

Latest news

Workplace Wellbeing Charter

Many congratulations to our first local employer to achieve Charter status – **Access Ability UK!**

Operational Manager Zoe Woodworth has driven the process admirably, improving policy, recruitment procedures and communication channels throughout the organisation.

The Charter team were very impressed with the clarity of information presented, and could see the **wellbeing journey** that new and existing employees would now take.

If your team would like to improve their health and wellbeing, if your business would benefit from Charter recognition, or if you are just curious about what the Charter can bring to your business, take a look at www.wellbeingcharter.org.uk and **register** today.

Campaigns

Dry January for Businesses

December is the party season for many – even us at WorkWell BwD! – so January is the ideal time to give your body a rest from **alcohol**.

Not drinking for **one month** can reduce weight, stress, cholesterol, chance of stroke, sleeplessness and many other physical and emotional symptoms.

Support your workplace to have a clean start to the New Year, register now at <http://www.dryjanuary.org.uk/fundraising/corporate/> and get loads of free resources to promote **Dry January** throughout December.

Christmas Break

WorkWell BwD and the Wellbeing Hub will be closed from December 18th and back in business from January 4th.

Merry Christmas and Happy New Year to you all. Let's get together in 2016!

Interested in a healthier workforce?

Get in touch:

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