

People

HEALTH & WELLBEING



What are we doing?

Focusing on individual employee's health and wellbeing by offering on site medical assessments from a qualified nurse.

Why?

Employees are our greatest assets, and we want to care and support their health, wellbeing and safety. By offering medical assessments, employees are provided health information that allows them to alter their lifestyle.

As well as medicals we recognise the need to develop a Health and Wellbeing Strategy that encompasses both physical and mental wellbeing. We have signed up to the Mental Health Charter and have trained Mental Health First Aiders on each site across the UK & Ireland.

In 2021 we will be launching our 100-day challenge which is aimed at getting our people more active in day-to-day life and changing habits. We currently support our employees by offering discounted local gym membership.

Outcome?

After an employee received a medical and discovered that they were classed as overweight, with high blood pressure, they decided to embark on a lifestyle change.

"I was quite shocked to learn that I was classed as overweight. The next day I rang my local gym and have been an active member for the past 8 months. I am really enjoying the actives and feel so much fitter and healthier. Also, as a result I have managed to lose 16lbs

