

JUNE 2024

# FYA WORKPLACE EDITION



## National Wellbeing Week

26th - 30th June is National Wellbeing week and we're encouraging you to move more for your wellbeing. Whether you choose to increase your steps or take more screen breaks to clear your mind, looking after our wellbeing is vital to ensuring we are being productive as possible, reaching our full potential when at work. Mind have a resource pack that details ways in which workplaces can support their staffs wellbeing.

[Read more here](#)



## Volunteer Week 2024

National Volunteer Week this year takes place from the 3rd - 9th of June. Many workplaces offer colleagues volunteer days where they can take a couple of days off a year to help out at and volunteer in the local community. [volunteersweek.org](http://volunteersweek.org) have more information and a number of resources available to help make the most of the week.

[Read more here](#)



## Big Team Challenge

As the current Big Team challenge covering the length of the Wales Coast is well underway. We wanted to highlight one of the stories we heard from the last challenge we held!

*"We recognized the importance of promoting a healthy lifestyle among our team members. Engaging in the walking challenge was a fun and motivating way stay active and prioritize our physical well-being, as we are all doing sedentary jobs. Participating in the walking challenge was a fantastic opportunity for our team to come together outside of our usual work environment."*

Tatiana Cullingford - Transport Officer, Essex County Council





## Bike Week 2024 - Essex Webinar Series, Workplaces

**Tuesday 11th June, 11:30am-12:15pm**

Bike Week aims to show how enjoyable and life-changing making the switch to cycling can really be. Not only will you see fantastic improvements to your health, but you'll be also helping to reduce the UK's carbon footprint and keeping your communities air cleaner.

Join our workplaces webinar, which is aimed at local employees and employers and will focus on opportunities to support your business exploring sustainable travel. Mike Polom, from Colchester City Council will be discussing the work Colchester City Council have been doing in collaboration with local businesses and travel plans and the Essex County Council Sustainable Travel Team will be speaking about the Modeshift STARS scheme, as well as the Smarter Travel for Essex Network (STEN).

Sign up to the Webinar here



## Men's Health Week 2024

Men's Health Week (MHW) is designed to give all boys and men access to the information, services and treatment they need to live healthier, longer and more fulfilling lives. This year Men's Health Week runs from June 10 - 16th. Essex Working Well, as part of the [Essex Wellbeing Service](#), provides Essex businesses with free workplace health and wellbeing support. Why not use Men's Health Week this month as an opportunity to take a deeper dive into what they have on offer and how they can support colleagues in your organisation.

Read more here

