

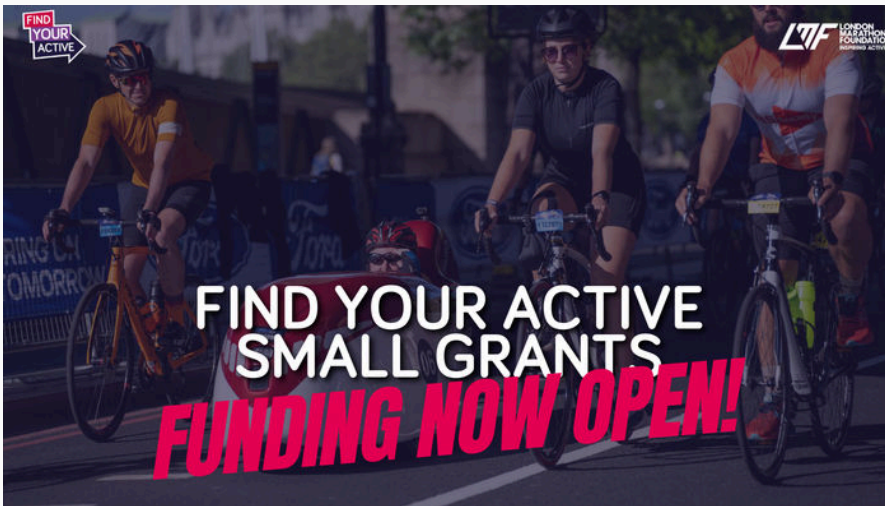
SEPTEMBER 2024

# FYA WORKPLACE EDITION



## Find Your Active Fund Reopens

We're pleased to announce that our pivotal funding partnership with London Marathon Foundation continues as we reopen applications for our #FindYourActive Small Grants. The funding comes off the back of another successful Ford RideLondon-Essex weekend. We're again working with the London Marathon Foundation to support Essex projects to help lead healthy and active lives.



Workplaces can apply for funding to help colleagues to find their active. If your workplace has an idea or initiative to help get colleagues active that needs financial backing we have a small grants pot that might help you!

[Read more here](#)



## World Car Free Day

22 September is World Car Free Day. It provides a great opportunity for your workplace to take the first steps in becoming a more environmentally friendly organisation.

Encourage your employees, if possible, to park further away from the office and walk in or cycle from home if they live close enough, providing both environmental benefits as well as having a positive impact on the health and wellbeing on employees.



**NATIONAL  
FITNESS  
DAY**

Search for free  
classes in your area!

STAY  
THE



## National Fitness Day - 18th September

National Fitness Day is an annual campaign by ukactive that highlights the role physical activity plays across the UK, helping to raise awareness of its importance in assisting us to lead healthier lifestyles.

The theme for 2024 is 'Your Health is for Life', which has been carried over from 2023 as it holds a powerful message that can resonate with us all. National Fitness Day is no longer about exercising at just that one moment in time but about the longevity in taking small steps towards a lifestyle which can both protect and improve your health.

On their website they have a range of ways in which you can get active on National Fitness day as well as some amazing FREE resources to help you!

[Read more here](#)



## Essex Activity Award Nominations

Active Essex will be hosting their annual Essex Activity Awards ceremony in December, which recognises and celebrates the extent of achievements in sport and physical activity that have taken place throughout our county this year. If your workplace, team or organisation have supported staff wellbeing and encouraged them to get active, either through innovative ideas and opportunities to change sedentary behaviour, or to promote better physical and mental wellbeing, then put your nomination forward for the 'Active Employer' category!

Nominations will go live on the 2nd September where you can nominate your organisation or workplace for the category.

[Read more here](#)



# International Week of Happiness at Work

From the 23rd-27th September we'll be promoting the International Week of Happiness at Work. This week provides you with the chance to ensure that happiness at work is a top priority for all. Happy employees are more productive, resilient and creative, benefitting not only the employer but also the health and wellbeing of staff too. So what can you do as a workplace? Find some ideas below:

- Talk about your organisational culture, and how you can make changes
- Allow flexible working, to enable employees to attend a gym class or activity session
- Ensure staff take regular breaks from their desk, adding movement into the working day
- Organise a team activity or team building session
- In groups, have a discussion about what makes you happy at work

Read more here



## Upcoming Awareness Days/Weeks

### 10th September - World Suicide Prevention Day

An opportunity to raise awareness of suicide and the steps we can take at work to help prevent it and help reduce the stigma surrounding it.

### 1st-31st October - UK Black History Month

This year's theme for UK Black History Month is Reclaiming Narratives, marking a significant shift towards recognising and correcting the narratives of Black history and culture.

### 10th October - World Mental Health Day

This year's theme is "It is time to prioritise mental health in the workplace."  
Correcting the narratives of Black history and culture.