Cornwall and Isles of Scilly Healthy Workplace Award

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

For further information please contact Healthy Workplace on:

E: workplace.health@cornwall.nhs.uk
T: 01209 313419
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 business 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 – Claire Shelley – GE Money

“ The Healthy Workplace programme has supported our business to build and nurture a culture of health and provide GE employees with the resources they need to get and stay healthy. The varying workshops, information and events that the Healthy Workplace programme provides, have enabled us to reach our goals of enhanced health awareness, reduced absenteeism and improved employee engagement within our organisation.”

What we offer:

- Stress in the Workplace Training Workshops
- Stress in the Workplace for Managers
- Mental Health Awareness and Understanding Training Workshops
- Stop Smoking Support
- Physical Activity and Sport Offer
- Healthy Weight including healthy eating
- Healthy Weight Advice and Support with weigh in
- Low Back Pain Prevention Workshops
- Wellbeing Assessments and NHS Health Checks

behealthyatwork