycletrainingteam@essex.gov.uk)

