

The Wellbeing at Work Support Package includes tools, resources, training, and events, designed to support employers to promote and deliver employee wellbeing initiatives.

**Leicestershire & Rutland [excluding Leicester City, Oadby and Wigston]**

**Outside of Leicestershire & Rutland [including Leicester City, Oadby and Wigston]**

<b>Wellbeing at Work Charter</b>	<b>Wellbeing at Work Pledge</b> Organisations make a voluntary pledge to demonstrate their commitment to employee wellbeing.	Free	Free
	<b>Wellbeing at Work Award</b> Awarded to organisations who can demonstrate implementation of the Pledge and provide evidence of the delivery of health and wellbeing interventions in response to the needs of their employees.	<b>Public Sector / Charities</b> £100 +VAT	<b>Public Sector / Charities</b> £450 +VAT
		<b>Small Medium Enterprises*</b> £200 +VAT	<b>Small Medium Enterprises*</b> £550 +VAT
	<b>Large Enterprises**</b> £300 +VAT	<b>Large Enterprises**</b> £650 +VAT	
<b>Workplace Health Needs Assessment (WHNA)</b> The WHNA is sourced from Public Health England and Healthy Working Futures [2017] 'Workplace Health Needs Assessment'.	A tested online tool for organisations of all types and sizes to identify key priority areas of health and wellbeing.	<b>Public Sector / Charities</b> Free	<b>Public Sector / Charities</b> £300 +VAT
		<b>Small Medium Enterprises*</b> £100 +VAT	<b>Small Medium Enterprises*</b> £400 +VAT
		<b>Large Enterprises**</b> £200 +VAT	<b>Large Enterprises**</b> £500 +VAT
<b>Action Planning</b>	<b>Initial Strategy/Action Plan Consultation Session</b> Short consultation session to review current action plans and check/challenge the production and/or adaptations to these in relation to your WHNA results.	Included in cost of WHNA	
	<b>Follow Up Strategy/Action Plan Consultation Session</b> In-depth support to review strategies and/or working action plans, gather staff consultation, implement interventions and effectively monitor and evaluate impact.	£150 + VAT	
<b>Team Events &amp; Competitions</b>	<b>Inter-workplace Competitions</b> Inter-workplace competitions are open to any workplace to get active socially with colleagues.	£6.00pp	
	<b>Annual Business Games</b> Organised twice a year, the Business Games are a multi-sport event open to teams from any workplace.	£12.50pp <i>[Early Bird]</i> £15.00pp <i>[General Sale]</i>	
	<b>Bespoke Business Games</b> A multi-sport event bespoke for your organisation. It can include a range of sports and physical activities, each tailored to your requirements. Ideal for team building activities.	£150 + VAT	

\*Small Medium Enterprises = <250 employees \*\*Large Enterprises = >250 employees

\*Organisations who have completed WHNA in last 12 months will be only required to pay the £100 +VAT (LLR) or £150 +VAT (outside LLR) Award administration fee.

<b>Physical Activity, Health &amp; Wellbeing</b>	<b>Bespoke Health &amp; Wellbeing Days</b> Fun and interactive wellbeing sessions tailored to your organisation's needs. Consist of a variety of activities such as taster sessions and workshops.	Enquire for bespoke quote
	<b>Bespoke In-House Workplace Health Campaign Week</b> Support to deliver a campaign focusing on health and wellbeing, or specific areas such as stress or physical activity.	Enquire for bespoke quote
	<b>Taster Exercise Sessions</b> Support to put you in touch with local instructors who can deliver sessions such as yoga, dance, badminton, boxing and more.	Enquire for bespoke quote
	<b>Walking/Running Groups</b> Support to find instructors who can deliver taster sessions, signposting to local groups, training for leaders, or support to set up a regular group.	Enquire for bespoke quote
<b>Training &amp; CPD</b>	<b>Workplace Physical Activity Champion Training</b> Aimed at anyone with a remit for staff health and wellbeing, this training aims to provide the skills, confidence and resources to increase physical activity participation within your organisation.	£50.00pp +VAT <i>[free if working towards Award]</i>
	<b>Physical Activity Workshops</b> Employees can learn about the importance of being active, and top tips for incorporating more physical activity into their day.	£40.00pp +VAT
<b>Activity Tracker &amp; Bespoke Challenges</b>	The online Activity Tracker allows employees to record their activity and sport participation [free of charge]. Active Together can also organise bespoke challenges for your workplace.	<b>Private Sector</b> £100 +VAT <b>Public Sector</b> £50 +VAT
<b>Health &amp; Wellbeing E-Resources</b>	Leaflets/booklets, posters, and useful links providing information/advice. Includes resources for supporting employees to look after their health and wellbeing whilst working remotely [accessible to organisations signed up to the Wellbeing at Work Charter].	Free
<b>Newsletters</b>	Wellbeing at Work e-newsletter provides top tips, information on upcoming events, competitions and training, as well as relevant news and research.	Free

Support can be provided virtually to combat challenges associated with COVID-19. Furthermore, please note that some activities may be affected by current COVID-19 restrictions.

For further information on any of the services listed above or to enquire for a bespoke quote, please contact:

**Bryany Cornish**

Sports Development Officer  
Active Together

Tel: 01509 564879

Email: [b.cornish@active-together.org](mailto:b.cornish@active-together.org)

[www.active-together.org/wellbeingatwork](http://www.active-together.org/wellbeingatwork)



The Wellbeing at Work programme is delivered in partnership with our Local Authority funding partners across Leicestershire, Leicester & Rutland.