



# How Can Scruffs 'n' Bex Help?



# About Cath

## CONTACT

[www.goodfundraising.co.uk](http://www.goodfundraising.co.uk)



## Scruff 'n' Bex

### Head of Wellbeing and Resilience

Fundraising can be tough, and building resilience is essential to navigating the ups and downs.

At Good Fundraising, Scruff and Bex, our faithful (and very cute) office dogs take the lead on wellbeing and resilience.

They make sure we take regular breaks to play fetch and insist on fresh air with daily walks, whatever the weather.

Their support helps keep our team energised, focused and ready to do our best work.

## Areas of Expertise

- 💡 Workplace Wellbeing
- 💡 Biscuit Acquisition Specialists
- 💡 Mood Lifting & Motivation
- 💡 Team Spirit & Office Happiness
- 💡 Chief Stick-Throwing Motivators
- 💡 Sitting Quietly Until Snacks Appear
- 💡 Encouraging Movement & Fresh Air