

Cornwall Housing

435 employees
Maintenance and management
of housing and properties



Healthy
Workplace

What we do:

On behalf of Cornwall Council, Cornwall Housing manage and maintain approx. 10,500 council homes and 300 leasehold properties as well as garages, shops and land in neighbourhoods with council housing.

We also deliver the Homechoice Housing register and Housing Options advice service for the council.

Additionally we have a number of our own homes that we built for social rent in Cornwall.

Why we became a healthy workplace:

The Healthy Workplace framework provides us with support, guidance and direction, which in turn means the organisation reap the benefits of having happy, healthy and motivated staff.



Sp Adobe Spark

Recent health and well being activities:

To achieve the gold award, 'health advocates' and Cornwall Housing staff took up the challenge of promoting the health and wellbeing scheme among staff with a series of workplace health campaigns and fitness activities.

Nigel Hughes was appointed as mentor to spearhead the initiative within the organisation saying "given the breadth of the business we made sure that our programmes were designed to meet our employees varying needs".

The team carried out a health needs survey across the business to understand the business needs and the healthy workplace team were on hand to tell us the easiest and best way forward. The survey established what the topics staff wanted to improve were men's and women's health, physical activity and healthy eating so they looked at various activities that could be achieved in the workplace and beyond. The key successes achieved this year were

- Beach games
- Healthy weight in the workplace sessions

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Healthy Workplace

- All 450+ staff received stress and resilience training

The staff voice feedback scheme was relaunched, with staff offering suggestions to improve the workplace and providing solutions to how this could be done and why it would help. Lots of initiatives throughout the year have come from the staff voice box, including the new fold up chairs and Yoga classes at the Bodmin site for staff to access and the fantastic new outdoor area at the Liskeard site.

Other initiatives include

- Promotion of sugar smart
- Various charity events and initiatives including entry in "it's a knockout"
- Monthly health article in each staff newsletter
- Purchase of hula hoops to enable fun activity and healthy competition
- Purchase of water coolers
- Purchase of sit stand desk for a member of staff who has been absent for 9 months

- Garden makeover at Moorswater

Plans aims for the next year:

- Implement 'Make every contact count' training.
- Run a campaign highlighting the importance of sleep.
- Attend Beach Games in May 2019.
- Promote 'Walking for Health - the daily mile' including lunch time walking.
- Provide NHS Health Checks.

Quote feedback from Director:

On behalf of all of our Directors, I want to thank everyone for the hard work they have put into Wellbeing in the company which has culminated in us achieving gold status. We still have much to do to ensure that health and wellbeing is truly embedded in all of our service areas and that we try live more healthily and actively - Nick Cross, MD.