

ARCOL UK Ltd

48 employees
ARCOL manufacture and supply power resistors and heatsinks.



Healthy
Workplace

What we do:

ARCOL manufacture and supply power resistors and heatsinks to the electrical sector. Despite being part of a group our small site is still very much a small friendly team.

ARCOL is currently represented in 39 countries with export accounting for 50% of sales turnover.

The ARCOL Team prides itself on quality of product together with a fast and accurate delivery service at the correct price.

Why we became a healthy workplace:

Initially ARCOL wanted the chance to gain recognition and an endorsement from an external assessment for the significant improvements around health and well being in the workplace made in 2017/2018. It has evolved into so much more than we ever expected, with fantastic support and resources from the Healthy Workplace team we have been able to provide all employees with the information to allow them to make informed decisions around their health and well being. ARCOL's most important asset is its people, so looking after them is paramount.

Recent health and well being activities:

Improved PPE for employees
Raised awareness of the benefits of healthy living both physically and mentally
Corporate eyecare
Once a month free fruit - we provide a selection of fruit across the site - promoting 5-a-day
We have created the ARCOL 'library' - fiction, non-fiction as well as a health and well being section.
Occupational Health for all employees
Signposting to free training - OU courses, Alison etc, local activities - park runs, open days, locals passes/reduced entries etc.
Health campaigns/ raising awareness
Healthy heart campaign
Men's health- testicular/prostate cancer
Alcohol awareness
Sugary drinks
Joint Pain Clinics
Over 40s Health checks
Training completed
"Identification & brief advice with alcohol users"
MECC - Making every contact count
Domestic Abuse and sexual violence
Additional First Aiders

Plans aims for the next year:

ARCOL is planning on building on the previous few years and take our health and well being to the next level
Train another mental health first aider
Seek feedback from employees via "Your chance to improve your health at work" survey on the areas they feel would be of benefit
A minimum of 4 health campaigns in 2020
Enter an ARCOL team in the Beach games

Quote feedback from Director:

"The Manufacturing Sector is a demanding area driven by Customer Satisfaction and Key Measurable achievement. Healthy Cornwall has helped to remind us that without a healthy workforce we would not be able to achieve our goals and continue to grow and offer security to the individuals that make our company such a fantastic place to work. Working toward the Healthy Workplace Award has allowed us to change the focus and emphasis of our culture in relation to our attitude towards health and well being. We now benefit from higher participation at events both inside and out of work initiated through our relationship with the Healthy Workplace Scheme." Director, ARCOL UK Ltd.

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Quote feedback from Staff:

"Karen's support has been invaluable, Karen supported me so that I could attend appointments, she researched the condition, printing off fact sheets to help us understand the illness. Assisted with a change of hours to help with the care of my wife. She always gives support to others and is always there to help."

"Karen is a credit to this organisation."

"Due to a change in my families circumstances, I had to change my full time contracted hours to part time. ARCOL have been very supportive and helpful in this decision to work flexible hours."

".. When I needed support with my health, ARCOL as a whole showed patience and waited till I got better. Thank you for all (the) encouraging and heartening messages, emails and calls. I was always reassured that I was good at what I did at my work and that I was needed."

Success Story:

One employee has completely changed his diet and can now be seen eating fruit and vegetables, something never before seen.

Another employee changed their diet, to reduce cholesterol, following an Over 40s health check and subsequent doctors appointment.

One lady lost 1 1/2 stones following an over 40s health check and had regular weigh ins with HW.

Positive comments around the joint pain clinics where employees have said that they now have a better understanding around pain, managing and understanding. Exercise is now not being ruled out due to pain.