

# Cornwall Care

1300 employees  
Cornwall Care is a not for profit organisation and a registered charity.



Healthy  
Workplace

## What we do:

Provider of residential, nursing & dementia care in the county.

## Why we became a healthy workplace:

To promote & support our employees to maintain and improve their wellbeing.

## Recent health and well being activities:

Implementation of survival kits for new starters / bereavement and Mental Health

Mental Health first Aid course rolled out to all service managers.

introduction of staff loans and savings together with presentation to management on loan sharks.

Weekly wellbeing message to all staff.

Health checks rolled out to all services.

## Plans aims for the next year:

Healthcare plans for staff.

New Employee Assistance Programme.

Train staff on ASIST.

Domestic Abuse workshops and training planned.

Achieve Gold at next Healthy Workplace awards.

## Quote feedback from Director:

Cornwall Care is committed to being the employer of choice and recognises that an important aspect in achieving this is the promotion and maintenance of the physical and psychological wellbeing of our entire workforce.

We recognise that our workforce is our most valuable asset and that they are integral to our vision for the future.

## Quote feedback from Staff:

"The health check was really good and shows that Cornwall Care really cares about our health"

" The survival kits are such a thoughtful idea."

"Love the Weekly Wellbeing emails"

## Success Story:

One of our employees had the Health check in the workplace. It was identified that they were drinking in excess of the recommended amount but also their body was dehydrated due to insufficient water intake. This employee has completed Dry January and now sees alcohol as a treat and not routine. They are completing a daily water chart to check they are having enough fluid . Results have been sleeping better, lost weight and skins looks fresher. They are more focused at work as a result of a good nights sleep and thus have more energy.