

Age UK Cornwall & Isles

15 staff and 400 volunteers
An independent, local charity
for people in later life.



Healthy
Workplace

What we do:

We've been working in the local community to help older people for over 45 years. We have over 100 dedicated staff and 400 volunteers helping us to deliver services, information, and activities throughout Cornwall.

Our services are community-driven, person-centred and flexible to the needs each individual we support. Last year we provided information, services, transport & assistance to over 55,000 people.

We aim to take the positives of ageing and minimise the challenge, where we can, through prevention, support and working tirelessly to improve wellbeing in later life.

Why we became a healthy workplace:

We were inspired to do more after the success of our 'over 40' health checks. With lots of other wellbeing initiatives already taking place across the organisation we decided to join forces and form a Healthy Workplace committee to really imbed health and wellbeing for staff and volunteers across the organisation. The Senior team and board of Trustees are committed to the Health and Wellbeing of the communities of Cornwall and the Isles of Scilly, and this unswerving dedication was applied to our teams instantly through their commitment to this scheme. We

have some very talented team members who are able to share their professional knowledge on a range of topics through lunch & learns; and the support of the Healthy Workplace team at the Council gave us the confidence to go for it and try to achieve as much as we can for our teams.



Recent health and well being activities:

- A programme of lunch & learns including healthier eating, physical activity and ergonomics for office workers
- Butterfly Counts
- 30-day water challenge
- Cycle to work challenges
- Survey about working environment
- Over 40s health checks
- Joint Pain advice sessions

- Working in partnership with the Drug & Alcohol liaison team to develop our policy and approach

Plans aims for the next year:

We plan to launch a spring / summer events calendar to include more lunch & learn sessions such as physical activity and other topics of interest.

We want to focus on Mental health in particular; and there will be a lot of training going on over the coming months.

We want to do more to promote good practice for managers including providing information about the menopause and what we can do to support women experiencing symptoms.

Quote feedback from Director:

“The importance of this programme really isn't just whether people take up advice they often already know, it is about the conversations we have as an organisation, the support people give each other and how we can collectively be more inclusive, more connected and more knowledgeable about our health. If we have staff and volunteers that feel they are more valued, heard and understood through this programme, we have a team that will naturally be more resilient, healthier and more engaged”. Tracey Roose, CEO