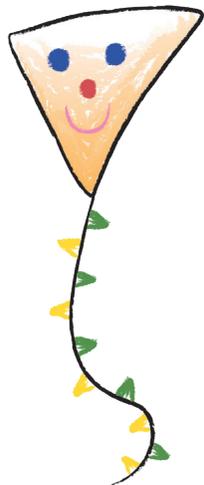




Transport for London introduced mindfulness to their employees and they saw a reduction in sick days taken due to stress, anxiety or depression by 71%.

'Working with Edward's Trust has been lovely, and exposes us to a great network within the community. We've met some fantastic people through them and it has opened up some brilliant opportunities.'



The Westbourne Centre

As a business, the benefit is felt more in the pleasure staff get from events knowing we are raising money for a local charity. However, given the success of our latest adventure on Ben Nevis where the target has been exceeded by 150%, we are using this opportunity to promote the achievements of the team.

Lambert Smith Hampton



Edward's
Wellbeing
Solutions
Ltd

www.edwardstrust.org.uk

43a Calthorpe Road
Edgbaston, Birmingham
B15 1TS.

Tel: 0121 456 4838

Reg. charity no. 1105370 & Company Ltd by
Guarantee in England & Wales no 3487577



Edward's
Wellbeing
Solutions
Ltd

We can offer off the shelf and bespoke packages to suit the needs of your business.

Find out more, today, by contacting

stephanie.bradbury@edwardstrust.org.uk

**Helping to support
your business**

**Reduce stress and
improve performance**



Our team of professional, highly qualified staff can support you and your employees, using a range of different skills and techniques that **reduce stress and improve wellbeing and performance.**

In companies where health and wellbeing are perceived by their employees to be well-managed, organisational **performance is more than 2.5 times greater** than in those organisations where health and wellbeing are poorly managed.

93% of participants at Cambridgeshire and Peterborough NHS Foundation Trust reported that mindfulness had in some way helped them to improve their performance at work



Mindfulness

During a 2½ hour session we offer a fun and practical introduction to mindfulness. Transport for London introduced mindfulness to their employees and they saw a **reduction in sick days** taken due to stress, anxiety or depression by 71%.

Team building through volunteering

Through partnerships with Edward's Trust volunteering can have a **positive impact** on staff and encourage team building. From big fundraising challenges to garden gangs, from bucket collections to golf days, you can help us and have fun. Research suggests that volunteering **improves individual wellbeing and work productivity.**

Wellbeing workshops

Our wellbeing workshops look at the impact that stress, anxiety and depression can have on our wellbeing. We offer **techniques, guidance and support** which help to improve general wellbeing. We also offer reflexology, reiki and aromatherapy treatments.

Counselling

Our counsellors are specialised in **all aspects of supportive care** and are able to attend your place of work or meet at our offices to offer a private and confidential session with any members of your staff that may need support.

Bereavement training

Death and loss are still very much a taboo subject, it can be hard to know the right thing to say to someone who is recently bereaved. Through our training we offer guidance, support and some insights into an **understanding of the impact** that bereavement can have in the workplace.

'It has been a delight to lend our backing to this tremendous organisation whose purpose, dedicated staff and supporters are truly inspiring, where in return, we too have gained so much'

West Bromwich Building Society