



Trafford Leisure

APSE National Sports and Leisure Management Advisory Group
Tuesday 17th January 2017

“Trafford Leisure – Workplace Wellbeing”

Jo Cherrett, Chief Operating Officer Trafford Leisure CIC
Emma Thomas, Head of Development Trafford Leisure CIC

more **people**, more **active**, more **often**
www.traffordleisure.co.uk



Background and Context

- ✓ 73.6% of the adult population aged between 16-64 are in employment and spend around 60% of their waking hours in the workplace
- ✓ Work related ill health is responsible for 22.1 million working days lost per year (An average of 5.31 sick days per year per head) at a cost to the economy of £15 billion per year (*Health at Work, an independent review of sickness absence and Absence Management 2011*)
- ✓ 75% of all new workplace absences last year were directly attributed to musculoskeletal problems or mental health related issues such as depression, anxiety and stress (*Public Health England*)

What is currently on offer?

- Workplace membership discounts and salary sacrifice
- Workplace Wellbeing MOT and questionnaire
- LISTEN rather than presume
- Address wellbeing as a whole – holistic approach

The Menu

- Fruity Fridays
- Exercise classes at the workplace
- Seminars – stress management, healthy eating
- Workplace Health MOT's
- Workplace challenges
- Team building days
- BE FLEXIBLE!

Get Connected

It just got personal...

And we like it that way. Trafford Leisure takes pride in its personal approach to business. Getting to know, understand and relate to the individual; assessing and providing for their needs.

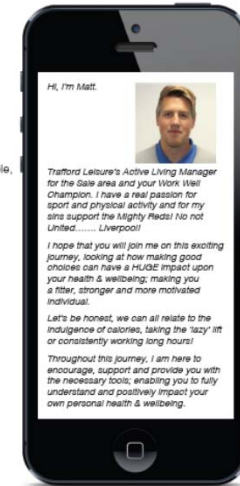
We will provide a Work Well Champion who is approachable, welcoming and here to make your working day that extra bit special. We understand the importance of belonging and we make it our goal at Trafford Leisure to ensure your



employees feel apart of the programme.

How to stay connected with us?

Facebook . Twitter . Blogs . Employee Forums



The Future

- Lead by Example
- GM Active brand
 - Bespoke Offers
- Micro Businesses
- Wearable Technology



Contact Details

Jo Cherrett

jo.cherrett@traffordleisure.co.uk

Emma Thomas

emma.thomas@traffordleisure.co.uk



Questions?

more **people**, more **active**, more **often**
www.traffordleisure.co.uk

