

Wellbeing at Wincanton

Wincanton

How we will bring wellbeing to life for all Wincanton colleagues

Wincanton will breakdown stereotypes and stigma, ensuring all colleagues feel valued, supported, included and safe.

We will:

1. Create a minimum standard framework supporting wellbeing and mental health.
2. Foster a culture and environment of togetherness, kindness, openness & acceptance.
3. Engage with national and international wellbeing awareness events.

Wincanton will empower all of us to look after ourselves and others.

We will:

1. Through clear and instantly recognisable branding, signpost a diverse range of topics.
2. Provide safe accessible spaces to talk, receive support & guidance, welcoming all colleagues, in confidence.
3. Leaders will engage with their teams on a regular basis with kindness, empathy, inclusion and a focus on wellbeing.



What we expect as Wincanton colleagues in relation to wellbeing.

1. It is recognised by my business that we all experience challenges in our wellbeing, which can present itself in many forms.
2. We will be treated with compassion and support when we are experiencing poor mental health or other challenges in our life.
3. We will see clearly branded signposting.
4. The business will provide trained mental health first aiders and offer support.
5. I know that looking after each other makes a difference.
6. If one of my colleagues wants to talk. I will listen with kindness, openness & acceptance.
7. In Wincanton nobody is alone.

