



Healthy Workplace

Devon & Cornwall Police - 5273 employees

Devon & Cornwall Police joined the Cornwall Healthy Workplace Programme, which has provided us with a fantastic amount of external support which really helped us kick-start a local health and wellbeing programme.

A staff Health and Wellbeing Strategy has been implemented and we have a Staff Health and Wellbeing working group for the Force. The group of approximately twenty staff from a range of departments and ranks meet every three months or more if necessary and then cascade the information to the Health and Wellbeing Champions who then cascade to their stations across Cornwall. There are also monthly updates from the Health and Wellbeing team which are communicated in the same way. Staff Wellbeing is also on the agenda in senior management meetings.

For our healthy weight initiatives, we had specific support from a specialist at Cornwall Healthy Workplace who encouraged us to sign up to **Sugar Smart UK**. A staff health and wellbeing noticeboard is in place clearly visible in all the stations and opportunities/information is also given via the weekly newsletters, the screen savers and intranet for staff to access at all times, which is a great way to display simple key healthy eating messages at work for staff to access.

Water coolers have been reinstalled and water bottles given out at events by the Health and Wellbeing Team to staff and urine colour charts displayed on noticeboards and in toilets are all used to promote hydration. Free fruit is now being delivered to all stations 3 times a week and staff have given positive feedback on this initiative.

Inspector Dave Meredith from Newquay Station said *"It is really important to make sure our staff are well looked after, healthy and well, so they are able to look after the public, protecting the victims and catching the criminals to make Cornwall safer. I always put people before task and have a 'people focussed' thread throughout my daily work. The free fruit and wellness area in our station is really well received and something we are proud to embed in our workforce"*

Healthy Workplace

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