

Cornwall Partnership NHS Foundation Trust

4000 employees
CFT delivers community health
and mental health services



Healthy
Workplace

What we do:

To deliver high quality, safe and accessible services.

Why we became a healthy workplace:

To support staff, as they are our greatest asset. If our workforce is happy & healthy we will see improved patient outcomes, greater retention of staff, improved morale and reduced sickness absence.

Recent health and well being activities:

NHS Health checks
Mindfulness sessions
Boxes of Joy
Stress & resilience workshops
Staff experience events
H&W at Chief Ex locality lunches
Bi-monthly H&W meetings

Plans aims for the next year:

Mental Health First Aiders
H&W Champions
Dedicated intranet pages, newsletters, network events
Staff Health & Wellbeing Day
Campaigns - 5 Ways to Wellbeing, Be kind, Hydration, MSK, plus many more

H&W at team meetings
Join NHS Healthy Weight declaration & Sugar Smart

Success Story:

Marie Prior, Frailty Lead - This fantastic lady decided to set up a face book group to help support staff improve their health & wellbeing for staff at CFT

"The Health and Wellbeing of our workforce is important to us as an organisation and in support of encouraging a focus on healthy weight loss we are promoting a countywide "club" ... Live Well, Age Well, Work Well! A closed face book group to give peer support and an online community to share hints and tips and to identify walking groups and other means of supporting active strategies was set up. Information is shared with the group with regards to healthy eating and activity, recipe ideas, calorie counter and non - food rewards.

Marie has since set up a weekly get active class for staff to access after work at the Bodmin site, which runs every Wednesday 5.30-6.30 supporting by Alex from Alex fit. The classes are designed for all abilities and have included support from Amy Bromfield from Healthy Cornwall.

Marie has gone above and beyond to support staff. Her passion shines through and we hope

this inspires others to create something similar in their work locality.

