



active & healthy workplace

Funding Available for Businesses to Kick-start an Active & Healthy Workplace Programme!

The Sussexwide Active & Healthy Workplace Initiative is celebrating its first anniversary and the end of a very successful year with a number of businesses benefiting from the free audit and free consultancy services. Industries including catering, education, publishing, manufacturing and local government have been whipped into shape to improve health and business.

The programme aims to raise awareness of the importance of creating an active & healthy workplace to support employers to make a positive change. The initiative targets the development of workplace physical activity and health programmes to effect a lasting change in the culture within Sussex workplaces

The Active & Healthy Workplace initiative is working with local partners to offer Sussex based businesses a fantastic package including:

- Free Consultation Service
- Free Online Audit
- Corporate Tournaments
- Funding to kick start your programme (limited funding for eligible companies)
- Plus much more

Physically active employees take 27% fewer days of sick leave, which can ultimately translate to huge savings. Introducing an Active & Healthy Workplace programme can drive down absenteeism and staff turnover, reducing costs of overtime, sick pay and temporary staff cover, as well as recruitment and re-training costs.

Ill-health costs the UK economy over £12.6 billion annually and in 2008/09 a total of 185 million working days were lost to sickness according to the CIPD's most recent absence management survey. Evidence proves that there are multiple business benefits to be gained through focusing more attention on employee health and well-being, including improved productivity and employee morale and retention.

So what are you waiting for? Thanks to our funders: Big Lottery, Sport England and other local partners including, West Sussex Ahead of the Game, University of Chichester, University of Brighton and the University of Sussex, our advice and support is absolutely FREE! Make sure your business is ahead of the game in the lead up to the 2012 London Olympics!

If you're an employer or an employee and you think this would be beneficial to your company contact Donna Imrie on 01273 644103 or email dimirie@brighton.ac.uk. For more information about the benefits an active and healthy workplace can bring to your organisation visit www.sussexsport.org

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For further details about the Initiative please contact:

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