



## It's a 'Thumbs Up' from our #oneteam as we receive our 'Healthy Working Lives Bronze Award.'

The Healthy Working Lives award programme helps organisations identify issues and improve health, safety and wellbeing in a structured and productive way. Open to any size of business, we've been working with the 'Healthy Working Lives' team since Autumn of 2018, implementing various initiatives that support the overall health and wellness of our Centrestage #oneteam. This has resulted in achieving our 'Healthy Working Lives Bronze Award.'

The formation of our 'Arts of Wellbeing' group has driven activities across the charity including our first dedicated #oneteam wellbeing day that brought together various partners from NHS to Westfield Health with the objective of providing everyone with the opportunity to obtain current information on how to live a healthier life from exercise, diet to mindfulness.

Leanne Jamieson from Centrestage Marketing, who helped organise the wellbeing day, said, "The response from the team was incredible throughout the day with many gaining new knowledge



and insight into tools available that help us all adopt healthier choices. We look forward to delivering another event later in the year."

The awards recognise a healthier, more motivated and productive workforce, creating an environment where health and team wellbeing is very much at the forefront.

Andy Swanson, who heads up Organisational Development at Centrestage, and who's been championing this recognised programme comments on the Bronze Award, "It has been such a worthwhile initiative for us to embark upon with Healthy Working Lives, what it has achieved already for our processes and people is significant. We're delighted to receive this recognition and I thank the wider team for making it happen. We will now look at the steps required in achieving the Silver Award."

Find out more about 'Healthy Working Lives' [www.healthyworkinglives.scot](http://www.healthyworkinglives.scot)

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