



Gungho Marketing

discovering new business

Promoting Health and Well-being at Gungho

At Gungho Marketing, we built our business on the basis of creating a healthy environment for all our team members.

Mental and physical health is extremely important to us, which is why we have put initiatives in place to care for our team when they're in the office and working remotely:

Our Initiatives

We have three, qualified mental health first aiders who have the ability to spot signs that people might be experiencing poor mental health and signpost to appropriate support.

Post-probation, we provide Beneden Healthcare which offers a 24/7 mental health helpline, private medical care, and a wellbeing hub with access to a wide range of articles, videos, and recordings. Not only do they support mental wellbeing, fitness and nutritional needs but also financial guidance.

We operate a 4-day working week to ensure that all staff have a strong work/life balance.

Each month, our staff-created monthly wellbeing walks set off at lunchtime to encourage conversation, connection with nature and mindfulness.

All staff have Perkbox which offers a variety of benefits including a wellbeing hub with free access to tutorials, talking therapies, workouts, and much more.



Having access to Beneden Healthcare through Gungho has been absolutely incredible! I struggle to get appointments at my Doctors but with the Beneden app, once I had registered my details, I could select the time I wanted a telephone appointment which was only a few days away, discussed the issue, sent a prescription via email and collected it the same day!

Marie, L&D