

The Workplace Health E-Bulletin

WELCOME

Hello there and welcome to the **SPRING** edition of the Healthy Workplace E-Bulletin. Lots of new and exciting things have been happening within Workplace Health since our last edition.



NEW FACE TO WORKPLACE HEALTH

Rose was welcomed into the team in March after graduating at the University of Gloucestershire within Sport and Exercise Science.

Rachel & Rose would like to thank everyone that attended the Awards Ceremony in Wadebridge. It's great to see all the support and dedication to the Award and feel the passion and drive in creating a healthier working environment.



Don't forget that if you are registered with us at www.behealthyatwork.org, and are working towards an award, you can access our free training, which can be found on the site under Interactive Workplace Health Sessions on Site ([click here](#)).

Special points of interest:

- Rodda's EU recognition
- Awards 2014
- Upcoming events
- New Mentor Award

WHAT'S NEW

We would like to welcome the new mentor award.

Rose is very excited to be joining Rachel on her journey of creating Healthy Workplaces in Cornwall and the Isles of Scilly.

To all new readers of this newsletter, welcome!

Please check out our website.

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Beating Bowel Cancer

Beating Bowel Cancer offers Health in the Workplace talks that provide vital information about the disease via a service that is available to organisations across the country.

Health in the Workplace talks provide important and potentially life saving information on the prevalence of bowel cancer, the symptoms and preventative measures people can take to reduce their risk.

Each presentation is delivered by one of their trained volunteers with personal experience of bowel cancer – either directly or indirectly - and whose personal story brings to life the importance of knowing and recognising the symptoms.

Following talks **Beating Bowel Cancer** will also provide your employees with written information, outlining the key facts.

If you are interested in Beating Bowel Cancer visiting your organisation please contact Nicola Keeble, Health in the Workplace Coordinator on 020 8973 0013 or click here

www.beatingbowelcancer.org

Healthy Workplace Awards 2014

27 businesses scooped awards as Cornwall & Isles of Scilly celebrated its 5th annual ceremony in Wadebridge.

This year we had a surprise guest Mr Sam Haskell (lead for Work and Health, Public Health England) who kindly came down to our County to be part of the awards.

Thanks to all involved in supporting the event, we hope to see you again next year.

Thanks to those of you who completed the feedback through survey monkey. We've looked at your comments and will bear them in mind for next year's ceremony.

Congratulations to all of you who received your Bronze, Silver, Gold and Mentor Awards – keep up the great work!

Gold Winners

BT Consumers Sales Truro
Tulip
Coastline Housing
A.E. Rodda & Son Ltd
GE Money
Peninsula Community Health CIC
TRAC Services Ltd
DWP St Austell BC
Trenance Learning Academy
Cornwall Council
HMRC St Austell
Duchy Hospital
Ginsters
YMCA Cornwall
ASDA Penryn
NHS Kernow
Red Hotels Ltd

Silver Winners

Bodmin College
Cornwall Development Company
A & P Falmouth
Volunteer Cornwall

Bronze Winners

Truro & Penwith College
Cornish Mutual
Doubletrees School



Mentor Award 2014

The Winners

GE Money



GE have worked with KCCG and DWP directly, sharing their experience and knowledge to embed workplace health into an organisation so it becomes a natural part of daily operation. Claire Shelley and her team have become a beacon for exemplar workplace health behaviour, believing that productivity and output will increase and sickness absence will decrease due to investing in employee health and well-being - and this doesn't have to mean financial investment. So huge congratulations go to Claire and GE Money for this, a well deserved example of a company leading the way by mentoring organisations which all adds to the improvement of health and well-being in Cornwall & Isles of Scilly.

For their personal achievement in providing opportunities for staff to benefit from and improve their work environment during a time of adverse circumstance, we would like to recognise Louise Mallas. As lead of the workplace health group Louise has been there for the staff at YMCA Penzance through changing and challenging times to ensure that health and well-being is a priority for all - employees and service users. Staff have been encouraged to 'own' certain aspects of workplace health, champion them, and this happens on a rotational basis so everyone drives it forward. Recognising that time spent on building a team that performs both at work and in the community is rewarded by loyalty and strong work standards from the team, Louise and the workplace health group have provided many opportunities to make this happen. Whether it's taking part in their very own 'It's a knockout' challenge or providing regular 'Coffee and Cake drop-in' sessions for staff to raise or have issues addressed, Louise and the team have gone that extra mile to invest in their staffs' well-being through turbulent times. This has now paid off.

YMCA Penzance



BT Consumer Sales Truro



For their contribution in organising an opportunity to encourage closer working between Employers and GP's. BT Truro worked with the National GP Training Team and invited local GPs to attend the National Training Programme for GPs on Work & Health focusing on the Fit-note, to be held at the BT Truro office. Tracey and her team worked hard to enable this to happen and a successful event was held. The national training took place and then Tracey was able to engage with local GPs and present about the work that takes place at BT Consumer Sales Truro to keep staff healthy and well at work and discuss the variety of initiatives in place to promote health and of course show examples of adaptations that are in place to help people back to work with an onsite tour. Many congratulations go to Tracey, Nina and BT Truro for this, a well deserved example of a company being proactive and engaging with local GPs to aid employees back to work by better communication and partnership working with the aim of supporting and improving the well-being of staff.

The 2014 Workplace Get Active Challenge



Workplace Challenge Monday 12 May - Sunday 22 June 2014

Exercise is a fantastic trigger for increased energy levels and improving general health and fitness while at home or work. So why not take part in this year's Workplace Get Active Challenge and enjoy some fun rivalry?

Simply register teams of three to compete against colleagues and organisations across Cornwall then log your minutes of exercise or steps online. Your progress will be plotted along a Cornwall coastline map while you complete mini challenges, enter prize draws and win prizes.

WHY TAKE PART?

- ✓ Get more active
- ✓ Lose weight
- ✓ Improve your fitness
- ✓ Become motivated
- ✓ Make new friends
- ✓ Boost your energy

Register now at

www.getactivechallenge.co.uk/challenge

2014 Corporate Beach Games Opens Registrations for Businesses

Tolcarne Beach in Newquay at 11am on Friday May 16th



The annual barefoot event now in its fourth year, seeing up to 20 companies from all across Cornwall come together to compete in a series of fun and light-hearted beach-based games.

The Cornwall Beach Games has been co-organised by Cornwall Sports Partnership, the Healthy Workplace Programme and Cornwall College, to give Cornish companies the chance to have some active fun outdoors with their fellow colleagues and network with other businesses.

There is no limit to squad sizes but a minimum of 8 team members are required for the activities of which at least 2 must be female. If you are a small organisation and don't have 8 team members, Cornwall Sports Partnership will help matching you with another small organisation to create a team.

The day costs £80 per team and this year is limited to only 20 places, available on a first come first served bases. The booking deadline is Friday 2nd May 2014. For more information please contact either Bruce Lockie or Lindsey Mayes on 01872 323344 or email

info@cornwallsportspartnership.co.uk

Well-Being at Work

Work-life balance: A poor work-life balance is one of the greatest predictors of stress at work

Use of strengths and feeling a sense of progress: When people perceive their jobs as matching their skills and desires, they tend to experience higher levels of well-being and less stress.

Sense of control: Having a degree of control at work is positively associated with job satisfaction.

Work relationships: It almost goes without saying that good working relationships boost well-being, while poor relationships drain it.

Fair pay: And finally, although well-being tends to increase with income up to a point, as income increases beyond a certain level, the well-being benefits diminish.



FOR MORE INFORMATION OR TO VISIT NEF WEBSITE PLEASE [CLICK HERE](#)

Cycling for Health

Get active and feel great! The Cycling for Health project is providing opportunities for people who are not currently physically active to get involved in supportive group rides.

Being part of a group is a way to socialise, explore and build up confidence.



HOW TO GET INVOLVED?

We run 12 week courses and monthly rides in Penzance, Redruth, Falmouth, St Austell and Bodmin.

Find out about organising a taster session for your workplace or community group.

Become an Active Travel Champion in your workplace and promote the benefits of walking or cycling to work

Become a volunteer ride leader and share your love of cycling with others (next training date 11th April)

DID YOU KNOW:

Cycling can help reduce the likelihood of developing conditions such as coronary heart disease, diabetes, obesity and some cancers as well as being a great way to boost your mood



Like us on facebook! www.facebook.com/cyclingforhealthCornwall

To find out more get in touch... Rebecca.Payne@sustrans.org.uk

or Rebecca.Payne@Cornwall.NHS.UK Call Becky on

07557 755599

You are what you eat

Employees who have a healthy approach to nutrition are more satisfied in their job and are less likely to suffer from stress.

What's new:

DWP Resources:

The Department for Work and Pensions has published a range of new medical education and other resources, including a collection of health, work and wellbeing evidence and research, [click here for more information.](#)

“FACT: 38% of people with poor nutrition have high stress compared with 19% of people with good nutrition”

Health and wellbeing solutions provider Vielife’s study of more than 40,000 working adults in the UK shows that 36% of them have a poor attitude towards nutrition, with only one person in 10 having enough dietary fibre each day and half this number eating the recommended five daily portions of fruit and vegetables.

KEY STATISTICS



Job Satisfaction:

People with a “good” nutrition score have a 6% higher job satisfaction score and 15% higher mood score than those who were given a “poor” nutrition score.

Productivity:

Employees with poor nutrition are 15% less productive than those with better nutrition, equating to a difference of 2.8 per week or 16 days of lost time per employee per year.

Absenteeism:

Respondents with poor nutrition scores report 50% more sickness absence than those with good scores.

TIPS AND ADVICE

Encourage employees to eat lunch away from their desks

Get rid of vending machines and provide staff with healthier alternatives, such as bowls of fresh fruit placed around the office

Run seminars or workshops on the importance of a healthy diet.

EDUCATE AND MOTIVATE



Healthy
Weight

Healthy Weight Programme

As part of the Cornwall and Isles of Scilly Workplace Health Scheme local businesses and organisations are invited to sign up for some activities delivered by the Healthy Weight Programme, a Health Promotion Service Project that actively promotes and supports increased physical activity, healthy eating and effective weight management.

Healthy Weight Advice & Support

In the first 1 hour session staff will have the opportunity to weigh using body composition scales. Healthy eating, physical activity and weight management advice will be covered in both sessions with resources available for staff. Staff will be encouraged to sign up for online weight management support for 12 weeks returning for a final weigh in to see beneficial weight loss results.

Low Back Pain Prevention Workshop

Although we make no promises about getting rid of back pain hopefully staff can learn and practise a range of functional exercises that will improve their quality of life and help them manage low back pain. This 2 hour interactive workshop will involve an element of theory with practical exercises concentrating on engaging the core muscles of the abdomen and low back region.

If you would like further information or you would like these activities delivered at your workplace please contact Workplace Health on 01209 313419 or email workplace.health@cornwall.nhs.uk



The Cornwall Outreach Health Check Team offer people who do not generally visit their GP the opportunity to have their Free NHS Health Check in a community or workplace setting. This will involve assessing their risk of developing Cardiovascular Disease by undertaking some simple measurements such as height, weight, blood pressure, cholesterol together with a lifestyle assessment. Further information on the NHS Health Check programme can be found at <http://www.healthcheck.nhs.uk/>

These checks will be undertaken on a one-to-one confidential basis and are for people aged 40-74.

- The Health Check is completely free
- Each test takes 20- 30 min
- Offers on the spot testing for Blood Pressure, Cholesterol and Diabetes
- We are fully mobile – all we need is a private room
- The service is fully confidential for the individual with results being sent to their own GP
- Offer links to stop smoking services, health weight service and more

For further information please feel free to contact Graham Keat or Joe Parma, details below.

Graham Keat
Mobile: 07538854280
E-mail: graham.keat@nhs.net



Joe Parma
Tel: 01209 310062 E-mail:
Joe.Parma@Cornwall.NHS.UK

Rodda's EU recognition—leading the way for well-being at work



Congratulations

A creamery in Redruth has been chosen to represent the UK in a Europe-wide report on how to feel good at work.

Rodda's was nominated by the British Heart

Foundation as one of its top UK case studies in a list which also included Bath & North East Somerset Council, Preston City Council and Birmingham Hospital. Some of their initiatives include working with local hospital staff to introduce confidential health checks for the workforce, and in-house work-based tuition to help those with special needs such as learning difficulties or dyslexia.



Nicholas Rodda added:

"Health and well-being at work is vital to our success and we're thrilled to be given the opportunity to highlight our ways of working at a European level."



Thank you Dawn

At the 2014 Healthy Workplace Awards it was a privilege to thank my lovely colleague Dawn Hedger, HR Manager from A & E Rodda's & Sons after retiring at the end of February 2014.

Dawn has been a fantastic support to the Healthy Workplace programme and has worked with me on some fantastic ideas that came from Rodda's and her team for example: 'The Mentor Award' and '2012 Cook Well, Be Well Challenge'. Dawn has been an inspiration to me personally and I have learned a lot from her. Dawn has presented to many other local companies across the county to inspire them to think more about the health and well-being of staff and also nationally and regionally for the British Heart Foundation.

I would like to say a huge thank you to Dawn personally for all her hard work, support and dedication to the Healthy Workplace Programme and I wish Dawn all the very best in her retirement.

We will miss you lots.

Love Rachel



Learning disability charity ROC (Robert Owen Communities) is looking for people of all abilities to jog or run The ROC 5K on **Tuesday 10th June 2014 at 6pm in Truro.**



The ROC 5K is Cornwall's big, brand new, 5K fun run. The route will start and finish at Truro's Lemon Quay and take you past the city's beautiful river side and around Boscawen Park. BBC Radio Cornwall's Tiffany Truscott is our event MC.



Register for The ROC 5K now by visiting www.roc-uk.org/ROC5K – early bird tickets are just £15. A quality branded running shirt and post event refreshments are included. Minimum age is 15. Prizes will be awarded for the fastest individuals and teams.

For more information about the event including business sponsorship, please contact ROC's Calvin Lovelock on 07525 411773 or by email: calvin.lovelock@roc-uk.org.

www.roc-uk.org/ROC5K

VOLUNTEER WALK LEADER TRAINING



The Healthy Weight Programme works closely with Walking for Health to support our walking groups in Cornwall. [Volunteer walk leaders](#) make Walking for Health possible. The time, passion and dedication that they commit to leading our walks are invaluable.

If you're interested in becoming a volunteer walk leader, then there's more information on what's involved on the Walking for Health website at www.walkingforhealth.org.uk/running-health-walks/training/volunteer-walk-leader-training. There you will find handy search tool on the right of this section that will help you find your local scheme and get in touch with them to let them know you'd like to volunteer.

The Healthy Weight Programme offers quarterly volunteer walk leader training. The next events will take place at the Health Promotion Service, Wilson Way, Redruth, TR15 3QE at the following date and time:

Friday 11th July 9am-1pm

Friday 17th October 9am-1pm

To book a place contact our admin team at hpsadmin@cornwall.nhs.uk or call 01209 313419.