**News Release**

**June 2023**

**Commitment to health and wellbeing recognised with regional award win**

Karbon Homes is celebrating after being recognised regionally for its commitment to helping colleagues look after their physical and mental health.

The northern housing association took home the ‘Excellence in Health and Wellness’ trophy at the North East HR&D Awards, a category which recognises organisations that have created outstanding strategies aimed at ensuring the health and wellness of colleagues.

Judges were impressed with the range of innovative practices and evidence-based measures that Karbon has introduced, the sustained solutions made available to its colleagues and the positive outcomes achieved in tackling wellbeing as a holistic concept.

Iain Herdman, Assistant Director of People and Organisation Development at Karbon Homes, said: “To us, supporting colleagues during their employment journey with us means helping them to enjoy a good work-life balance, navigate different personal and work transitions and be well informed about health and wellbeing. Our ‘mywellbeing’ programme aims to provide colleagues with a range of tools and resources to aid with all this.

“We’ve worked hard to ensure colleague wellbeing is integrated through the organisation and embedded in Karbon’s culture, leadership and people management and we’re really proud to have had this hard work recognised regionally.”

The award win isn’t the first time Karbon’s commitment to health and wellbeing has been applauded.

In autumn 2022 Karbon achieved the Better Health at Work Awards Gold level accreditation, a programme which recognises the achievements of employers in the North East and Cumbria in promoting healthy lifestyles and considering the health of their employees.

Gold is the third of five levels of the Better Health at Work Awards and work is already underway towards Karbon achieving the next level of the award – [Continuing Excellence.](https://www.betterhealthatworkaward.org.uk/CE%20level%20details.JPG)

Iain added: “From the feedback we receive, it is clear what a positive impact our wellbeing activity has on our colleagues. We’ve remained committed to working with them to create a programme that has something on offer to suit everyone and we’ll continue to build on what we’ve achieved so far to keep ‘mywellbeing’ a big part of life at Karbon.”

**ENDS**

**Photo captions**

1. Left Daniel Nyandiya from category sponsor Northumbrian Water, with Dawn Morris Senior People and OD Business partner and Wellbeing Lead at Karbon Homes

**Notes to Editors:**

Karbon Homes builds, manages and looks after affordable homes for people across the North. The aim is to give all customers the strong foundations they need to get on with life.

Since our formation in 2017, Karbon has focused on delivering our three strategic aims - to provide as many good quality homes as we can, to deliver excellent service to our customers, and to shape strong, sustainable places for our communities.

Our footprint covers the North East of England and Yorkshire, with over 30,000 homes across diverse communities, all facing different opportunities and challenges.

Some customers just need an affordable home, or a way onto the property ladder. Others might need more – financial advice, community services, sheltered accommodation or training that can lead to a new job. Whatever people need to feel more secure, confident and happy with their lives, the Karbon team work their heart out to provide it.

Karbon believes that by combining a sound business head with a strong social heart and staying true to our values, we can build strong foundations for even more people.

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