



FEEL GOOD at FITFLOP

Prioritising Employee Wellbeing





Who Are We?



WHO ARE WE?

**Mental Wellbeing is
a priority at FitFlop.**

We feel like it's our duty as
a business to support the
*wellbeing of our employees
in and out of the business.*

EMPLOYEE WELLBEING

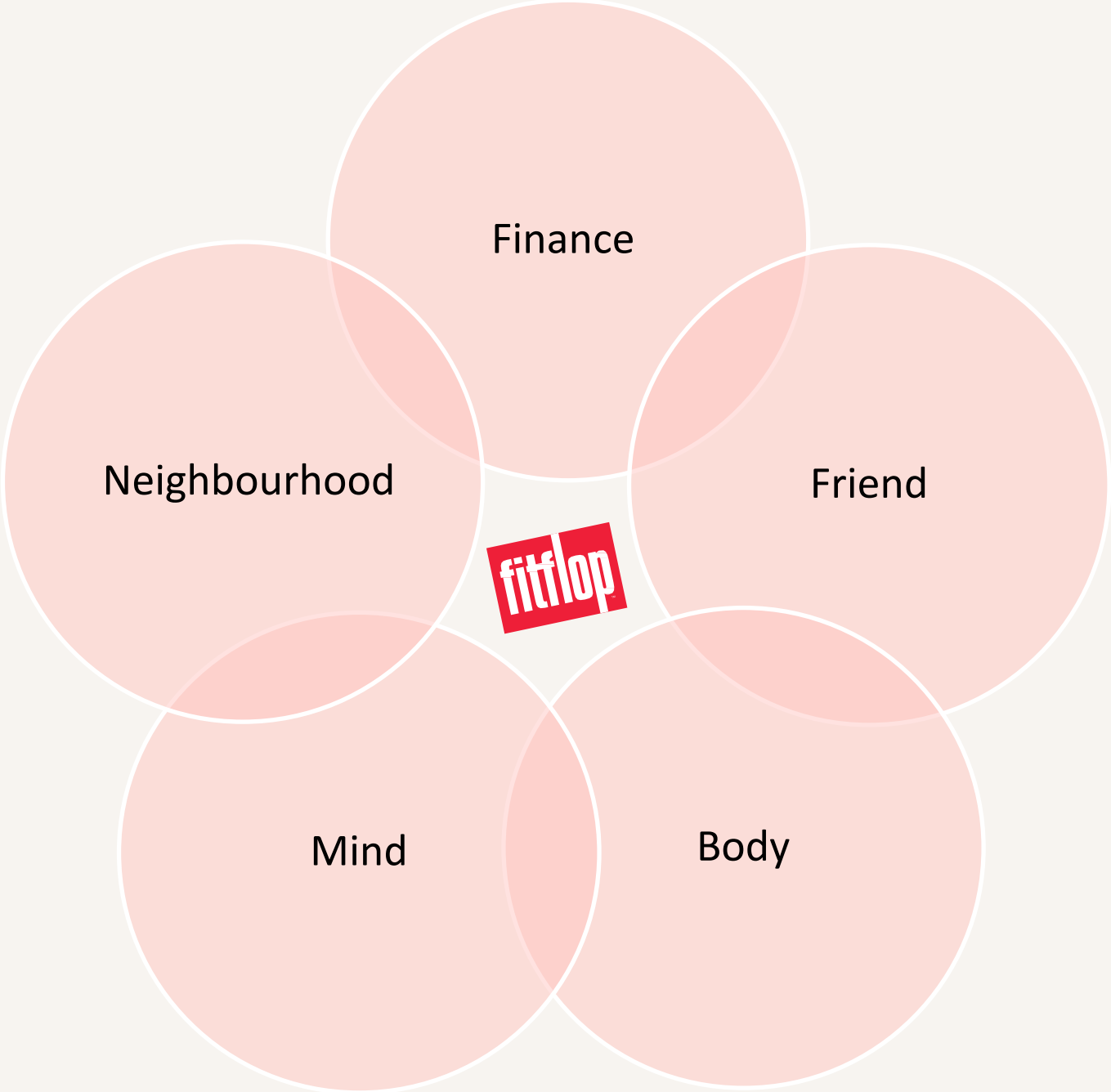
One size doesn't fit all – it's good to have a range of resources available.

- Calm
- Retail Trust
- Sanctus
- Mental Health Toolkit
- Mental Health First Aiders
- Mental Health training

This is not just a box-ticking exercise for us, it is part of our People Strategy.



FEEL GOOD AT FITFLOP



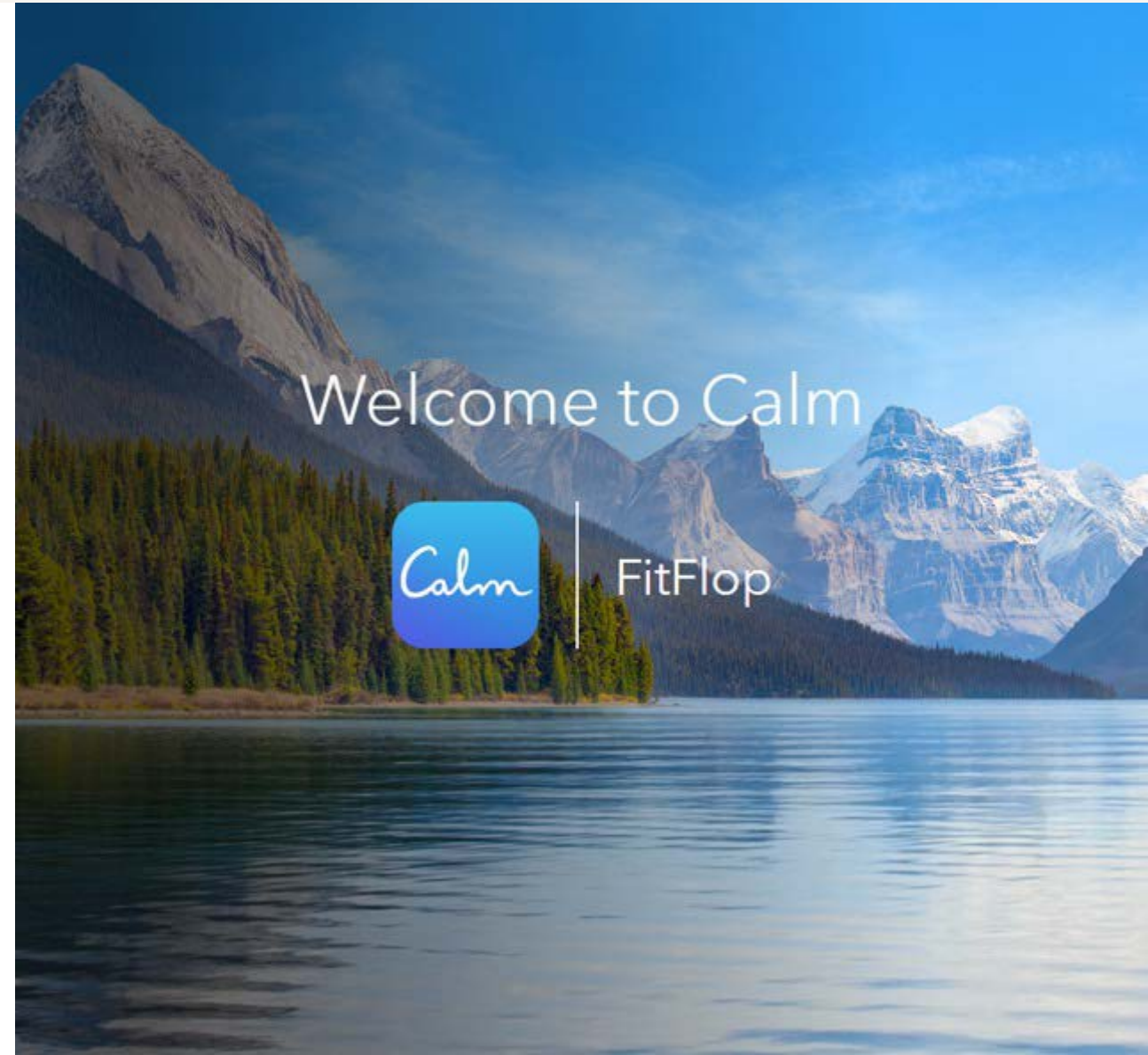
OUR RESOURCES



1. CALM

We have partnered with Calm –
the number 1 app for mental fitness.

- As a business, this costs us less than £20 per employee per year
- It's a global benefit
- With a reporting tool



Retail TRUST
1832 ONWARDS

Register | Sign in | Search our site

Wellbeing helpline **0808 801 0808** [Donate](#)

Home | **Your health and wellbeing** | Financial aid | Helping your business | Supported living | Get involved | About us

Emotional support ▾ | Physical wellbeing ▾ | Career development ▾ | Financial health ▾ | For managers ▾

Welcome to your very own, **personalised,** wellness hub!

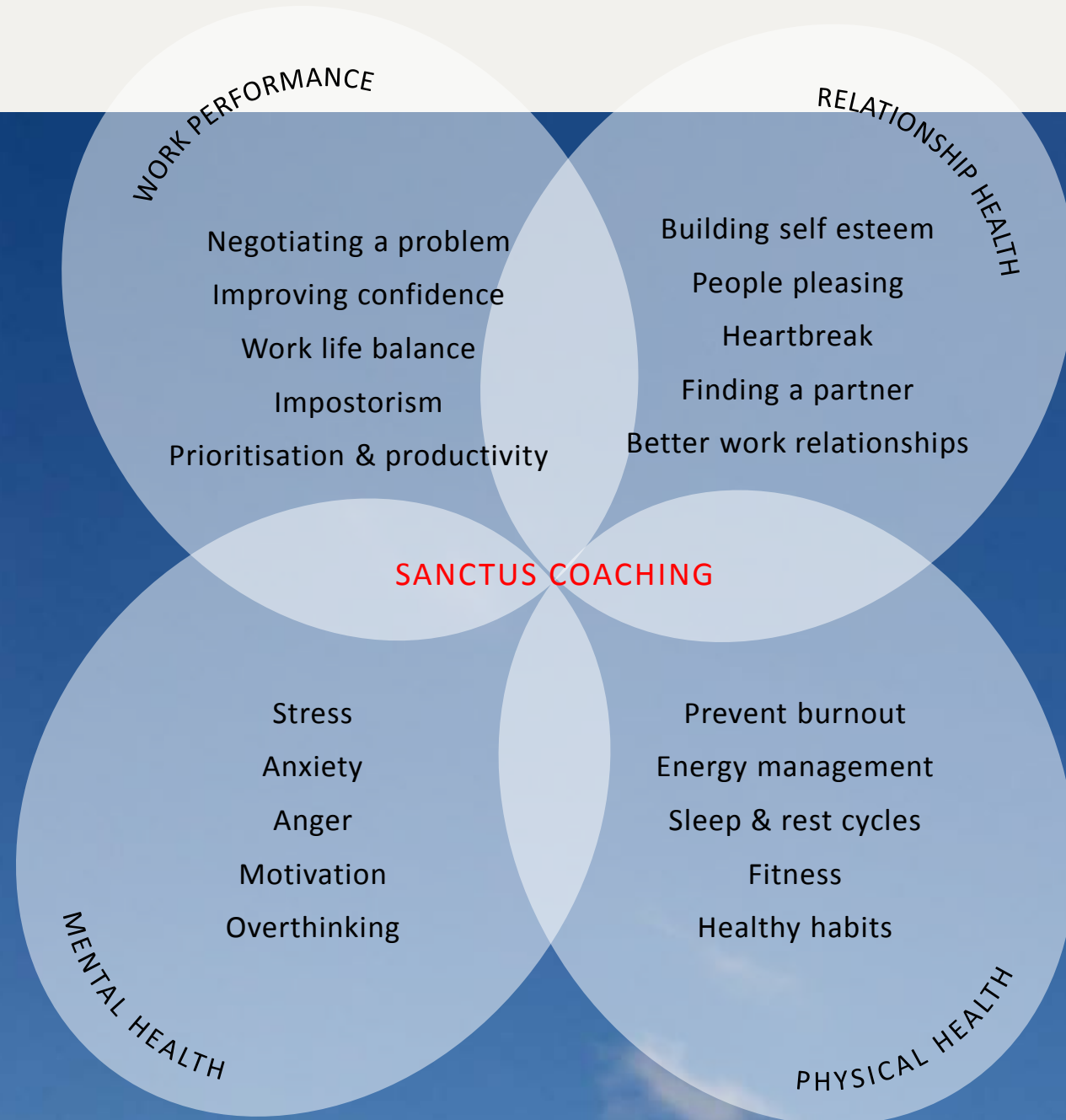
[Sign in](#) or [register here](#)

It's designed to put you first. Packed full of articles, quizzes, videos and advice on everything from mental health and wellbeing to your career and lifestyle, you take charge and decide what's important. Think of it as your very own support network, once you've registered you can personalise it and choose what topics interest you. Whether that be advice on how to cope with anxiety or financial worries to valuable tips on managing a team or reworking your CV. You're in total control.



3. SANCTUS

Our Resources



Sanctus.

MENTAL HEALTH TOOLKIT

This list is by no means exhaustive, but hopefully is a helpful group of resources which you can use for yourself or people you may know

LINKS AND INFORMATION

If you are in crisis (or know someone who is) and you are concerned for your own (or their) safety, call 999 or go to A&E.

Call the Samaritans on 116 123 or e-mail them:
jo@samaritans.org

WHATEVER YOU ARE GOING THROUGH,
THERE IS SOMEONE OUT THERE WHO CAN HELP.

GENERAL HELPLINES

The Retail Trust – a confidential 24 hour support service for FitFlop employees – 0808 801 0808
retailtrust.org.uk/wellbeing-services/emotional-support

Childline – a confidential line for children if they need advice or help
0800 1111 | childline.org.uk

CALM – dedicated to preventing male suicide, the single biggest killer of men under the age of 45 in the UK
0800 58 58 58 | thecalmzone.net

SANEline – a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness
0300 304 7000 | sane.org.uk

The Silver line – for those over 55
0800 4708 090 | thesilverline.org.uk

Switchboard – a line for LGBT+ support, a place for calm words when you need them most – 0300 330 0630
switchboard.lgbt

MENTAL HEALTH HELPLINES AND RESOURCES

Mind – provide advice and support to empower anyone experiencing a mental health problem
0300 123 3393 | mind.org.uk

Local Minds – find your local support group
mind.org.uk/information-support/local-minds

Maternal Mental Health Alliance – care, support and information for women during pregnancy and in the years after giving birth
maternalmentalhealthalliance.org

Counselling Directory – search for counsellors in your area – counselling-directory.org.uk

Depression UK – a national self-help organisation helping people cope with their depression
depressionuk.org

OCD Action – support and information to anybody affected by OCD, work to raise awareness of the disorder amongst the public – 0845 390 6232
support@ocdaction.org.uk | ocdaction.org.uk

Beat Eating disorders – beat offers support and information for those living with eating disorders, a place where they feel listened to, supported and empowered – beateatingdisorders.org.uk

Adult helpline – 0808 801 0677
help@beateatingdisorders.org.uk

Studentline – 0808 801 0811
studentline@beateatingdisorders.org.uk

Youthline – 0808 801 0711
fup@beateatingdisorders.org.uk

- Be open and honest
- What else can you offer to support with finances?

The AAG Hub

Featured



Apple Store

Enjoy preferential pricing from Apple

Apple Store

Dunelm

ASOS

LOOKFANTASTIC

Ray-Ban
GENUINE SINCE 1937

appliances
direct

Employees can access a portion of their earned wage before payday.

The general idea is that it helps employees manage their finances better.

We are using it as a well-being tool to check in with those using it if they need any extra support etc.



BENEFITS





FEEL GOOD CULTURE

It can be difficult to encourage a sense of togetherness & to promote healthy working relationships when in a hybrid and flexible environment.

It's important to retain the culture dynamic across the business all throughout the year.

We do this by creating a variety of ways to meet new and different people from across the Global business.







It's important to get investment in our business and our people from the top level down.

- We really need our ELT to get behind our messages
- Let's nurture the great talent our people have to offer
- Who drives the message that your employees are really being listened to? Give your employees a voice.

Great People Make Great Things Happen



Q&As

