

Helping your  
community  
Helping your business



# Better business - *Naturally*

“ Everyone had a really enjoyable day. It was good to step back and see the difference we had made. ”



## All ages all abilities - reconnecting with nature

The activities we offer at Wildside provide great opportunities for employers to fulfil their corporate social responsibility requirements and develop effective health and wellbeing programmes for their workforce.

By supporting our work, businesses can also help the people and communities of Wolverhampton live healthier and happier lives whilst creating an environment which helps to attract greater external investment into a city which demonstrates it cares for its people and its habitats.

## Our business is... helping your business

Linking up with Wildside could see your company thrive by supporting the personal and professional development of your employees and fostering an environment which promotes creative, solution based ways of thinking.

Corporate volunteering is a great way for employees of any organisation to enjoy the fresh air, build stronger relationships, re-energise and de-stress, whilst making a real difference to the local environment.

## Employee health and wellbeing

Nature has a remarkable impact on people. Some of the many recorded benefits of being in the presence of nature include reductions in stress, anger and exhaustion, while increasing energy levels, cognitive functioning and happiness.

Wildside can provide employers with tangible opportunities so that their employees can engage with nature in meaningful and enjoyable ways. Whether through structured events such as team building days; adventurous activities such as canoeing and orienteering; volunteering programmes to help improve local habitats, or more relaxed ventures such as forest bathing, Wildside can offer a range of employee health and wellbeing programmes suited to the needs of every business.

By investing in one of our business support packages you will be helping us to

**PRESERVE** the green spaces around us

**PROTECT** the environment safeguarding it for future generations,

**PROMOTE** the work we do at Wildside and the value of engaging with nature

# Wildside Business Support packages

<b>PRESERVE</b> Investment £500 p.a	<b>PROTECT</b> Investment £1500 p.a
1x press release	1x press release
Listing on website inc. hyperlinks	Listing on website inc. hyperlinks
5 x social media posts	10 x social media posts
1 x team building activity*	2 x team building activities*
Quarterly Wildside newsletter inc. 1 x article	Quarterly Wildside newsletter inc. 2 x article
Welcome talk from Wildside expert	Welcome talk from Wildside expert
1 x corporate volunteering session*	1 x corporate volunteering day*
1 x short narrowboat trip	1 x long narrowboat trip
1 x meeting room hire	2 x meeting room hires
	1 x Dr Bike surgery
	Habitat site audit with recommendations

*\*Please note: Corporate  
Volunteering and Team  
Building are limited to 15  
participants per session  
(morning or afternoon)*

# Help us build your business success... naturally

Studies have shown that engaging with nature actively promotes a sense of wellbeing, and that happy people are more productive employees.

So, investing in your employees' health and wellbeing will make them feel more valued, more engaged in their work, and ultimately more committed to achieving your shared business aims.

“ Evidence-based studies, such as MacKerron and Mourato (2013), have demonstrated that happy people are more productive, and that nature is not only hugely beneficial to wellbeing but actually promotes it. ”

“ Continuing research is looking to identify how engaging with nature can create a high-performance culture within organisations, literally saving industry millions of pounds every year in sick leave and below-average productivity.

Personnel Today ”

Help us build your business success... naturally. Talk to us about developing an employee health and wellbeing or corporate volunteering programme for your organisation.

## Get in touch

For more information about visiting Wildside or how we can work together, please contact us:

### Wildside Activity Centre

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