

Buzz

12 employees Software Company



Healthy Workplace

What we do:

We are a software company specialising in web, app and VR development. Our studio is nestled the heart of Newquay overlooking the sea. Our clients are both local and national and range from Rodda's and Philips through to Barclays and Transport for London.

Why we became a healthy workplace:

After attending the healthy workplace awards in 2017 we felt inspired to create a more health and wellbeing focused team.

We started straight away looking for ways to incorporate things to improve everyone's overall health, mental wellbeing and motivation.

Once we got the ball rolling on this it was really easy to identify things we were already doing and introduce new schemes all of which we were able to add to the online criteria, which all lead to us winning the Bronze Healthy Work Place in 2018.

Recent health and well being activities:

- Health and Wellbeing is part of the workplace culture
- Team sessions to encourage the team to be open and fully in the know
- Keeping staff notice board up to date with information related to working in the software industry such as signs to look out for 'burn out'
- Free fruit on offer to employees and clients on a daily basis
- Team lunches for new starters and for Christmas
- introducing a health, work and wellbeing action plan using the English guide lines
- Having daily whole team stand ups encouraging the team to share what they have done and what they are currently doing
- Having mental health and wellbeing help books easily available in the staff break room

Success Story:

We have been continuing to grow our health and wellbeing activities this past year, building on our previous year, which has shown in the team with their motivation and enthusiasm. The daily stand-ups have made the staff grow closer as a team being able to lean on one another when needed.

Everyone fully enjoys the changes that we've made to gain our healthy workplace awards, with regular breaks, snacking on fruit and regular walks together.

All of our clients have responded very well to all of the changes that we have made, often commenting on the fresh fruit and how happy everyone is.