

Coastline Housing

220 staff based across 5 office sites
+ remote workers



Coastline Housing decided to launch a healthy workplace initiative in 2008, to help improve general health and wellbeing across the company.

After the appointment of some healthy workplace champions to drive forward the initiative, things soon started snowballing and a plethora of healthy ideas and activities started to be implemented.

The company now has its own 5-a-side football team that plays in a local league, and has put forward teams for local cricket matches and gig racing events.

Staff were offered free flu-jabs and free health screening in the office, and also given access to an Employee Assistance Programme where they could confidentially discuss any health or stress concerns.

Other 'healthy habits' developed by the staff team include a commitment to healthier corporate lunches, the implementation of a healthy veg box scheme, paintballing days and cycle outings, to name but a few!

David Wingham, Director of Corporate Services, says:

"The health promotion bug has really caught on! Employees are constantly coming up with new ideas and it's done a great deal to help with staff morale."

"I am part of the Coastline Football team. I would like to say that this initiative has got me exercising again after a lengthy absence, which feels amazing. It has created a good bond with team members, and staff who don't interact on a regular basis do so in the football team. Team members include the CEO, it is fantastic to see senior members of staff getting involved in team-building events."

Paul Hodgson, Senior IT Officer

