



**Flying Start
Nurseries**

**Our Healthy
Workplace**

Our Top 3 Achievements in 2019:

Recognising mental and physical health in parity, and supporting staff to return to work through a carefully modelled daily monitoring system

Training more staff in vital Mental Health Awareness and First Aid

Launching initiatives to make physical exercise more accessible and inviting

We also...

- Supported several individuals with very specific health/bereavement/wellbeing needs to enable them to continue working and seek support through us, their workplace
- Introduced free healthy drinks and snacks to all employees
- Trialled exercise equipment at lunchtimes
- Listened to what staff think is important to their wellbeing



AND built on
our Silver
Healthy
Workplace
Award,
achieving our
GOLD!

Plans for 2020

- Walk Around The World counting our steps (maybe several times!)
- Listen to staff with their suggestions on what might improve their workplace health
- Take part in physical health challenges in teams
- Continue to train more staff in mental health awareness and monitoring tools



Healthy
Workplace

Flying Start
Nurseries are
proud to be
recognised as a
GOLD Standard
Healthy Workplace
for its employees!