

Press Release
18th February 2011



Tewkesbury's workforce gets healthy!
With help from Basepoint

Tuesday 15th February saw over 50 people from the local business community descend on Basepoint Tewkesbury, to take advantage of a free 'Health MOT' at a 'Wellness @ Work' day.

Wellbeing @ Work is a free local service which is funded by 'Count Me In Tewkesbury' – a government financed organisation which aims to turn Tewkesbury into a 'healthy town'. The Wellbeing @ Work events hope to promote a healthier and more productive local workforce by providing a number of services, such as confidential blood pressure checks, for local business people.



Basepoint were keen to work with Count Me In Tewkesbury on this event, because a healthy workforce can have such a positive impact on business – last year, the UK's workforce took 180 million sick days which cost the economy approximately £2.5 billion, according to the Pfizer Absence and Workplace Health Survey. Basepoint Tewkesbury's centre manager, Renée Parry said: "The Wellbeing @ Work day was a huge success and I think everybody who attended learnt something new about looking after themselves. It was a pleasure to support this invaluable service, which is so beneficial to the local community."

Dan Etheridge, office manager at BM Aluminium Ltd, said: "I have a well balanced diet and exercise frequently, so when I first heard about the Wellbeing @ Work day; it wasn't something I was initially interested in but thought I'd try out the free 'Health MOT'. The event turned out to be very informative and I am really glad I attended – there was some useful information on healthy eating and exercising, as well as tips to help you quit smoking and reduce stress."

Dan adds: "We were given information packs and they have made for very interesting reading – we all eat foods high in fat, salt and sugar – but just don't think about it when we're eating!"

For more information on Wellbeing @ Work or Count Me In Tewkesbury, please email Amy Murfin at amy@visioncic.com. For more information on Basepoint, or to enquire about office space at Basepoint Tewkesbury, please visit www.basepoint.co.uk, call 01684 854444 or email tewkesbury@basepoint.co.uk.



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NOTES FOR EDITORS

Basepoint specialises in the development and operation of managed business, innovation and enterprise centres. These centres provide comprehensive accommodation and support infrastructure packages to new and early-stage companies within a supportive and secure environment. The company operates both wholly- and part-owned centres as well as managing facilities on behalf of public sector bodies. Group operations currently extend across Southern England and the Midlands, with additional opportunities under assessment across the UK.

Basepoint is a wholly-owned subsidiary of the ACT Foundation, a leading grant-making charity dedicated to improving the quality of life of those in need. The ACT Foundation derives its income from a substantial and diversified property portfolio of which Basepoint is a major constituent.

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