

Whyfield

13 employees
Accountancy, bookkeeping,
payroll and business services.



Healthy
Workplace

What we do:

Whyfield is very much a modern firm of accountants. Our Truro-based team are highly accredited and highly regarded by our clients throughout Cornwall, Devon and across the UK. We're totally in tune with Making Tax Digital and we've helped hundreds of businesses make the switch over to systems such as Xero, Quickbooks and Sage so they can see how their business is performing in an instant. We're also experienced business advisors - helping turn ideas into thriving start-ups and working with established local businesses to deliver the plans of directors and shareholders.

Why we became a healthy workplace:

As we all spend more time at work with our colleagues than we do at home with our families it was important to create an environment where people felt safe and could perform to the best of their abilities by being supported and empowered. We didn't know where to begin but once we started it snowballed pretty quickly and we found it easy to make small improvements with big benefits to the whole team.

Recent health and well being activities:

- Body composite readings
- Fitness sessions
- Postural analysis
- Healthy eating workshops
- Weekly Fruit boxes
- Fresh produce delivered by Cornish Foodbox, allowing staff to make healthy choices when the 3pm lull kicks in.
- Exercise bike with a desk, giving staff flexibility to also work from their desk whilst exercising.
- Wider selection of fruit, herbal & decaff teas and coffees in the office kitchen and a smoothie machine.
- Private health insurance with an incentive & rewards scheme for keeping active. Rewards include cinema tickets, free coffee and discounts on spas and flight.
- Eye test vouchers and money off glasses
- 'When in need' Rescue box - containing various remedies for common illnesses, deodorant, etc
- Puzzle books and magazines in the kitchen
- Revamp of the kitchen to make it a more enjoyable place to relax and unwind, with additional seating & shelving to allow people to use equipment and bring in things from home.
- A monthly themed buffet lunch where every member of the team brings in one item and we have lunch together.

- Walking routes outside the office and encouragement to get out for a walk each day.
- In house team building days
- Mental health first aid training for all staff.
- Changed working hours to avoid rush hour and make the commute a little easier.
- Duvet day - this is a once a year 'get out jail free' card where you can take an additional paid day off without notice.

Plans aims for the next year:

We want to continue on our journey with a real focus on Mental Health in the workplace and how having a healthy lifestyle can improve mental health. We also want to spread the word of what we have achieved to other businesses to encourage them to make positive changes.

Quote feedback from Staff:

The feedback from the team on the above has been incredible, everyone has been responsive to the changes and fully on board with the vision we have here. They feel valued, respected and as a result productivity is through the roof! The business is growing day by day and working in such a supported environment has meant this growth has been managed with less stress and pressure which can only be a good thing.