

The Wellbeing at Work Support Package includes tools, resources, training, and events, designed to support employers to promote and deliver employee wellbeing initiatives.

**Leicestershire,
Leicester & Rutland
(excluding Oadby
and Wigston)**

**Outside of Leicestershire,
Leicester & Rutland
(including Oadby
and Wigston)**

Wellbeing at Work Charter	Wellbeing at Work Pledge Organisations make a voluntary pledge to demonstrate their commitment to employee wellbeing.	Free	Free
	Wellbeing at Work Award Awarded to organisations who can demonstrate implementation of the Pledge and provide evidence of the delivery of health and wellbeing interventions in response to the needs of their employees.	Public Sector / Charities £100 +VAT	Public Sector / Charities £450 +VAT
		Small Medium Enterprises* £200 +VAT	Small Medium Enterprises* £550 +VAT
	Large Enterprises** £300 +VAT	Large Enterprises** £650 +VAT	
Workplace Health Needs Assessment (WHNA) The WHNA is sourced from Public Health England and Healthy Working Futures [2017] 'Workplace Health Needs Assessment'.	A tested online tool for organisations of all types and sizes to identify key priority areas of health and wellbeing.	Public Sector / Charities Free	Public Sector / Charities £300 +VAT
		Small Medium Enterprises* £100 +VAT	Small Medium Enterprises* £400 +VAT
		Large Enterprises** £200 +VAT	Large Enterprises** £500 +VAT
Action Planning	Initial Strategy/Action Plan Consultation Session Short consultation session to review current action plans and check/challenge the production and/or adaptations to these in relation to your WHNA results.	Included in cost of WHNA	
	Follow Up Strategy/Action Plan Consultation Session In-depth support to review strategies and/or working action plans, gather staff consultation, implement interventions and effectively monitor and evaluate impact.	£150 + VAT	
Team Events & Competitions	Inter-workplace Competitions Inter-workplace competitions are open to any workplace to get active socially with colleagues.	£6.00pp	
	Annual Business Games Organised twice a year by LRS, the Business Games are a multi-sport event open to teams from any workplace.	£12.50pp <i>[Early Bird]</i> £15.00pp <i>[General Sale]</i>	
	Bespoke Business Games A multi-sport event bespoke for your organisation. It can include a range of sports and physical activities, each tailored to your requirements. Ideal for team building activities.	£150 + VAT	

*Small Medium Enterprises = <250 employees **Large Enterprises = >250 employees

*Organisations who have completed WHNA in last 12 months will be only required to pay the £100 +VAT (LLR) or £150 +VAT (outside LLR) Award administration fee.

Physical Activity, Health & Wellbeing	Bespoke Health & Wellbeing Days Fun and interactive wellbeing sessions tailored to your organisation's needs. Consist of a variety of activities such as taster sessions and workshops.	Enquire for bespoke quote
	Bespoke In-House Workplace Health Campaign Week Support to deliver a campaign focusing on health and wellbeing, or specific areas such as stress or physical activity.	Enquire for bespoke quote
	Taster Exercise Sessions Support to put you in touch with local instructors who can deliver sessions such as yoga, dance, badminton, boxing and more.	Enquire for bespoke quote
	Walking/Running Groups Support to find instructors who can deliver taster sessions, signposting to local groups, training for leaders, or support to set up a regular group.	Enquire for bespoke quote
Training & CPD	Workplace Physical Activity Champion Training Aimed at anyone with a remit for staff health and wellbeing, this training aims to provide the skills, confidence and resources to increase physical activity participation within your organisation.	£50.00pp +VAT <i>[free if working towards Award]</i>
	Physical Activity Workshops Employees can learn about the importance of being active, and top tips for incorporating more physical activity into their day.	£40.00pp +VAT
Activity Tracker & Bespoke Challenges	The online Activity Tracker allows employees to record their activity and sport participation [free of charge]. LRS can also organise bespoke challenges for your workplace.	Private Sector £100 +VAT Public Sector £50 +VAT
Health & Wellbeing E-Resources	Leaflets/booklets, posters, and useful links providing information/advice. Includes resources for supporting employees to look after their health and wellbeing whilst working remotely [accessible to organisations signed up to the Wellbeing at Work Charter].	Free
Newsletters	LRS Wellbeing at Work e-newsletter provides top tips, information on upcoming events, competitions and training, as well as relevant news and research.	Free

Support can be provided virtually to combat challenges associated with COVID-19. Furthermore, please note that some activities may be affected by current COVID-19 restrictions.

For further information on any of the services listed above or to enquire for a bespoke quote, please contact:

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