



# WELLBEING AT WORK AWARD

## HELPING YOU WITH LIVEWELL'S WELLBEING AT WORK AWARD

Looking for help with the Active and Sustainable Travel aspects of the Physical Activity, Healthy Eating and Healthier Weight Toolkit?

You have come to the right place!

Plymouth City Council's Transport Strategy and Plymotion Teams can provide information and support in areas which will help you when working towards:

### Bronze Level

In your Workplace Needs Assessment, you might want to review how your employees incorporate physical activity and sustainable travel into their daily journey to work. You could also review any workplace facilities you have that help support your staff.

If you plan to choose this toolkit at either Silver or Gold level, asking a few questions in a workplace survey about travel or carrying out a basic site audit might be something you wish to include in your workplace needs assessment.

Our fact sheets and free tools such as iTRACE and Travel Plans 365 can help you.

You might also want to host one of our popular Plymotion at Your Workplace sessions.

Check out our workplace support pages:

[www.plymouth.gov.uk/parkingandtravel/plymotion/yourworkplace](http://www.plymouth.gov.uk/parkingandtravel/plymotion/yourworkplace)

### Silver or Gold Level

When working towards achieving the Physical Activity, Healthy Eating and Healthier Weight Toolkit, we can provide help and support.

The new Wellbeing at Work Award is being launched on February 12 2019 by Livewell South West's Wellbeing Team.

Over the coming weeks we will make available downloadable fact sheets covering useful areas such as:

- Travel planning
- Promotion of:
  - Cycling
  - Walking
  - Public transport
  - Car share / car clubs
- Role of travel plan coordinators / travel champions
- Running workplace events and campaigns

## HOW TO GET STARTED?

If you'd like to know more about how Plymouth City Council Transport Strategy and Plymotion Teams can help your business, please contact Plymouth City Council at [linda.greene@plymouth.gov.uk](mailto:linda.greene@plymouth.gov.uk) or [plymotion@plymouth.gov.uk](mailto:plymotion@plymouth.gov.uk)

Telephone 01752 304585.



# PLYMOTION AT YOUR WORKPLACE