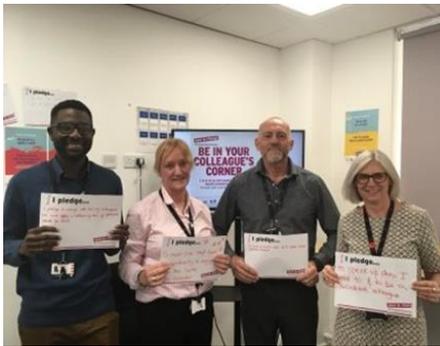


Well-being at Work

We've trained mental health first aiders and mental health champions to be able to identify, understand and help colleagues who may be developing a mental health issue.

The Staff Wellbeing Action Group (SWAG) at TfW is made up of volunteers from all parts of the organisation who are committed to supporting our colleagues in their mental and physical well-being at work. The group meets monthly to organise campaigns and events to raise awareness of the importance of managing physical and mental health and to raise funds for a nominated Charity of the Year. This year we have supported the Alzheimer's Society.



SWAG leads several campaigns throughout the year to raise awareness of issues such as bullying, cancer and dementia and to encourage good mental and physical health. They relay information via the intranet and a comprehensive Health and Wellbeing site, which acts as a valuable resource for staff and managers. They have trained 10 mental health first aiders and 16 mental health champions. As part of our commitment to supporting the mental health and well-being of our staff, the entire Executive team, including our Chief Executive James Price, are trained Mental Health Champions. We are also a Time to Change pledged partner with Mind Cymru.

"I believe that having a workplace that is keen to support staff health and wellbeing is extremely important and having a group which is led by staff for staff is a brilliant way to make sure that health and wellbeing is at the heart of everything we do as a company."

Kayleigh Meek
Co-Chair



As part of our commitment to supporting and talking about mental health, we're proud to introduce #sialensyddraig (The Dragon Challenge).

This challenge consists of a directorate being passed the baton (or in our case the dragon snow globe) each month, who'll then develop a mental health initiative for that month. At the end of the month, the Dragon will pass to a directorate of their choosing, and so on, up until it does a full circle in the chain of responsibility.

"I think #sialensyddraig is a fantastic way for us to show our commitment to supporting the mental health and well-being of our staff here at TfW."

Lewis Brencher
Director of Communications

