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## **WORKTHERE LAUNCHES WELLBEING RANKINGS FOR FLEXIBLE OFFICE SPACE**

Workthere has released the results of its inaugural [‘Wellbeing within flexible offices’ ranking\\*](#), which reveal that the top three serviced / coworking spaces for wellbeing in the UK are:

- 1. 180 Borough High St in London by Fora**
- 2. 20-30 Whitechapel Road, London by x+why**
- 3. Queen Elizabeth Olympic Park, London by Plexal**

The flexible office specialist invited providers of serviced and coworking spaces that it works with to take part in the survey, which weighted a number of metrics including: indoor area per desk; outdoor area per desk; showers per desk; number of bicycle lock-up spaces; quiet rooms / booths per desk; number of community event per week; gym membership discount; onsite gym; frequency of air measurements, plants and the availability of a wellbeing app.

Cal Lee, global head of Workthere comments: “Wellness and wellbeing have progressed from being ‘buzzwords’ to topics that are firmly on the agenda of employers and therefore being taken very seriously in the workplace. The wellbeing of employees can positively, and indeed negatively, impact their productivity, engagement, absenteeism and overall happiness. It can also be a deal breaker in terms of attracting and retaining new talent. We therefore wanted to get a greater understanding from the providers we work with across the UK and the globe to see what measures they have in place to support wellbeing in the flexible office arena. I would like to thank all those who took part in the survey and also congratulate those in the top three rankings.”

Katrina Larkin, Co-Founder and Head of Experience at Fora, comments: “We are honoured to be recognised by Savills for this increasingly important element of not only our work at Fora, but our daily lives as individuals. Wellbeing is at the heart of Fora, from our design, culture, events and wellness studios. We create spaces with healthy and happy residents in mind, so this award is very appreciated by the Fora team who bring the wellness of Fora to life.”

Rupert Dean, co-founder and CEO of x+why, outlines why health and wellbeing is so important to the business: “Absenteeism due to illness or stress costs the UK economy around £20 billion per year. As part of the commitment responsible businesses are making to their employees today, mental

wellbeing is, and should be, near the top of the list. We totally share this commitment and wellbeing will be always be at the heart of our business plan.”

Hannah Cookson, ecosystem manager at Plexal, comments: “We spend so many hours of our day at work, so it’s so important that our environment makes us not just productive but also happy, healthy and relaxed. At Plexal this is extremely important to us. We’re lucky enough to have lots of open spaces (like our indoor park) and quiet spots (like our phone booths) where members can work, meet or unwind. We also create an events programme that helps our members stay healthy (we’ve got yoga classes and a football club) and connect with each other. Loneliness can be a struggle for small startups and founders, so we make sure we give our members lots of opportunities to come together and support each other.”

Using the survey, Workthere also produced respective Wellbeing rankings for the global cities in which it operates (the Netherlands, France, Germany, Ireland and the US), which it combined with the UK results to create an overall global top three:

- 1. Olympisch Stadion 24-28, Amsterdam by Offices For You**
- 2. 180 Borough High Street, London by Fora**
- 3. 11-15 Tara Street, Dublin by The Tara Building**

Jessica Alderson, global research analyst at Workthere, concludes: “Flexible offices are doing a lot around wellbeing. 62% of those who took part in our survey measure their air quality at least every month and 38% have a gym in the building that they’re based in. As anyone who has been in a flexible office will know, they’ve fully embraced the concept of biophilia, with 98% of them containing plants. However, there are still ways for flexible offices to differentiate themselves in terms of wellbeing, such as by offering sleep/relaxation pods or offering a towel service to encourage workers to exercise on their way to work. Some flexible offices even have dedicated wellbeing apps.

“It is sometimes assumed that integrating wellbeing into an office is going to be expensive. Of course, sometimes this is the case, but there are also some easier wins such as offering free fruit, filling a space with air purifying plants or hosting wellbeing seminars. Quite a few flexible offices now partner with local gyms to offer gym membership discounts, which makes a lot of sense.”

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## **Note to editors**

\*The analysis in this report includes survey results from 103 flexible offices (including both serviced and coworking spaces) across the UK, the Netherlands, France, Germany, Ireland and the US.

## **About Workthere**

Launched in February 2017, Workthere is a Savills venture introduced to help businesses find flexible, co-working and serviced office space across Europe, America and Asia. Workthere is an entirely new brokerage service and website listing platform - workthere.com - combining tech with an expert



human touch. Workthere is a completely free service for occupiers and covers the entire flexible work space market as well as covering more specialist space such as laboratories. The concept was formed by Cal Lee, a former graduate and development surveyor at Savills, who saw the opportunity to offer a new platform for growing co-working and flexible work space providers to market their space. [www.workthere.com](http://www.workthere.com)