

The most important tools of the trade are your body and your mind

Here at Perennial, we're dedicated to supporting your physical and emotional wellbeing. We want you to live well today by keeping fit, healthy and in work, so you can plan for a better future. Here's 3 ways we can help.



Health & Wellbeing app

- Helps empower you to lead a full and healthy life across fitness, nutrition and lifestyle.
- There's workouts, recipes and wellbeing support for your body, mind and life.
- Plus, Be Calm meditations and Soundspace for Health and Wellbeing podcasts.
- Also, our 24/7 **In the moment support** line, where you can speak in confidence to a qualified and experienced clinician for personal or work-related challenges.

perennial.org.uk/wellbeing



Physio service

- An occupational health physiotherapy service for pain and injury recovery.
- Helps you build a strong and resilient body.
- The key is to get help early, so get in touch if you experience aches, pain or injury.
- You'll get good advice on how to manage today and in the future.
- Whilst free to most, there are eligibility criteria to meet to benefit from this service.

perennial.org.uk/physio



Perennial team support

- On hand for everyday questions and worries, as well as big life events too.
- Our friendly Helpline Team provides immediate, confidential advice relating to health, money, career and life challenges, plus they can signpost you to specialist services such as legal advice & physio.
- Dedicated advisors provide tailored 1 support to 1 for long-term solutions for areas like money and debt, welfare benefits, housing, self-employment, health and wellbeing and careers.

0800 093 8543*

perennial.org.uk/ways-we-help



Helping people
in horticulture
Perennial

Registered Charity Nos 1155156 Scotland SC040180

+ Open Monday, Tuesday, Thursday and Friday
9am–4.30pm and Wednesday 10am–4.30pm.
Excludes bank holidays.

perennial.org.uk