

Civil Service Active Wellbeing Week 2019

Thank you for your support...

Your help is vital to the success of **Active Wellbeing Week** and by promoting the week you'll spark enthusiasm amongst your colleagues to make a real difference to their lifestyle, both inside and outside the workplace.

In your pack you'll find all the things you need to **decorate your workplace** and celebrate the week including balloons, workplace activity cards, posters, a pledge wipe board, a lanyard and leaflet pad.

We'd love to see your photos on facebook or twitter with the hashtags **#ActiveWellbeingWeek** and **#ActiveForLife**. You could even win your office some practically perfect pamper prizes!

DON'T FORGET YOU CAN ORDER EXTRA DECORATIONS AND DOWNLOAD FURTHER MATERIALS FROM THE WEBSITE.

“ I'm pleased to support our 2nd Civil Service **Active Wellbeing Week**. Looking after our physical health is an essential part of looking after our mental health and wellbeing. The week provides a host of events and opportunities to reinforce that keeping active in our daily lives and having fun at the same time is also good for our mental health. Please make a pledge for the week and keep it going throughout the year. Good luck! ”

Jonathan Jones, Civil Service Health and Wellbeing Champion



Make your move with



On top of the decorations in this pack, there are lots of ways your workplace can get involved...



Pledge to WIN!

Encourage colleagues to make a pledge to lead a more active lifestyle. Pledges are a great first step and even a small pledge can make a big difference to your wellbeing.

As a little incentive, we're offering **one lucky pledger a prize of £2,500 worth of holiday vouchers**, just by making a pledge on the website. We'll choose the winning pledge, at random, and you could be sunning yourself on the beach in Barbados or skiing the slopes of Italy. **Not only that, we also have an exciting range of daily prizes up for grabs too!**



Online Support

To help your colleagues stick to their pledges, we've got a fantastic range of online tools and resources including **ideas to getting active, inspirational stories and signposting tools**.

You will also be able to find a range of downloadable promotional materials including email templates, social media banners and posters.



Organise an Activity

This year we can help you fund and organise activities in your office. We want to see as many offices as possible putting on an activity, so if you ever fancied organising a yoga class, learning salsa, or perhaps table tennis is more your thing, we can make it happen! To find out how to get involved, ideas on what to organise and what can be funded, take a look at the **Active Wellbeing Week website**.

Visit activewellbeing.me.uk