

# Truro & Penwith College

1300 employees  
Outstanding education



Healthy  
Workplace

## What we do:

Truro and Penwith College is rated Ofsted Outstanding and widely respected as one of the best colleges in the country. We offer a range of educational choices, supported by modern resources, inspirational teaching and purpose-built facilities.

In 2017 Callywith College also opened in association with us to bring the same quality and provision to North and East Cornwall.

## Why we became a healthy workplace:

Because its the right thing to do!



## Recent health and well being activities:

We keep a one stop Health and Wellbeing area on our Intranet up to date with new information and campaigns and we send an E-bulletin every term to inform staff of Health, Wellbeing and Sustainability initiatives. This year campaigns included One You, Fizz Free Feb, Time to Talk and Cancer Awareness. We carried out NHS Health Checks, promoted staff benefits and discounts and opened a new gym.

We have a timetable of over 90 weekly physical activities/classes that staff can join in for free from Rock Climbing and Cardio Cycling to Gym Sessions and Swimming along with free part time courses.

Staff from all departments and of varying fitness levels have successfully trained for and competed in local and national events including marathons.

In 2017 the college also won both the AoC's Beacon Award for Mental Health and Wellbeing and Leading Light Accolade. The AoC Beacon Awards celebrate the best and most innovative practice among UK further education colleges and in this case for promoting a culture of well-being across all stakeholders, students and staff.



## Plans aims for the next year:

\*New online induction programme \*Joint Pain Advisory Sessions. \*Further MHFA training  
\*Continue NHS Health Checks \*Menopause Awareness \*Financial Wellbeing

