

DECEMBER 2024

FYA WORKPLACE EDITION



Essex Activity Awards 2024

Next week we will be welcoming guests and shortlisted nominees to this years Essex Activity Awards. In competition to be crowned this years Active Employer of the Year are Fenn Wright, Tendring District Council and Woodlands School. These three workplaces have been shortlisted because:

- **Fenn Wright:** The estate agent hold various challenges throughout the year, to help unite staff members, raise money for charity and to increase activity levels in the workplace.
- **Tendring District Council:** Aside from offering PowerSticks sessions, weight management programmes and fitness classes, TDC encourage active breaks, supporting staff in their wellness goals.
- **As part of staff performance reviews at Woodlands School Hutton Manor,** they encourage each person to set a personal wellbeing goal to ensure they have a healthy work-life balance.



Fenn Wright



Tendring District Council



Woodlands School Hutton Manor

#FindYourActive for Free

Find Your Active want to support residents and workplaces across the county to remain active, in a free and fun way across the winter months.

We know that the winter months can be especially hard on the bank account during this period so on our website you can find plenty of online resources and local opportunities which will help us all move a little more, without breaking the bank.



[Read more here](#)





Volunteers Day - 5th December

Does your organisation offer you the chance to take a 'volunteer day'? Tuesday 15th December is International Volunteers Day, a day that provides you the perfect opportunity to give back to the community or deliver a service, free of charge.

Some of the Active Essex Team visited the Motivated Minds 'Happy Hub' in Basildon last year to take some weight off of their shoulders and put their christmas decorations up. The day included putting together and decorating their giant tree and other festive decorations as well as wrapping up some presents to be given to the local community!

Festival of Winter Walking

The Essex Wellbeing Service and Ramblers are promoting walking during the winter months by sharing tips routes and stories to inspire you to make the most of the season. Their website includes a number of picturesque walks and the reasons in which walking is so important. Make sure to check it out!

[Read more here](#)



It's time to take on our new Big Team Challenge!

We're excited to announce that in the lead up to christmas we're hosting another edition of the Big Team challenge for workplaces. Virtually walk across the French Alps in your teams and take on the winter themed challenge!

- **6 people per team**
- **15 days to complete the challenge**
- **704,457 steps needed to finish**



Sign up using the link below and follow the steps to set up your teams ready for the challenge to start.

[Read more here](#)



Winter Wellness Wreath

Although there is so much to do and enjoy during the month of December, it's also important that we prioritise our physical and mental wellbeing. Whether that's grabbing a cuppa' with a friend, exploring your local nature park or trying a new activity, we hope our Winter Wellness Wreath can inspire you this month!

WINTER WELLBEING WREATH

12 **FESTIVE LIGHTS**
Head outside with a friend and explore the christmas lights in your local area!

11 **PLAN NEW YEAR RESOLUTIONS**
How would you like to better yourself next year to support your physical and mental wellbeing?

10 **GET CREATIVE**
Get inspired and crafty by making your own festive ornaments, paper snowflakes or christmas cards - perfect for the whole family to try!

9 **LIFT YOUR SPIRITS**
Do something that brings you joy. Maybe listen to your favourite podcast or music and have a dance party!

8 **GET COOKING**
Try cooking a new dish or baking festive, sweet treats - gift them to loved ones or host a dinner party!

7 **STAY CONNECTED**
Check in and make sure to message family, friends and loved ones this winter.

6 **GET ACTIVE AT HOME**
Head over to the Find Your Active YouTube channel, get inspired and try a new workout video!

5 **DONATE**
Many charities organise gift donations to those in need at christmas. Find one near you and help your community if you can!

4 **ENJOY FRESH AIR**
Winter is a great season to get walking - message a friend, grab a coffee and get those steps in!

3 **REST AND RELAX**
Don't forget to switch off this season! Pop on your favourite, festive movie or enjoy a hot bath.

2 **TRY A WINTER SPORT**
Find your nearest ice skating rink or hockey class and try something new!

1 **RUN FOR FUN**
There are several fun runs across the county this season, also on Christmas and New Years Day including ParkRun, ParkWalk, ParkPlay and more!

FIND YOUR ACTIVE

www.activeessex.org/find-your-active