

6th June 2019



Leading vet organisation prioritising health & wellbeing at work

-Staff taking part in Wellness Month during June -

The UK's leading provider of pet emergency care, [Vets Now](#), has launched a Wellness Month during June to help shine a spotlight on veterinary health and wellbeing, and to tackle some of the issues faced across the professions.

The Wellness Month, part of Vets Now's wider health and wellbeing strategy, is launching in a week when it was announced that half of UK veterinary practices don't recognise veterinary wellness as an issue.*

During June, Vets Now's 1300 employees up and down the country will focus on activities which make them feel happy and supported at work including; Feelgood Friday which inspires lunchtime yoga sessions and taking time to unwind, Workout Wednesday which will see teams across the country taking 10,000 steps, or encouraging colleague picnics outside on National Picnic Day (18th June).

Vets Now has also enlisted the help of one of the country's leading nutritionists, [Lily Soutter](#), who is a regular on ITV's This Morning, to devise healthy and quick recipes for busy shift-working vets and vet nurses.

Laura Black, Vets Now's head of health, safety and wellbeing said: "The issue of mental health is more prevalent than ever in the veterinary profession and we recognise that out-of-hours work, in particular, can present its challenges.

"That's why, as an organisation, health and wellbeing is one of our key priorities.

"So whilst our Wellness Month has some fun elements, the overall goal is to make sure our teams feel they are supported at work."

Nutritionist Lily Soutter, who is a huge advocate of workplace wellness, is also creating nutrition hacks and tips for busy vets and nurses. She added, "Vets Now's health and wellbeing strategy identifies that night working, working long or irregular hours, compassion fatigue and burnout are key issues across the veterinary sector which can impact on the physical and mental health of people working in the profession. Importantly, by employers focusing on those areas we can positively make a difference to employees' lives."

Laura, a former veterinary nurse, added: "At Vets Now we live by our values of caring, releasing potential, innovation and responsibility.

*according to a new survey (released May 2019) carried out on behalf of the organisers of VET Festival 2019, which explored the views of 524 veterinary professionals on veterinary wellness and actions taken by their practice to promote it.

“Indeed they are a fundamental part of our company and they influence and support everyone who chooses to work here.

“While it goes without saying we care about our clients and their pets, we also allocate significant resources to making sure our people feel happy, safe and supported and enjoy a strong sense of wellbeing.”

At Vets Now there are several initiatives in place to ensure staff feel a strong sense of wellbeing, including a company-wide employee wellbeing programme that enables teams and their families to access advice and counselling on any health and wellbeing issue that may be affecting them.

In April this year all Vets Now vets and vet nurses, no matter how many hours they work, received access to Private Medical Insurance.

For more information on Vets Now visit www.vets-now.com/careers/life-vets-now/health-and-wellbeing

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For media enquires contact Gail Chalmers on gail@gailchalmers.com or 07919411402

Vets Now notes to editor:

- Vets Now was established in 2001 and is the leading provider of emergency veterinary care for companion animals in the UK.
- With 24/7 Pet Emergency Hospitals in Glasgow, Manchester and Swindon, and 59 out-of-hours clinics nationwide, Vets Now is committed to delivering a responsive emergency and critical care service for cats, dogs and other small animals.
- Vets Now also partners with more than 1,400 veterinary practices across the UK to provide their clients with a seamless out-of-hours emergency care service.
- Vets Now employs over 1000 staff.
- Vets Now remains at the forefront of emergency veterinary care through its commitment to clinical excellence and training, employing many of the country’s top Emergency & Critical Care