



Mental Health Awareness Week

This week, we're marking Mental Health Awareness Week with a week-long programme of activities designed to encourage staff to take notice of the environment and connect with nature each day.

The Mental Health Foundation states that *"being in nature is known to be an effective way of tackling mental health problems and for protecting our wellbeing"*. Simple steps such as standing on the doorstep to get some fresh air, going for a walk or taking a lunch break outside can have a positive effect on our mental wellbeing - allowing us to take a moment to appreciate the natural environment, re-energise and re-charge.

Our Health and Wellbeing Team are running a series of events throughout the week, designed to encourage staff to get out and about to experience all that our natural environment has to offer. These include lunchtime mini group walks with colleagues, meditation sessions run by mediation expert Charlotte Collins, Founder of X-Hail, and Yoga classes run by a professional instructor. We're also encouraging staff and their families to get involved with a raft of competitions - including inviting site teams to 'Build a Bird Box' and a staff nature photography competition - as well as a competition for children to create their best nature-inspired artwork.

Our people are the core of our business, and we are committed to protecting and enriching their health and wellbeing not only this week, but beyond – The Health and Wellbeing Team have been busy putting together a year-long calendar of activities and initiatives. Follow us on social media where we will be sharing updates on activities throughout the week.