

# Proper Cornish Group

240 employees  
A Cornish Food Manufacturing  
Company



Healthy  
Workplace

## What we do:

At Proper Cornish we are passionate about quality pastry filled with great tasting ingredients, made properly in Cornwall, for people who love food. Established in 1988 we have become the UK's leading handmade Cornish Pasty Manufacturer and experts in filled savoury pastry products.

At Furniss we have been crafting quality biscuits since 1886. Today we bake as we have always done, in Cornwall using timely recipes, driven by the history of John Cooper Furniss over 130 years ago.

## Why we became a healthy workplace:

With a large team of colleagues across two sites and all of us spending up to 50% of our waking hours at work we wanted to increase engagement, raise awareness, remove barriers and make various health and wellbeing activities more accessible. The Healthy Workplace framework has been an integral part of achieving this; taking the concept of a healthy workplace being embedded as the norm, and making it a reality.

## Recent health and well being activities:

Health and Wellbeing Team expansion  
Healthy Weight and Eating workshops embedded  
Free Flu Jabs for all  
Free Health Checks for the over 40s  
Defibrillator in place for all on industrial estate  
Lunch time walks becoming the norm  
Dechoc Week  
Sunscreen awareness  
Electric bike trial  
Monthly awareness campaigns  
Loan bikes available for colleagues

## Plans aims for the next year:

Maintain existing Health and Wellbeing activities  
Continued focus on Mental Health Awareness  
Continued focus on MSK  
Continued focus on Active Travel  
Ten Tors – team effort  
Work on filling gaps in award framework

## Quote feedback from Director:

Colleague Health and Wellbeing continues to be extremely important to us. We are very proud to have been able to maintain our Gold level and we will continue to explore exciting ways to promote and fully embed Health and Wellbeing practices in the workplace - Chris Pauling, Managing Director and co owner.

## Quote feedback from Staff:

There are a number of schemes that the Health and Wellbeing team organise. We have Tuity Fruity Tuesdays. We had a fundraising event with a treadmill set up in reception and members of staff volunteered to run/walk the total distance of the Cornish coastline. The funds raised helped purchase our Walker Lines defibrillator.

We had a visit from Sustrans with a power assisted bike and healthy eating workshops. Overall I definitely feel as if the Company genuinely cares about and is invested in the health and wellbeing of their staff - Luke D, Production Operative

## Success Story:

Healthy Weight workshops now the norm. Over 40 health checks resulted in signposting to GP for issues which would have been missed.