

- ♥ Healthy Food Boxes
- ♥ Flexible Working
- ♥ Stress Buster Workshops
- ♥ Family Friendly Policies
- ♥ Lunchtime Toolbox Talks
- ♥ Massage
- ♥ Mentoring scheme
- ♥ Sun Awareness Days
- ♥ Stress Pathway
- ♥ Pool Bikes
- ♥ Pedometer Challenge
- ♥ Active Travel Days
- ♥ Healthy Breakfasts
- ♥ Choir
- ♥ Gardening Club
- ♥ Reflexology
- ♥ Yoga
- ♥ Pilates
- ♥ Champions
- ♥ Fruit Smoothie Making
- ♥ Leisure Sessions
- ♥ Taster Sessions
- ♥ Cycle-scheme
- ♥ Allotments
- ♥ Dedicated Staff Health and Wellbeing Notice Board
- ♥ Arts and Crafts
- ♥ Skills Pool
- ♥ Talent Competition
- ♥ Charity Team Events i.e Race for Life
- ♥ Honesty Snack Box
- ♥ Shape Up Weight Management Group
- ♥ Healthy Recipe Ideas
- ♥ Staff Health and Wellbeing Web-Page
- ♥ Dedicated Staff Health and Wellbeing Email
- ♥ Dedicated Workplace Health Budget
- ♥ Onsite Activity Taster Sessions
- ♥ Share a Talent
- ♥ Team Sports
- ♥ Healthy Menus
- ♥ Monthly Themed Events
- ♥ Policy Manual
- ♥ Health and Wellbeing Induction Pack
- ♥ Stop Smoking Group/Support
- ♥ Chlamydia Screening Tests
- ♥ Health Promotion Talks/Presentations
- ♥ Staff Health and Wellbeing Day
- ♥ Chiropractor
- ♥ Podiatrist
- ♥ Fitball

