

# Building a Culture of Workforce Health & Wellbeing Partnership Case Study



[United Industrial Supplies](#) are a Dunfermline based company employing 39 workers. Depending on job role, workers are based at Headquarters, working from home or travelling to meet the needs of the business.

[Workplace Team](#) recently met virtually with United Industrial Supplies to hear about their current worker health & wellbeing initiatives and to support them with developing further work.

Previously facilitated Health Surveys have ensured that Health & Wellbeing topics & approaches are worker led. Accessibility is supported by ensuring that workers have access to the information they'd like through either e-communications or via staff notice boards.

Health & Wellbeing Committee

Monthly Newsletters: discuss health topics

Monthly Workplace Step Count challenges

Virtual Social Activities

Healthy Food Recipes

National Health Event promotion & activities

Free Fresh Fruit supplied to workers on Wednesdays

Supporting Charities through worker activities

Marta Howe of United Industrial Supplies says:

*The Health & Wellbeing Committee and subsequent activities & initiatives have supported many positive impacts at United Industrial Supplies so far...*



United Industrial Supplies plan to facilitate a Worker Wellbeing Survey soon - to gather thoughts and feedback on potential initiatives for the year ahead.

Workplace Team will assist with this as well as signposting to support and advice as appropriate.

- Reduced worker absence
- Increased worker engagement
- Improved motivation
- Increased productivity
- Integration between departments
- Improved mood
- Improved sleep
- Healthier food choices
- Increased physical activity

[Workplace Team](#) congratulate United Industrial Supplies for their efforts to promote workforce health & wellbeing.

Workers are engaging well with the initiatives - creating a positive culture of wellness at work.



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