



Corporate Health and Fitness Membership Scheme

Your first step to a healthier workforce

Durham County Leisure provides health and fitness corporate memberships for a number of different organisations within the North East. Our services and programmes provide and assist employers to improve the health, fitness & wellbeing of their staff.

Improving your staff's health, fitness & wellbeing is vital for any organisation whether you have a physically demanding job or not. An organisation can improve their productivity by being involved with a fitness programme.

Some of the benefits of starting a corporate health and fitness membership scheme can include:

- Improve stamina levels
- Manage and reduce stress levels throughout the day
- Improve sleep patterns
- Reduce risk of disease, and high blood pressure
- Reduce any aches and pains
- Improve posture at work.

How we can help you achieve this?

Durham County Leisure has a number of leisure centres within our portfolio all operating health and fitness options to meet customer expectations. The centres are operated in a variety of different ways, which allows the members to choose which venue best suits their needs within the corporate scheme – specific details of leisure centres and activities can be found on the activity and pricing schedules.

We are offering a number of flexible options in order for you and your workforce to achieve a healthier work life balance:

	Number of employees within organisation	Minimum Number of employees to join in order for organisation to qualify
Option 1	<100	20
Option 2	100- 250	40
Option 3	>250	Automatically Qualify*

Option 1 - If your organisation has less than 100 employees:

In order for the employees of your organisation to qualify for an 18% discount on their membership package at their chosen leisure centre, your organisation will require a minimum 20 employees to join the corporate scheme.

Option 2 - If your organisation has 100-250 employees:

In order for the employees of your organisation to qualify for an 18% discount on their membership package at their chosen leisure centre, your organisation will require a minimum 40 employees to join the corporate scheme.

Option 3 - If your organisation has 250 or more employees and senior management agree to endorse the Health and Fitness Corporate Membership Scheme under the terms outlined in the employer commitment form, then all employees within that organisation will automatically receive the 18% discount regardless of meeting minimum numbers who join.

Workforce Health Checks

As part of the above 3 options, and as the employer, you will be entitled to the opportunity for the Durham County Leisure fitness team to attend your workplace for a full day and deliver body composition evaluations for any of your employees. This will be a minimum of once per year and a maximum of four per year*, for a full day at your convenience. Feedback can be given to the individuals with their current health and wellbeing. A general summary report can be given to the employer on request.

**One Health Check day per year will be at 0 cost. 2-4 health check days per year will have a cost attached. Charges will be discussed with your organisation upon request.*

What payment methods are available?

- A) Full company invoice
This option allows the employer to take full advantage of the percentage discounts available, and contribute fully towards the health and fitness of their employees. These payments can be in advance annually or monthly via an invoicing process or Direct Debit.
- B) Part company invoice
This option is aimed at those organisations who would like to contribute some monies towards their employees health and fitness. The contribution from the employer will be in advance annually or monthly via an invoicing process, with the amount being determined by the employer. The employee will then pay the remaining fees by Direct Debit. This option receives the full benefit of the discounts already highlighted depending on numbers attending.
- C) Employee contribution
The employee will be entitled to the superb percentage reduction depending on which one of the three flexible options is chosen by the employer and can pay in full or by Direct Debit.
- D) Leisure vouchers
The employer can purchase leisure vouchers to the value of a minimum of £25.00 per employee. These vouchers can be used to attend health and fitness activities that are offered within the leisure centres (terms and conditions apply to the vouchers). The vouchers can be used simply to get your staff started on the road to improved health and work productivity, or they could be also used by the employer as incentives for their staff.

To show your interest in improving the health, fitness and wellbeing of your workforce, please complete an expression of interest form and a colleague will contact you to arrange a discussion at your convenience.

Your organisation will also receive 20 free day passes to hand out to your employees, to enable them to experience the start in improving their health, fitness and wellbeing, at a leisure centre of their choice.

Sport and Leisure Services

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