

## **Health and Wellbeing Activities/Initiatives promoted to staff January to March 2024**

The following wellbeing events and initiatives have been promoted to staff during the quarter:

- The Lullaby Trust: tips and advice on creating safe sleeping arrangements for children.
- AVCWise: shared cost AVCs to assist with planning for retirement taking advantage of salary sacrifice;
- UKSPF Pride Sculpture Project;
- In Sam's Name events;
- January health fair for staff (see attached timetable);
- Festival of Science and Curiosity;
- The Great British Spring Clean;
- Free online training regarding domestic abuse from Equation;
- BDC Health and Well-being Blog
- Financial Fresh Start: Your Guide to Budgeting in the New Year;
- Measles – how to stay safe;
- Sharing of a presentation on the menopause delivered during the health fair;
- Sexual Abuse and Sexual Violence Awareness Week;
- Item about Nicki Richards, Domestic Abuse Co-ordinator, and how to contact her;
- LGBT+ History Month;
- How to prevent online shopping fraud;
- Westfield Health Plan;
- Toolbox talk on 'sharps';
- Cycle to Work scheme roadshow at Carlton Forest;
- Kilton Forest Golf Club Charity Golf Competition;
- Learn to ride your bike and cycling skills workshop;
- Information about the Children's Bereavement Centre;
- Bassetlaw Careers Fair;
- Swimming Lessons at Your Space Worksop;
- Retford Big Market Day;
- Notts Energy Partnership free home visits to optimise energy usage in the home;
- List of BDC First Aiders.