



**Healthy
Working
Lives**

As part of the Healthy Working Lives award scheme, Shetland Charitable Trust staff have recently been awarded a Bronze Certificate.

In order to achieve this Certificate, SCT staff have taken part in several activities on various subjects regarding health and wellbeing. One of which was a walking initiative which staff designed themselves. So far, SCT staff have walked a total of 825 miles. They have also completed a waste audit to minimise office waste, and have recycled numerous toner cartridges, batteries, mobile phones, envelopes and many other items.

The Healthy Working Lives award scheme, run by NHS Health Scotland, supports employers and employees to develop health promotion and safety themes in the workplace. To find out more about the scheme, please go to: www.healthyworkinglives.com