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## **NAVIGO are on the go when it comes to health and wellbeing**

NAVIGO Health and Social Care Community Interest Company has become the first social enterprise to sign up for North East Lincolnshire Council's healthy workplace programme.

The healthy workplace programme is a coordinated and sustained programme of work aimed at improving the health and wellbeing of employees throughout the North East Lincolnshire area. The scheme also incorporates an award scheme where organisations can achieve bronze, silver or gold status.

Dan Pyrah, programme manager for health in the workplace in the specialist health promotion service, who welcomed NAVIGO to the scheme, said: "NAVIGO's support of the scheme sends out a clear message to its employees and the wider community about the importance it places on workplace health.

"The benefits to having a healthy workplace include lower absenteeism, better morale, higher productivity, increased loyalty and staff retention, social responsibility and good public relations.

"A key message is a happy and healthy workplace is a productive one."

To find out more about the scheme go to [www.nelhwp.co.uk](http://www.nelhwp.co.uk)

Maureen Johnson, occupational health advisor for NAVIGO CIC, said: "I am thrilled that NAVIGO has signed up for the healthy workplace programme. It will give us the focus to really drive through the health and wellbeing agenda for our staff."

NAVIGO are already providing a number of initiatives for staff to help support the scheme including a very successful netball team as well as providing Zumba sessions for members and taking part in the recent charity it's a knock out competition.

Michelle Hannath, admin assistant for NAVIGO CIC, said: 'I love Zumba - it is hard work, but really enjoyable, and a really good laugh too!

# News release



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"I have been wanting to try it for ages now, but kept putting it off, but when it was arranged through work and with getting it at a discount it gave me the push to try it, which I am really grateful for.

"Friends think it is great that I work for an employer who provides something like that."

Kevin Bond, chief executive for NAViGO CIC, said: "Being in the health and social care industry, here at NAViGO we really do appreciate how important the health and wellbeing of our staff is.

"As a social enterprise we already place our staff and community members at the heart of everything we do, they really do own the organisation so it is important that we offer them all the help and support we can to be fit and healthy both physically and psychologically."

For more information about NAViGO and the services that it provides, please visit the website at [www.navigocare.co.uk](http://www.navigocare.co.uk)

## **Notes to Editors**

*NAViGO Health and Social Care Community Interest Company, formerly North East Lincolnshire mental health services, is a not for profit social enterprise providing services to the NHS and beyond.*

**-ENDS-**

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