



May 2018

You have a message from **Wiltshire & Swindon Sport Workplace Challenge:**

#WalkThisMay

With temperatures set to soar over the next few weeks, it's the perfect time to put on some trainers and head outside.

If you're looking for ways to get involved you're in the right place!

Carry on scrolling to find out more...



National Walking Month 2018

#Try20 tips

Living Streets' month-long celebration of walking is upon us! During May Living Streets want to see as many people as possible give walking everyday journeys a go.

Check out their #Try20 tips to see how you can add a 20 minute walk to your everyday routine!

#WalkThisMay

Mental Health Awareness Week 2018

Helping you create a less stressful workplace



Mental Health Awareness Week 14th-20th May 2018

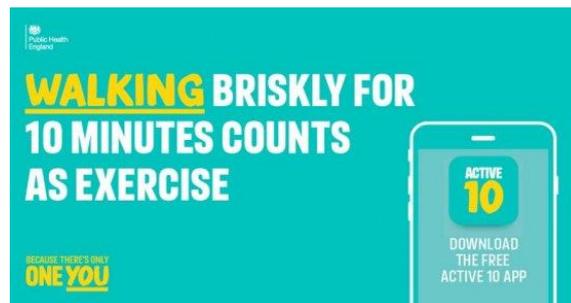
Tips and advice

Mental Health Awareness Week is about stress and how we're coping with it.

Mind are focusing on helping employees and employers create a mentally healthy workplace where everyone feels valued and supported.

Considering how much time we spend at work, it's not surprising that our jobs can have a significant impact on our mental health.

Follow the link to find some tips and advice regarding reducing stress in the workplace.



Active 10 challenge

Find out more

Did you know that walking briskly for just 10 continuous minutes counts as exercise? The Active 10 challenge on Workplace Challenge enables individuals and workplaces to keep track of their walking and how they might fit more into the day.

The challenge is set to run from 4th - 30th June. [Download the Active 10 app](#) to keep track of all your brisk walking. Use the [Workplace Challenge app](#) or connect to Fitbit to keep track of other participation in sport and physical activity.



Take part in a Race for Life event

[Find an event](#)

Cancer Research UK's Race for Life is a series of women-only events raising money for research into all 200 types of cancer. Over the past 20 years, more than 8 million women have taken part in Cancer Research UK's Race for Life, raising over £547 million to fund the charity's life-saving work. But it does not stop there...

Swindon [5K & 10K](#), [Kids Pretty Muddy](#), [Pretty Muddy](#)

Salisbury * [5K](#) * [10K](#) *

[Volunteering opportunity](#)



WASP Education courses

[Book now!](#)

Wiltshire and Swindon Sport (WASP) have a number of workshops taking place across the county, with the aim of supporting and upskilling the local coaching workforce.

Mon Jun 04 @ 6:00PM - 10:00PM

[Emergency First Response in Purton](#)

Thu Jun 07 @ 6:30PM - 09:30PM

[Safeguarding & Protecting Children in Trowbridge](#)

Wed Jul 11 @ 6:30PM - 09:30PM

[Safeguarding & Protecting Children in Swindon](#)

Tue Jul 17 @ 6:00PM - 10:00PM

[Emergency First Response in Trowbridge](#)

~ Wiltshire & Swindon Sport Workplace Challenge

This message was sent to you by [Wiltshire & Swindon Sport](#) (White Horse Business Park,, Richmond House,, 1 Goodwood Close,, Epsom Road,, Trowbridge,, Wiltshire BA14 0XE) which is taking part in the [CSPN National Workplace Challenge](#).