



Your local children's hospice



ACORNS CHILDREN'S HOSPICE CASE STUDY

Boosting employee wellbeing with a corporate gym membership

ACORNS CHILDREN'S HOSPICE

Making every day count

When a child is diagnosed with a limiting or life-threatening condition, Acorns Children's Hospice steps in to help.

Operating 24 hours a day, 365 days a year, Acorns provides specialist palliative care for children and essential support for their families. Their dedicated team provide psychological, emotional and practical support, helping families through grief and isolation.

acorns

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EMPLOYEE WELLBEING IN PALLIATIVE CARE

According to the British Journal of Nursing, palliative care nurses are at high risk of burnout. However, it also suggests that physical wellbeing initiatives can help, becoming a ‘coping mechanism’ and reducing the risk of occupational fatigue.

Additionally, research published by [Cambridge University Press](#) found that nurses are more susceptible to mental health problems.

Supporting the people that help those in need with mental and physical wellbeing benefits helps alleviate the risk of mental health illness.

“Working in palliative care services has an impact on the personal and professional lives of healthcare staff.”

[British Journal of Nursing](#)



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Supporting Employee Wellbeing

"At Acorns, our people are at the heart of all we do, and therefore their wellbeing is very important to us. The gym discount scheme allows us, as a charity, to provide our people with a very tangible employee benefit that promotes physical wellbeing and makes it much more affordable and accessible to them. The offer has been totally embraced by our people, and I am delighted in the uptake by Acorns workforce."

Matt Bullock

Chief Executive Officer at
Acorns Children's Hospice





BOOSTING PHYSICAL WELLBEING

Acorns reached out to Sodexo Engage in 2021, looking for a way to boost its employee wellbeing benefits offering.

Already providing a Cycle to Work and Blue Light Card scheme, Acorns wanted to do more to support its people.

Focusing on the mental and physical benefits that come with improved health, Acorns chose to embed a Corporate Gym Membership into its employee wellbeing strategy.

“There is growing recognition that regular exercise improves your mental health as well as your physical health and fitness.

Exercise has also been shown to relieve symptoms of depression, anxiety and trauma, and is now prescribed by the NHS for people living with mental health issues.”

[welldoing.org](https://www.welldoing.org)

CORPORATE GYM MEMBERSHIPS

Enjoy up to 25% off Annual Gym Memberships you know and love

Our **discounted gym benefits** make it easier and cheaper to join some of the biggest and best gyms across the UK.

Whether you're looking just to get a little more active, or are a genuine gym junkie, we have the widest range of gym brands you'll know and love.

We've built up a huge network of partners over the past 50 years, meaning that we have one of the widest choices of gyms on the market.

Choose from over 3,000 gyms, studios, fitness centres, boot camps and sports clubs across the UK and the Republic of Ireland.





MAKING A POSITIVE IMPACT

Sodexo Engage launched the corporate gym membership benefit with Acorns Children's Hospice in March 2021, and we're thrilled by the positive impact it's had on the employees.

Proving to be a popular and highly engaged with employee benefit, Acorns has seen a consistent increase in month-on-month uptake since its initial launch.

For Acorns, supporting employee physical wellbeing is paramount, and the scheme's success highlights how well they've embedded this message within their core values.

SODEXO ENGAGE

Adding Value & Boosting Engagement

"I always receive positive and engaged communications from both Cameron and now Nimesh, who have been very positive and focused.

We have seen great engagement levels from all employees that have taken up the scheme and it only continues to grow."

Matt Bullock

Chief Executive Officer at
Acorns Children's Hospice





GET IN TOUCH

We are the UK's leading experts in employee and consumer engagement, we believe in the importance of people, we believe in their Quality of Life and we believe in improving the employee experience at work and beyond.

Whether it be becoming an employer of choice, improving the loyalty and retention of your people, a greater alignment to your cultural values, achieving a higher performance or ultimately improving the engagement of your company – Sodexo gives you the tools and the power to make it happen.

www.sodexoengage.com