



Cornwall and  
Isles of Scilly

# Healthy Workplace Award



## Healthy Workplace

The workplace is where many people spend the largest proportion of their time. It can therefore play a key role in contributing to the health of the individuals that work there and, in turn, the health of the whole organisation.

### Want to get involved?

Register and become a member by visiting our website [www.behealthyatwork.org](http://www.behealthyatwork.org)

For further information please contact us on:

E: [workplace.health@cornwall.gov.uk](mailto:workplace.health@cornwall.gov.uk)

T: 01209 615600

## The benefits

By an employer taking a few simple steps to encourage a healthy and active workplace, the following benefits could easily be achieved:

- ♥ Help attract and retain employees
- ♥ Increase productivity
- ♥ Lower absenteeism and improve the ability to return to work after illness
- ♥ Reduce workplace injuries
- ♥ Improve work ability among older employees
- ♥ Enhance your reputation, create a positive corporate image
- ♥ Improve morale and motivation of the workforce
- ♥ Contribute to controlling or may reduce insurance costs
- ♥ Seize opportunities to network and share best practice
- ♥ Contribute to the health of the wider community

## Save your workplace money, whilst also improving the health and wellbeing of your staff.

The Cornwall and Isles of Scilly Healthy Workplace Award is a county standard of good practice and a quality mark of health and wellbeing in the workplace. The award is a flexible framework that can be adapted to the needs of each business. It is all about finding the best way to promote the Health and Wellbeing of your most valuable asset – **your staff**

## Case Study – Steve Marks, Environment Agency

“ We have learned so much through the Cornwall Healthy Workplace Award Scheme already, and are keen that we pass this learning on to our staff. With many organisations already represented, we were surprised we haven’t got involved sooner as it’s so aligned to our overall ‘Wellbeing Ambition’ that working for the Environment Agency will improve health and wellbeing. ”

## What we offer:

- ♥ Stress in the Workplace Training Workshops
- ♥ Stress in the Workplace for Managers
- ♥ Mental Health First Aid training
- ♥ Stop Smoking Support
- ♥ Physical Activity and Sport Offer
- ♥ Healthy Weight including healthy eating

...and much more!

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