

## Carlisle Brass wins the Cumbria Sport Awards Active Workplace Category



We were thrilled when Carlisle Brass was announced as the winner. We recognise that a healthy, happy and engaged team are fundamental to our overall success, so we actively encourage our team to engage with sports and keep active.

On Friday, the 30<sup>th</sup> of November, Cumbria Sport Awards held their annual award ceremony, recognising the county's sporting achievements. Throughout 2018, we have encouraged employees to participate in various sporting activities and were nominated for Active Workplace Award category.

Angus Grant, Managing Director of Carlisle Brass said, "We were delighted to win the Active Workplace category at the Cumbria Sports Awards. It is an acknowledgment of our hard work in 2018 and a fantastic incentive to remain focused next year. I am proud of my team and truly believe that a healthy workplace helps to create a positive environment, which improves our business performance."

So, what made us to stand out? Our journey started in January with simple walking challenge and finished with us taking a part in the Carlisle 10K event.

### **Sport Relief - 1 Billion Step Challenge**

We challenged the workforce to do a combined 2.5 million steps over the course of a week, which would be the equivalent of us walking to each of the Carlisle Brass sister sites across the UK. We had the highest number of loggers of steps in the Workplace Challenge app and came 1<sup>st</sup> for the Cumbria region.

### **8 Week Activity Challenge – Workplace challenge**

This challenge asked the workforce to complete 3 different sports activities a week for 8 consecutive weeks. We had 15 workers complete the challenge and 3 participants were awarded small prizes to as a reward for their hard work and a dedication.

### **Carlisle Half**

We also joined in the Carlisle Half Marathon. We had a team of 6 runners completing the 10K run. They enjoyed the training as much as the actual marathon and are looking forward to next year.

## Colour Run – Eden Valley Hospice

Not only did we help to sponsor the event, we also had a very high uptake in the participation. We sent a team of 34 runners around the course. Our employees also encouraged their children to join in on the fun and 11 of them helped us to raise money for the Eden Valley Hospice.



## Hadrian's Wall Walk for The Great North Air Ambulance

This is our own event, which we started in a support of The Great North Air Ambulance. In January 2017, the ambulance team airlifted our own Darren Sleightholm to The Cumberland Infirmary, after he became ill at Whinlatter Forest in The Lake District. Thanks to their speedy assistance and highly professional training, Darren made a speedy recovery and continues to enjoy his passion for walking today. This walk has now become an annual event. We had 29 staff bring their family and friends along to walk a section of the wall (22miles this year). At the end, we counted more than 60 people and couple of dogs joining us on the walk.



## Sugar Smart

We understand nutrition is a fundamental part of getting healthy. That is why we also took part in the Sugar Smart campaign to raise awareness of sugar levels in various foods and as demonstrated in [the Border interview](#), we are actual rather savvy when it comes to sugar. The company also took initiative to offer the workforce fresh fruit twice a week. We receive deliveries of various fruits from a local farm shop. This proved to be a very popular choice as not 1 piece of fruit gets wasted.

2018 was truly a great year for health and balanced lifestyle here at Carlisle Brass. We cannot wait to see what 2019 will bring.