

ISSUE 06

SEPT 2024

Happiness at Work Week 23rd-27th Sept



The (International) Week of Happiness at Work is an initiative by Happy Office. Happy Office supports organizations on their journey towards more happiness at work and a positive work culture.

The International Week of Happiness at Work is meant to connect people and organizations that consider work happiness important. It aims to initiate conversations on how we can make being happy at work the norm.

If your organization wants to dedicate special attention to Happiness at Work and if you're looking for inspiration for the Week of Happiness at Work, please follow the link below for a toolbox of ideas you can use:
<https://internationalweekofhappinessatwork.com/toolbox/>

Can you help?

If you can and would like to donate, please scan the QR Code or follow this link:
<https://checkout.justgiving.com/c/2923320>



All donations are gratefully received and help us to deliver our services.

Thank you!



World Heart Day 29th Sept

Cardiovascular disease (CVD) is the world's number one killer. Most of these deaths happen in low- and middle-income countries.

By making small changes to our lifestyle – what we eat and drink, how much we exercise, and how we manage stress – we can better manage our heart health.

Spanning six continents, hundreds of World Heart Federation (WHF) member organizations, the countless schools, universities, sports clubs and the vibrant cardiology community make World Heart Day (WHD) a truly global celebration.

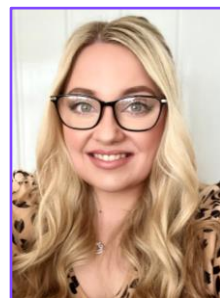


To learn more about World Heart Day, get involved and access helpful resources, please follow this link: <https://world-heart-federation.org/>

Introducing our staff

Rebecca Horrell – Wellbeing Worker

Rebecca is our longest-standing wellbeing worker and consistently shows great compassion, understanding and dedication to clients engaged in our My Whole Life programme.



Rebecca has worked hard on her professional development and is also currently pursuing her counselling qualification!