



Employee Nature's Health and Wellbeing Programme

The benefits from nature include improvements to physical health (through increased physical activity); and improvements to psychological and social wellbeing in several ways, including: reductions in stress and mental fatigue, increased positive mood and restoration of concentration levels. The evidence is compelling and represents a great low-cost opportunity for company health and wellbeing strategies.



How to engage with the Berks, Bucks and Oxon Wildlife Trust (BBOWT)

If you are interested in joining us as an Investor in Wildlife please contact Laura Pepper, Head of Fundraising, on laurapepper@bbowt.org.uk or **01865 7754786 (ext 223)**



Supporting company health and wellbeing objectives



We can create a tailored Nature's Health and Wellbeing Programme that will engage a proportion of your staff. We empower and inspire people to get outdoors and we will use this experience to motivate a long-term engagement with nature both inside and outside of working hours.

Elements of the programme are likely to include:

■ Supporting the Programme Launch

We will support a tailored event, perhaps a lunchtime seminar, or webinar - to talk through the evidence for 'natural wellbeing' and set out what is on offer and how people can get more involved in nature. Information will be provided on the many things that they could be doing in their day-to-day life and what BBOWT events are coming up for them to engage in. The launch could be supported via email and distribution of the Nature's Health and Wellbeing booklet, leaflets, posters and event information.

■ Nature's Health and Wellbeing Programme Information

A tailored company booklet can be provided to staff as a guide to the benefits of getting out into nature for health and wellbeing. The resource is written by experts using compelling language and graphics and will detail activities that can be undertaken at work, at home, on team days, with friends and family, and with BBOWT.

Posters and leaflets can also be distributed around offices highlighting local nature reserves. Every quarter we will also provide an events schedule to encourage staff to engage in events outside work.



As one of the leading software providers in the UK, we have a number of remote workers and offices. We have to invest in people's wellbeing and we also need to get people to understand Oracle's commitment to the environment. For a few years now we have been working with BBOWT to get staff to volunteer on Earth Day to deliver conservation work. We've had some great days which have really helped the sustainability team achieve their objectives. We hope other companies will work with BBOWT to benefit as we have.

Cliff Hilton,
Director of Sustainability, Oracle



It's great to do something both for local wildlife and the community that benefits us as a company through offering a way to further strengthen our teams. Our employees really appreciate the opportunity to get involved in conservation tasks out in the open air, doing something totally different from their day job with colleagues they often don't get a chance to mix with on a day-to-day basis. We've been working with our local Wildlife Trust for many years now, and look forward to getting stuck into some more conservation work again this year.

Sam Matthews,
Data & Analysis Manager National Grid



■ Programme of Staff Engagement Activities

We can deliver tailored activities to help engage your staff, from local wildlife walks, to lunchtime activities onsite such as 'bug hotel' creation, or talks on wildlife gardening.

We can even create employee team days where your staff can engage in a conservation activity, such as digging a pond or building a new fence. Based on one of our 80 nature reserves, experiences are tailor-made to suit your company's needs.

■ Programme Assessment

On a regular basis, we will help to evaluate the success of the programme in meeting your objectives and work with you to identify areas for improvement.



www.bbowl.org.uk

Photos: Stacey Doran, Eleanor Church, Paul Martin