



The Workplace Health E-bulletin

'February 2011'

Welcome to the fourth Workplace Health E-Bulletin
For Cornwall & Isles of Scilly

Workplace Health Update

Cornwall's healthiest employers recognised at awards

Employers in Cornwall who actively try and improve their employees' health and well-being were honoured at the county's Healthy Workplace Awards.

The Annual Healthy Workplace Awards Event took place on Wednesday 2nd February at the Pavilion Centre, Royal Cornwall Showground. Dame Carol Black, National Director for Health & Work was the key note speaker and presented all of the Healthy Workplace Award Winners.

Congratulations to all the 2011 Healthy Workplace Award Winners

Bronze Award Winners

NHS Cornwall Foundation Trust
Bedruthan Steps & Scarlott Hotel
Council of Isles of Scilly

Silver Award Winners

Penwith Housing Association
Event Cornwall
GE Money Home Lending

NHS Cornwall & Isles of Scilly Community Health Services

Gold Award Winners

Benefit Delivery Centre, St Austell

Roddas

HMRC St Austell Contact Centre

Coastline Housing Ltd

Health Promotion Service

Ginsters

To access the presentations and some photographs from the day please visit:

<http://www.behealthyatwork.org/events/conferences/>

Fit Note – Request from Dame Carol Black

Request from Dame Carol Black – “The 'fit note' has been in existence since 6 April and I am very keen to hear from employers as to whether it is helpful. I would be very grateful to hear whether or not you have been receiving many notes which recommend a return to work if certain adjustments are made, and whether or not you have been able to make those adjustments. I would also be interested to know whether or not the new note has improved employer/employee relations or indeed your contact with GPs. Any information you can give me will be gratefully received”.

Please can you send this information to me and I will collate and forward on to Dame Carol Black.

[New Cornwall & Isles of Scilly dedicated Workplace Health website](http://www.behealthyatwork.org)

At the awards event the new dedicated website for workplace health was launched

www.behealthyatwork.org

The website includes local case studies, information about the Healthy Workplace Award, practical support available to support staff health and wellbeing and much more. Please take a look and register soon.

You can also carry out a self assessment online to see how well your organisation is currently doing!!!!

Please visit the site and if you have any feedback please contact Rachel Faulkner, thank you.

Local Information and Opportunities

2011 Physical Activity & Sport Offer

Working with a wide range of partners, we have secured a 'Physical Activity and Sport Offer' for all organisations who join and work towards the Healthy Workplace Award. The offer is in the form of a 'menu' of opportunities and ideas, to encourage employees to become more physically active. Our aim is to add to the menu as the offer develops.

To view the 2011 Physical Activity Offer please visit:

www.behealthyatwork.org/documents/Workplace%20Health%20Physical%20Activity%20&%20Sport%20Offer.pdf

2011 Cornwall Beach Games

The Cornwall Beach Games will take place on Friday 17th June, Tolcarne Beach, Newquay. The games will be a healthy fun packed day and it's about getting staff together from a variety of workplaces, from all across Cornwall, to enjoy some beach games and activity; it's great for morale, health and wellbeing. For further information and to access the booking form please visit:

www.behealthyatwork.org/events/

(Spaces are limited so please book soon!)

Shift – DVD – Working It Out!

<http://www.shift.org.uk/news/files/shift-working-it-out-free-dvd.html>

Working it Out is a comprehensive new resource pack designed to help raise awareness of mental health conditions in the workplace and provide employers with practical advice and guidance on how best to support and manage a member of staff should they become unwell.

The DVD, free to employers and organisations based in England, includes a brand new set of short employment films with accompanying training notes and other resources.



Health Checks in the Workplace

For companies signed up to the Healthy Workplace Award health checks in the workplace are now available. Workplace health checks are convenient, easy and confidential health assessments conducted in your workplace. Each check takes around 20 minutes and participants receive immediate feedback and advice based on their results. There is much value to be gained from promoting health and wellbeing among your workforce. Research has shown that healthy, engaged employees are nearly three times more productive than employees with poor health.

For further information please contact Rachel Faulkner or Chris Cleator on 01209 313419 or via email

Christopher.Cleator@CIOSPCT.cornwall.nhs.uk or Rachel.faulkner@ciospct.cornwall.nhs.uk

Mental Health Awareness & Understand Training Workshop

Delivered & Facilitated by Cornwall & Isles of Scilly NHS:

Karen Oldham, Mental Health Promotion Co-ordinator

What to expect:

This training workshop is designed to give participants the opportunity to look at how mental ill-health affects us as individuals and our society as a whole. Specifically looking and mental health first aid and suicide prevention

Key points will be:

- Looking at the different elements and diagnosis of mental ill-health
- What your organisation, your managers and you as individuals can do to support those in the workplace who may have mental ill-health
- How you can recognise signs & symptoms
- How you help someone with mental ill-health
- Where to go and how to access help

Stress in the Workplace Training Workshop

Delivered & Facilitated by Cornwall & Isles of Scilly NHS:

Rachel Faulkner, Workplace Health Co-ordinator

Karen Oldham, Mental Health Promotion Co-ordinator

What to expect:

Your training workshop will be adapted specifically for you following a consultation to establish your needs and requirements

Key points will be:

- Looking at the difference between work related stress and work related pressure
- Identifying areas that could cause stress as well as areas that can reduce stress

- What your organisation, your managers and you as individuals can do to both reduce and prevent stress from re-occurring
- Signs & Symptoms
- Where to go and how to access help

For further information on any of the above courses please contact Karen Oldham, Mental Health Promotion Coordinator on 01209 313419 or Karen.oldham@ciospct.cornwall.nhs.uk



BHF Health at Work Seminar

Taunton, Tuesday 22 March 2011

bhf.org.uk/healthseminarsw

Want to promote physical activity and health in your workplace? The British Heart Foundation (BHF) Health at Work seminar can help you.

Learn how to inspire a healthy workforce through BHF's free [Health at Work](#) programme, and develop a **practical action plan** for your workplace.

Whether you are a health co-ordinator, manager or workplace champion, this seminar will **build your skills and confidence** to promote health in your organisation.

- Discover the free BHF Health at Work programme and the range of resources available.
- Be inspired by examples of successful workplace health programmes
- Discuss ideas and experiences with other organisations in your area.

Book your place for £50 including your in-depth Think Fit! coordinator pack, lunch and refreshments. Places are limited so book early.

Visit bhf.org.uk/healthseminarsw to find out more and reserve your place.

Have your say on healthy weight support for pregnant mums

Local mums are being given the chance to say what would help them to achieve a healthy weight before, during and after their pregnancy through a new NHS questionnaire.

We are encouraging employers to share details with their staff through bulletin boards, briefings, newsletters and intranet. This is an important opportunity to improve support and advice across the community including understanding what resources should be available in the workplace.

Women who are obese when they become pregnant face an increased risk of complications during pregnancy and childbirth, including diabetes, a more complicated birth and health issues after birth. Babies born to obese women also face several health risks including stillbirth, long-term health complications and being overweight later in life.

Local statistics show that between March and December 2010 about four in ten women in Cornwall were classified as overweight (Body Mass Index of 25-29.9) or obese (Body Mass Index of 30+) at their booking visit with a Midwife which takes place about 8-10 weeks into pregnancy. Within this total, 16.1% had a BMI of 30 or above and 1.7% had a BMI of 40 or over. These figures are in line with national trends for obesity in pregnancy.

National research shows that for many women being a healthy weight is not a key target before becoming pregnant and losing weight after pregnancy can be a real challenge.

Questionnaires are being shared with women through local Health Visitors, Children's Centres and health promotion workers.

Many working women across Cornwall will want to share their views on how to deal with this important issue in the context of their busy everyday lives.

Women can go online to share their views by visiting:
<http://survey.nationalservers.co.uk/cornwallandiospct>

Responses should be submitted by **Friday 5 March 2011**.

Campaigns

No Smoking Day

Is it Time to Quit? We can help

No Smoking Day takes place on Wednesday, 9 March 2011.

The 2011 theme was developed with smokers themselves, we know that most of them would really like to stop, but find it hard to. For many the day that their

smoke-free life begins never seems to arrive and so we are aiming to encourage smokers to think ahead and with the help of No Smoking Day make that day Wednesday, 9 March 2011.

Businesses may obtain further information and discuss how the service may help directly by calling 01209 215666 or email: smokefree.cornwall@CIOSPCT.cornwall.nhs.uk

Prostate Cancer Awareness Month – March 2011

www.prostate-cancer.org.uk

Sun Smart

www.sunsmart.org.uk/advice-and-prevention/working-outdoors/index.htm

Change for Life – Employers Tool Kit

www.nhs.uk/change4life/Documents/pdf/Local_Supporter_Guide_for_Employers.pdf



Access free support on Change4Life at work!

Change4Life is a national campaign to help people to eat well, move more and live longer. NHS Cornwall and Isles of Scilly has successfully bid for some funding to help local business share the Change4Life message with their staff as part of their efforts to create a healthier, happier workplace. If you would like to access some of this free support and resources then we would like to hear from you.

The two projects we are working on are:

1) A series of Change4Life events in local businesses where our health promotion staff will be on hand to provide some free healthy breakfast tasters and share ideas and information on getting more active in the working day. We are planning to hold six events across Cornwall in the Spring/Summer. If you are interested in being one of those six locations please contact: Rachel Faulkner by Friday 4th March to register your interest and a one-page form will be sent back so that you can share your ideas.

2) Walk to Work Week is being held from 9-13 May this year. Walking is one of the easiest ways to get active and marking it a bigger part of your working week is a great way to relieve stress, increase energy and help achieve a healthy weight.

We are looking at developing a workplace walking challenge where you can enter a team or teams of people into a county competition. If you would be interested in taking part then please reply to Rachel Faulkner asking for more information to be sent to you.

We would like to encourage as many local businesses as possible to set themselves up for the Walk to Work challenge. You can access a whole

range of free Change4Life resources including information leaflets for staff, posters and walking challenges by visiting www.nhs.uk/change4life and choosing to register as a local Change4Life supporter.

Remember, supporting the health and wellbeing of your workforce can help to improve their performance and increase your profits. Research shows many employees are keen to find ways to be more active and eat more healthily within their normal working day. Please make the most of this opportunity to access some free support.

If you require any further information about any of the above information or have any comments or ideas for new content please contact Rachel Faulkner, Workplace Health Coordinator on rachel.faulkner@ciospct.cornwall.nhs.uk or 01209 313419.

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Telephone: 01209 313419.

Resource Centre: 01209 313218.

www.behealthyatwork.org

'Thank You'