



# Stockton-on-Tees Borough Council Employee Engagement Day 2023

Employer: Stockton-on-Tees Borough Council

Area: Employee Wellbeing and Engagement

Theme: Employee Health, Wellbeing, Support and Benefits



**Employee Engagement Day!**

Visit us to find out more about council benefits and wellbeing support

- Thursday 25 May
- Drop in at any time between 10am to 4pm
- River Tees Watersports Centre

For more information visit the [intranet](#) or email [employee.engagement@stockton.gov.uk](mailto:employee.engagement@stockton.gov.uk)

Stockton-on-Tees BOROUGH COUNCIL

- Health and Wellbeing Zone
- Employee Benefits, Support and Engagement Marketplace
- Riverside walks
- Free healthy drinks, snacks and goodie bags
- Plus much more!

## Annual Employee Engagement Day 2023

On 25th May 2023 we held our first **Employee Engagement Day** which was open to all SBC staff. The event took place at a beautiful central riverside location, with outdoor facilities and parking on site ensuring it was accessible for all employees. And it was a lovely sunny day!



The Employee Engagement Team were all wearing casual clothing (to set the tone of the day) and were on hand to talk to employees, gather feedback and network. We had relaxing music playing and the vibe was very much, chill, relax and explore.

All employees were given the opportunity to attend in works time. Many employees came along and spent a good couple of hours there, and fed back how great it was (post pandemic) to have the time to focus on wellbeing while networking and learning more about what SBC offer as well as having the opportunity to try new things such as Reiki (an activity that had a long queue all day).

All employees were given time to attend the event and we had over 250 attend the day. We still had people coming in as we are closing, and we even ran out of goodie bags!

Following the feedback received we have decided to extend the hours of the event next year to ensure that there is a greater opportunity for more people to attend who do not work standard office hours or work shifts etc.

**On arrival every person was given an (eco-friendly) goodie bag which contained;**

- Wellbeing card with this message...

*Start your mindfulness journey to a relaxed mind and body with a little help from our team...*

*Go outside and activate your senses...*

*Embrace and appreciate the beauty of nature, by taking some quiet time to smell, touch and explore the natural world...*

*We have given you some seeds to plant to set you on your way and a hydration bottle for you to reuse (which will help save the planet too!) and a little notebook to capture any thoughts and reflections...*

*Calm your mind...*

*Turn off your devices, take some me time and have a long soak in the bath...*

*We have given you some Epsom salts, a candle and an eye mask to help you unwind...*

*Nourish your body...*

*Take a little time out of a busy day with a herbal tea and tasty healthy snack...*

*Thank you for joining us today*



- Epsom salts
- Candle
- Eye mask
- Calming tea bag
- Reusable water bottle
- Seeds to plant to attract pollinators
- Health Snack bar
- Notebook and pencil
- Tag for the affirmation tree

**The day had two designated areas;**

### **Employee Benefits & Advice**

- AVC Wise (Pensions)
- NHS Fleet Scheme
- HR
- Cost of living support, including welfare & benefits
- Unions
- Vivup (Employee Benefits and EAP)
- Employee Networks and Champions

### **Wellbeing Zone**

- Body2Fit (Physio & podiatry)
- HASH Menopause



- Blood Pressure Checks, Health Information & Guidance (Qualified Nurse)
- Sustrans Cycles (Bike repairs and maintenance advice)
- Fun sports activities
- No phone zone
- Book Swap
- Colouring in
- Plant potting
- Alcohol & Substance Advice
- Health Station (Water, Fruit, Snacks and Healthy lifestyles advice)
- Learning & Skills – Reiki tasters and information about available courses free to employees
- Ideas Station & Think Smart Think Big

Since the event we have worked with management teams across all directorates to bring a scaled down version directly to service away days for areas who were unable to attend due to working patterns/shift patterns. We have attended Community Services Training Days, Adults Wellbeing Week and Children's Service Practice Week.

The event was a huge success and attracted over 250+ employees and it has been agreed (by Corporate Management Team & CEO) that it will be a regular annual event.

***"I was so impressed with the day, it was informative, interesting and so friendly. Loved the two zones and the variety of stuff to try. I particularly loved; • Reiki • Planting • Healthy Snacks • Nice location • Encouraging people to take a break "***

We asked employees to hang an affirmation message on our tree, this location was a great area for generating some really wonderful conversations. This is a selection of the affirmations we received;



- Follow your dreams
- Be happy
- Be proud of yourself
- Sometimes being brave is to say I will try again tomorrow
- Carpe Diem!
- Treat others how you wish to be treated
- Be confident
- Aim Big
- Never let anyone dull your sparkle
- Retire early
- Always be yourself
- A wish for health and happiness
- Be strong and kind
- To keep all my family safe, fit, healthy and well
- Be kind
- You are loved
- Find a little bit of happiness each day
- You are enough
- Always wear a smile
- Love yourself
- Everything will be alright
- Find joy in the smallest things
- Trust yourself
- Be kind
- Wish for good health
- Peace and Harmony
- Better days
- Health, wellbeing & happiness for SBC
- Never give up on your dream
- Be true to you
- Dream pay rise
- Working together to be the best of ourselves

***"I really loved the variation of stalls – how interactive it was and the relaxed and informal setting. I loved the feel of health and wellbeing in the room and aspects like the affirmation tree, really made you pause, reflect and think. More of this please! "***

***"It was really relaxing being away from work but also having the space and time to find out about the great benefits we can have. And also some steps for my counter! "***



***"It was really great to see other colleagues from different departments and spend relaxing time with work colleagues. We rarely get to do this anymore! There was lots of useful info and fresh fruit too! "***

***"Everyone seemed to be really invested in learning and improving their health and wellbeing. I loved the variety of Service/Tables, and the interactive approach to just 'have a go'. The goodie bag and freebies were awesome! "***

