

Looking After Our People: Wilson & Roe's Health and Wellbeing Month

Here at Wilson & Roe, the health and wellbeing of our employees is of paramount importance. Whilst we work year-round to provide a supportive work environment for each and every colleague, last month we turned the spotlight on mental health and wellbeing with some special activities and presentations for our staff.

Mental Health



Our Mental Health First Aiders, Charlotte Wade and Anthony Lindsay, delivered a valuable presentation to staff to explain the support that is available to them in the workplace.

With at least one in six workers experiencing mental health problems,* Mental Health First Aiders play a vital role in the work environment. They have received specialist training to give them the skills to spot the triggers and signs of a mental health issue, reassure a person in distress and guide them to further support.

Massage

We invited Joyful Living, a company specialising in corporate wellness services, to visit our office in Salford. Their trained therapists were on hand to deliver relaxation massages, helping to relieve tension and giving our team a much-deserved moment to unwind.



Private Healthcare

We provide all our employees with a private health plan through Simplyhealth which gives them 24/7 access to GPs and counselling.

A company representative visited the office to deliver a presentation to staff and explain about the additional services and benefits the plan provides, including private appointments for physiotherapy, acupuncture, osteopathy, scans, dental treatment and much more.

Menopause Care

Dr Zoe Hodson, a menopause specialist and founder of Manchester Menopause Hive, delivered an informative session that focused on building knowledge and awareness of what can be a challenging time in life.

Join the Wilson & Roe team

If you'd like to be part of our team, please **visit our website** to find out about our latest vacancies and how to apply.

*<https://www.mind.org.uk/workplace/>

Financial Support

We understand that the cost-of-living crisis is affecting many people across the UK, which is why we're providing extra financial support to our employees during these difficult times.

Workplace pensions

Mark Jones, director of Workplace Pension Solutions, visited the office to talk to staff about their pensions and to provide more information on the salary sacrifice scheme we offer.