



Buzz Interactive - 12 employees

Workplace health at Buzz Interactive, who specialise in web and app development really matters to both the directors and employees, so the whole team ensure they all work together to invest in staff health. Having the directors, Lindsey and Paul Axten, on board with staff well-being helps to embed the healthy ethos on all levels. They believe leading by example really is one of the best ways at engaging with your workforce and embedding the culture and letting employees know why health and well-being at work is so important is a great way to maintain engagement.

Being a small team they find communicating openly works as well as frequently asking the team for ideas. They have a nice new staff room which been developed into a fantastic hub of Health at Work, with a comprehensive well-being notice board, relevant wellbeing literature and signposting to health topics, and a pool table with regular staff tournaments to enhance staff morale.

One simple initiative they have embedded at Buzz Interactive is the timetabled drinks breaks for all staff to ensure they take regular breaks throughout the day, with access to water and free fresh fruit provided daily to keep energy and concentration levels up. By joining **Sugar Smart UK**, and working with Cornwall Healthy Workplace Programme, they are able to ensure the key messages are simple and easy to achieve. **Sugar Smart UK** is great for ideas and inspiration, such as simple emails sent to all staff with ideas to look at including reducing sugar in the workplace. They now always offer fruit during meetings and offer the option for walking meetings if the computers aren't needed!

Sophia Franks (Project Co-Ordinator) says: *"Buzz is the first place that I have worked that offers fruit every day! It's really nice when you're feeling bit peckish in-between meals, to be able to grab an orange or banana from the fruit bowl to keep you going. The pool table at lunch really helps make sure you leave the computer screen for a while, giving your eyes a rest whilst also having a laugh"*

Healthy Workplace

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