

pluxee

acorns
Your local children's hospice

Acorns Children's Hospice Case Study

Enhancing the wellbeing of
those who care for others with
corporate gym memberships.



Acorns Children's Hospice. ✕

Making every day count.

When a child is diagnosed with a limiting or life-threatening condition, Acorns Children's Hospice steps in to help.

Operating 24 hours a day, 365 days a year, Acorns provides specialist palliative care for children and essential support for their families. Their dedicated team provide psychological, emotional and practical support, helping families through grief and isolation.

Employee wellbeing in palliative care.

According to the British Journal of Nursing (BJN)¹, palliative care nurses are at high risk of burnout.

Protecting nurses' health and happiness in an environment where they offer so much of themselves to others isn't negotiable.

Physical wellbeing initiatives make a positive difference to nurses lives, boosting mental and emotional health and reducing the risk of occupational fatigue.

With research by Cambridge University Press² suggesting that nurses are more susceptible to mental health problems, it's essential to take action and provide effective support where it matters most.

¹² British Journal of Nursing ² Cambridge University Press



🏠🏠 Working in palliative care services has an impact on the personal and professional lives of healthcare staff³.”

Acorns Children's Hospice.

Supporting Employee Wellbeing.

🏠🏠 At Acorns, our people are at the heart of all we do, and therefore their wellbeing is very important to us. The gym discount scheme allows us, as a charity, to provide our people with a very tangible employee benefit that promotes physical wellbeing and makes it much more affordable and accessible to them. The offer has been totally embraced by our people, and I am delighted in the uptake by Acorns workforce.”



Matt Bullock

Chief Executive Officer at Acorns Children's Hospice

acorns

Your local children's hospice




Boosting physical wellbeing.

Acorns reached out to Pluxee UK in 2021, looking for a way to boost its employee wellbeing benefits offering.

pluxee

Already providing a Cycle to Work and Blue Light Card scheme, Acorns wanted to offer more support and help its people experience more moments of joy.

Focusing on the mental and physical benefits that come with improved health, Acorns chose to embed our [Corporate Gym Membership](#) into its employee wellbeing strategy.

 **There is growing recognition that regular exercise improves your mental health as well as your physical health and fitness.**

Exercise has also been shown to relieve symptoms of depression, anxiety and trauma, and is now prescribed by the NHS for people living with mental health issues⁴.”

⁴Welldoing.org



Corporate gym memberships.

Enjoy up to 25% off the annual memberships from gyms your people know and love.

Choose from over 3,000 gyms, studios, fitness centres, boot camps and sports clubs!

Our [corporate gym membership](#) makes it easier and cheaper for your people to join some of the biggest and best gyms across the UK and the Republic of Ireland.

Physical and mental wellness = resilience!

Open up a world of fitness and physical health opportunities to your people.

We partner with a huge network of fitness brands, giving you one of the widest choices of gyms on the market.

Whether they go once a week or it becomes part of their daily routine, you can harness the power of physical activity to protect the mental health of your people.

pluxee





✖ Making a positive impact.

Working together, Acorns Children's Hospice launched our [corporate gym membership](#) benefit in March 2021 to its engaged and responsive workforce.

Making exercise affordable for its people brings more moments of joy, peace, clarity, wellness and resilience in their lives at work and home.

A fantastic uptake!

More employees are signing up every month and empowering themselves to alleviate the risk of occupational burnout.

People are at the heart of what Acorns do, and they're committed to supporting their own - an ethos they've embedded in their core values.



The Pluxee Effect.

Making doing business more joyful!

“ I always receive positive and engaged communications from both Cameron and now Nimesh, who have been very positive and focused.

We have seen great engagement levels from all employees that have taken up the scheme and it only continues to grow.”

Matt Bullock

Chief Executive Officer at Acorns Children's Hospice

pluxee

Pluxee is the global leading employee benefits and engagement partner that opens up a world of opportunities to help everyone enjoy more of what really matters to them. Through a full range of innovative and digital solutions deployed in 31 countries, Pluxee creates meaningful, engaging, and personalised experiences to contribute to the wellbeing of individuals at work and beyond.

In the UK, Pluxee offers award-winning employee benefits, rewards and recognition all designed to bring more value to people. Globally, Pluxee supports the purchasing power and promotes the well-being of more than 36 million consumers. Pluxee accompanies 500,000 clients to develop more meaningful relationships with their employees and improve their engagement. Pluxee simplifies the life of 1.7 million merchants every day. Strengthened by its historical ties with Sodexo, Pluxee with its 5,000 employees is committed to increase its influence as CSR leader by giving its clients, partners and consumers the means to make more sustainable choices every day.

Choose Pluxee.

www.pluxee.uk