



DID YOU KNOW?
Businesses face an average of 4.4 days of sickness absence per employee, each year, costing the local economy up to £265m annually.

Wellbeing @Work

For happy, healthy and engaged employees

The Wellbeing @Work package is designed to support local workplaces to improve the health and wellbeing of their staff, and reap the benefits of a healthier workforce.

How can your workplace get involved?

Workplace Health Needs Assessment

See overleaf for more information.

Inter-Workplace Competitions

Sign up with a group of colleagues to our competitions which feature an array of sports including netball, volleyball, and wheelchair basketball.

Business Games

Attend the annual multi-sport event or access support to organise a bespoke Business Games tailored to your workplace's needs.

Activity Tracker

Employees can sign up to the Leicestershire & Rutland Sport (LRS) website to record their activity and sport participation and take part in challenges against colleagues and other workplaces.

Training & Workshops

Designed to provide organisations with the skills, confidence, and resources to promote better workplace health and increase physical activity levels amongst staff.

For more information, please visit:

www.llrwellbeingatwork.org [in](#) /showcase/wellbeingatwork



**LEICESTER-SHIRE
& RUTLAND SPORT**
PHYSICAL ACTIVITY & WELLBEING



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The Workplace Health Needs Assessment (WHNA)* is a tested tool for organisations of all types and sizes and can be used to identify and improve areas of employee health and wellbeing.

How does it work?

1	Your organisation encourages staff to complete a WHNA supplied by Leicester-Shire & Rutland Sport (LRS).
2	LRS conduct a full analysis of survey results and provide a comprehensive report of current employee health and wellbeing levels, along with tailored recommendations to improve.
3	LRS and partners can support an organisation to set up activities, develop an action plan or health and wellbeing strategy to improve and encourage better staff wellbeing.

The WHNA is free of charge to eligible organisations**

"This package has been invaluable in shaping the delivery of our workplace health programme."

North West Leicestershire District Council

"The Leicester-Shire & Rutland Sport team have an abundance of knowledge and the ability to provide a strong and dedicated assistance platform to engage with our employees."

Everyone Active

For more information, please visit:

www.llrwellbeingatwork.org [/showcase/wellbeingatwork](https://www.linkedin.com/showcase/wellbeingatwork)



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*The WHNA is sourced from Public Health England and Healthy Working Futures (2017), "Workplace Health Needs Assessment".

** Due to funding, the WHNA is free for most Leicestershire-based organisations, with a charge for Leicester City, Dadby and Wigston, and Rutland-based organisations.