Northamptonshire Workplace Challenge
Challenge...Your colleagues, your friends, yourself!

2018

First for Wellbeing
CSP Network
National Health and Social Impact
Workplace Challenge
Northamptonshire

sport
The Voice For Sport

www.northamptonshiresport.org
What is the Workplace Challenge?

The Workplace Challenge is a national programme which promotes the benefits of an active lifestyle to workplaces and employees and offers fun ways and incentives to stay active and consists of the following 3 elements:

* The Activity Log
* The Competition Programme
* The Business Games

Northamptonshire is one of 31 counties in England that are taking part in the Workplace Challenge with the aim of encouraging local organisations and their workforce to become active.

The Workplace Challenge is delivered locally by Northamptonshire Sport on behalf of the County Sports Partnership Network and funded by Sport England.
We are inviting you and your colleagues to take part in the 2018 Active Workplace Challenge, an 8-week national activity logging challenge from 8th January to 4th March 2018. It’s easy to get involved:


**Step 2. Get active** - Discover great activities taking place in your local area or why not host your own activities and events in your workplace?

**Step 3. Log your activity** via our online tool, automatically track your activity with the Workplace Challenge app or connect to Fitbit to earn activity points for your own profile and for your workplace.

**Step 4. Enjoy some friendly competition** - Watch yourself and your workplace compete against organisations from across the country as you climb our national and local leaderboards.

**Step 5. Be in with a chance to win some fantastic PRIZES!**

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**2017 Workplace Challenge**

- **246 WORKPLACES**
- **196,234 KMS TOTAL DISTANCE TRAVELLED 2017**
- **1,287 STEPS LOGGED 2017**
- **39,967 ACTIVITIES LOGGED 2017**
- **1,287 NUMBER OF USERS REGISTERED**
- **3,665 KG CO2 SAVED 2017**
- **140,354,658 POINTS AWARDED 2017**
- **39,967 ACTIVITIES LOGGED 2017**
Why get involved?

The average UK worker spends more than 8 hours a day sitting down (whether that’s at a desk or on the sofa) and 1 in 4 of us are doing less than 30 minutes of activity a week. This level of physical inactivity is having a detrimental effect on our health, causing 1 in 6 deaths in the UK (the same as smoking!)

There is no coincidence that exercise is often called the miracle cure! People who are physically active can reduce their risk of more than 20 chronic diseases, including a 30% reduced risk of depression.

Regular bite-sized chunks of 10 minutes of activity during the working day can help to:

- Improve mood
- Boost concentration
- Increase communication
- Raise team morale
- Help you to get a better night’s sleep

Who should take part?

Everyone! There is no experience necessary to take part in the 2018 Active Workplace Challenge. Everyone can play a part in earning activity points for your workplace!

Invite your colleagues to get involved too – research has shown that if our peers are active then we are more likely to stick with it and that a little friendly peer support is a top motivating factor to getting active at work!
There’s no time like the present to get started. Sign up to Workplace Challenge today and get warmed up for the 2018 Active Workplace Challenge.

Employees - Sign up for free www.workplacechallenge.org.uk/2018challenge

Employers - Looking to sign up your entire workplace?

The Workplace Challenge is a great way to make an active change to the daily routine of your business. Rally the troops and get your workplace moving, enjoy some friendly rivalry competing against local workplaces, and more importantly logging activity will help make employees resolutions a reality!

Why not register on behalf of your business & become a company admin? Take a look at some of the enhanced features you can access when you sign up via:

www.workplacechallenge.org.uk/become-a-company-admin
The Competition Programme

The Competition Programme is a series of inter-workplace sporting competitions for workplaces and employees to take part in. All competitions are held over an evening or at the weekend. The events are low cost to make it as accessible as possible and to encourage people who have never tried the sport before to give it a go!

With an emphasis on fun, participants don’t need any previous experience in the sport to take part in the competition. Medals will be awarded to winners and each participant will receive a goody bag.

**TABLE TENNIS**

Wednesday 28th February 2018
Corby Smash Table Tennis Club, Corby, NN17 4LT
Teams of 2 players

**SQUASH**

Monday 12th March 2018
Brackley Squash Club, Breackley, NN13 6ED
Teams of 2 players

**SWIMMING**

TBC 2018
Splash Swimming Pool, Rushden, NN10 9SJ  Includes inflatable Obstacle Course
Teams of 4 players

**INDOOR BOWLS**

Wednesday 18th April 2018
Desborough Indoor Bowls Club, Kettering, NN14 2NB
Teams of 4 players

**CANOE SLALOM**

Saturday 21st April 2018
The Nene Whitewater Centre, Northampton NN4 7AA
Teams of 3 players

**ARCHERY**

Tuesday 15th May 2018
Wellingborough Old Grammarians Sports Field NN8 6BS
Teams of 4 players

**SOFTBALL**

Tuesday 17th July 2018
St. Crispin’s Park, Northampton NN5 4UR
Teams of 6+ players

Bookings Open on:
1st February 2018

www.workplacechallenge.org.uk/2018challenge  @workplacechallenge @nsport
The Business Games

The 5th annual Northamptonshire Business Games will take place in July at Moulton College. Teams of 8 people will get the chance to take part in a variety of sports. No matter how big or small your workplace is, teams from all sectors are welcome and encouraged.

Entry includes a team t-shirt, refreshments and food. The top 3 teams will receive medals and the winning team will receive a trophy. There will also be trophies for the overall winner of each individual sport.

Keep an eye on the website for the confirmed sports - Bookings open Monday 23rd April 2018

Thanks to all the staff at Northamptonshire Sport for organising the event. It is a highlight of our calendar!

Fantastic event! Very well organised, great for team building and introducing new sports and activities to our workforce.

Fab Event and very well organised - it has been the talk of the office. Great team building and social for businesses.

Great variety of activities to try and was well organised. The referees and coaches at each station were great, very friendly and helpful. Loved the hog roast too!

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We enjoyed working together as a team, despite doing different jobs in the company.
BEAT THE BOSS

Loop brings social table tennis into your workplace, provides an injection of energy to the office and encourages staff to interact and be more active. Try before you buy? Loan a table tennis table and equipment free of charge for 6 weeks with the opportunity to buy at the end of the period for a heavily discounted rate.

For further info contact Will:
will.heckford@firstforwellbeing.co.uk

#INTHELOOP
www.keepintheoop.co.uk

01604 366122

Northamptonshire Sport
The Voice For Sport
www.northamptonshiresport.org
Active Workplace Case Studies

East Northamptonshire Council - Winners of the Active Workplace of the Year at the Northamptonshire Sports Awards 2017.

East Northamptonshire Council have been encouraging an active workplace ethos within their organisation since 2016, inspiring colleagues to be more consciously more active throughout their working week.

Employees are signed up to the workplace challenge and are actively using the online platform to record their activity, motivating and competing against one another. They provide exercise opportunities for colleagues before, during and after work, encouraging all employees to get at least 10 minutes of activity in throughout the week.

They held a successful Staff Sports Day which included activities such as the classic egg 'n' spoon race, a sack race and ending in a competitive game of rounders – which will be repeated in 2018!

East Northants Council entered the 2017 Business Games for the first time, bringing 8 employee’s to compete with 16 other businesses from across Northamptonshire. They have also taken advantage of Loop at Work scheme for the free 6 week trial, purchasing the table afterwards and are continuing to frequently use the table, organising rallies and competitions.
Could your company sponsor the Business Games?

We are inviting local businesses and workplaces to become a sponsor of the Northamptonshire Business Games. 2018 will be our 5th year of this hugely popular countywide event.

Attracting over 160 people from 20 local workplace teams, the Business Games has become a prominent feature and highlight in Workplace Challenge programme. Hosted by the prestigious Moulton College, the Summer Business Games involves workplace teams going head to head in a number of sports competitions and challenges.

To finish the evening, awards are presented to the top 3 workplace teams and there is the opportunity to network and socialise with the other teams over a hog roast - the perfect end to the Games!

The Sponsorship Package for the 2018 Business Games includes:

• Team entry for two teams in the Business Games
• Company logo on the Business Games T-shirt
• Recognition in all associated press releases and media
• Recognition as a sponsor on the Workplace Challenge website with a hyperlink to their company/workplace website
• Recognition and inclusion in the Workplace Challenge e- newsletter
• Recognition on the Workplace Challenge section of the Northamptonshire Sport website (10,000 unique hits per quarter)
• Recognition as a sponsor in the Northamptonshire Sport E-Newsletter (Over 10,000 contacts)

Sponsorship Cost: £1000

For more information contact: workplacechallenge@northamptonshiresport.org
Dates for your Diary

Local and National Challenge Dates 2018

- Competition Programme -

Jan 8 to Mar 3
National Eight Week Challenge

May
National Walking Month

May 14 to May 18
Healthy Workplace Week

June 9 to June 17
National Bike Week

July
Business Games

Contact:
workplacechallenge@northamptonshiresport.org or call 01604 366976

Or SIGN UP FOR FREE TODAY!
www.workplacechallenge.org.uk/2018challenge
One of 44 County Sports Partnership, Northamptonshire Sport is a partnership of local and national organisations working together to provide opportunities for people to participate in sport, physical activity and recreation in Northamptonshire. The Northamptonshire Sport Core Team is hosted by First for Wellbeing and its activities are funded through Sport England Lottery grant and by local and national partners.

Northamptonshire Sport is committed to ensuring that sport, physical activity and recreation across Northamptonshire is both safe and inclusive.

Northamptonshire Sport
One Angel Square, Angel Street, Northampton, NN1 1ED
Web: www.northamptonshiresport.org
Email: info@northamptonshiresport.org
Tel: 01604 366976

Facebook: NorthamptonshireSport
Twitter: @NSport
Instagram: NorthamptonshireSport