

Caddick Construction Developing Employee Wellbeing



CaddickConstruction.

THE IMPACT

↑ **21%**
Company's health
and wellbeing

↑ **6%**
Increased
happiness

↑ **8%**
Satisfaction with
nutrition

↑ **5%**
Mental wellbeing

THE CASE

Yorkshire-based property development and construction organisation Caddick Construction launched a bespoke health and wellbeing programme for its 140 employees.

To support and improve the wellbeing of employees, Caddick Construction partnered with hero to address the mental health concerns of men working in the construction sector.

OUR METHOD

A combination of hero's training and on-site support to help build a wellbeing focused community.

hero surveyed the Caddick Construction team to identify their current personal wellbeing strengths and where they'd like to see more support.

A tailored wellbeing strategy was designed based on employee feedback, including:

- One-to-one health checks and screenings, covering areas such as blood pressure, cholesterol and blood tests
- Mental health first aid training
- Regular employee wellbeing workshops
- Wellbeing training for line managers

THE RESULTS

Achieved demonstrable increases in mental wellbeing, sleep, nutrition and satisfaction with activity levels, ultimately achieving a happier, healthier team.

OVERALL FEEDBACK

Increases in mental wellbeing, sleep, nutrition and satisfaction with activity levels, mean a happier & healthier team.