



Ocean Housing Group Ltd - 230 employees

Ocean Housing Group Ltd registered with **Sugar Smart UK** last year and promoted this to staff on their Ocean Health Portal. **Sugar Smart UK** posters are up in key areas of the business and there are **Sugar Smart** resources on the health intranet button. They have promoted a business wide campaign on the importance of keeping hydrated. This was promoted on Ocean Health portal, via staff newsletters, Health Champions, in all staff kitchens, as well as posters on every water cooler.

Over the past 12 months, The Ocean Group have provided staff with information on healthy eating, promoting 5 A DAY, the Eatwell Guide, sugar swaps & the importance of breakfast, via internal staff wellbeing notice boards and the Ocean Health Portal. The Ocean Group also held a 12 week modular staff Health Promotion event focusing on nutrition and healthy eating for all staff.

They have also delivered several programmes on Healthy weight, exercise and sleep hygiene for all staff to access, both during and after work hours, including running yoga and boxercise classes in the office at the end of the working day. When training events are held in the office, the HR team always ensure that there is a varied selection of healthy options available, including fruit.

Sarah Pechkaytis, Sales Administrator said: “as an Ocean Group Health Champion I am always on the lookout for how Ocean are promoting good health in the workplace. We are always reminded to stay Sugar Smart or Drink More Water with posters around the building and take care of our mental health with posters on the back of the toilet doors. At events we are not only offered the obligatory sandwiches and crisps we also have the option of fresh fruit. The company also allows us to use the premises for free for exercise classes. Overall, I feel that Ocean is very committed to giving every opportunity to help improve the health its staff.”

Nikki Forward, Head of Human Resources said: “We are very keen to support and promote new initiatives like Sugar Smart because they usually come with excellent resources we can use and promote within our business to get key health and wellbeing messages to our colleagues. We run a wide variety of Health and Wellbeing initiatives here at Ocean Group, beyond the pure legislative responsibilities, to help create a culture of health and wellbeing to ensure we create a happy and healthy workplace to enable us to attract and retain the top talent and enable them to be their most productive for our business.”

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