

Forms Plus Ltd

13 employees
Supplier of business and
logistic forms, labels and
packaging.



Healthy
Workplace

What we do:

Established since 1981, we supply to a whole range of businesses, from corporate establishments to small and micro businesses as well as across the public sector.

Our wealth of knowledge and understanding of the industry enables us to take care of the complex print and packaging requirements which businesses require.

We pride ourselves on our efficient customer service and are keen to build and maintain strong loyal relationships with all of our customers.

We are one of the largest UK suppliers of integrated label forms to multichannel retailers on platforms such as Amazon and eBay. We also supply third party fulfilment houses.

We source print related and packaging products from our network of reliable trade suppliers, whom we have built excellent relationships with over the years.

In March 2019 we moved to a brand new, purpose-built building to accommodate our growing workforce and stock range, which is available to order on our online shop.

Why we became a healthy workplace:

Forms Plus have been part of Healthy Workplace for 5 years now and it is ingrained into our business culture and ethos. Promoted at employee interview stage there is an established programme in place that covers all areas of mental and physical wellbeing. It incorporates fun activities and exercises, facts, information and awareness campaigns, an employee support structure and volunteering in the community.

The directors of Forms Plus are committed to Healthy Workplace. They feel that looking after the health and wellbeing of the staff is a vital part of running a successful business. Supporting employee welfare, creates a positive team spirit and maximises productivity.



Recent health and well being activities:

Some of the staff took part in the British Heart Foundation De-Chox challenge, surprisingly the staff that took part really love chocolate the most! Completing the month without eating chocolate was a fantastic achievement for them and they were encouraged every week in group emails and rewarded with medals and of course chocolate at the end.

We had a team building day which was very popular and involved team games, some we were very good at and some we were not so good at. Lowering a stick to the floor that is held by everyone at the same time is not as easy as it sounds!

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Health campaigns were around the menopause, Ask Twice mental health campaign, Sugar Smart and Keep Active. On your Feet Day, part of the Keep Active challenge was a fun day that received positive feedback. On the hour during the day, James Brown would sound out with “Get up offa that thing” and the team would do two minutes of exercise. We had fun activities such as balloon keepy uppy, Malteser blowing races, target ball throwing and warehouse football races.

As part of our community work, we did a plastic beach clean on Poldhu Beach and we had a few local walks.



lunches, local beach clean, Healthy Workplace health checks and over 40's checks, team walks, positive mental health and stress awareness activities and campaigns, challenges on keeping hydrated and active. Helping to raise awareness around national campaigns and attending the workplace Forums. We are also going to revisit sun safety this year and focus on sleep.

Quote feedback from Director:

The Workplace Health scheme has been a great success at Forms Plus, it's something I feel proud of that as a small company, we are quite often leading the way in making small, sustainable life changing differences to our staff's wellbeing.

We are very fortunate that all our staff have embraced the scheme, it is now truly embedded in our whole company culture and ethos. It's a great talking point when meeting with existing and new customers and suppliers. Participation is not mandatory and there is no pressure on people to join in but most activities / schemes / challenges have 100% backing from the staff and directors. It pulls us together as a team in many ways.

We rotate which members of staff go to the Forum meetings. This really helps people to

Plans aims for the next year:

In 2020, we have started the year focusing on healthy eating. We have set up a company recipe sharing WhatsApp group. Weekday dinners are sometimes a bit of a chore and if we are not inspired to make something quick and easy using everyday store cupboard ingredients it is easy to go for the less healthy, quick fix options. From this platform we aim to introduce recipe ideas for Meat Free Monday's, 5 a day and colourful fruit and veg meals.

We have been part of Healthy Workplace for a few years now so we have our regular favourites that we will continue to do this year. They include On Your Feet Day, sharing

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stay committed to the scheme. As I have always said, for me, this programme is not about winning awards but making people's lives in and out of work, healthier and hopefully happier.

Quote feedback from Staff:

Jayne - "I always enjoy the beach clean; it gets us all out of the office, a little logistical nightmare but we get there in the end and it's such a good thing to do, there is so much rubbish on the beach. I like sharing recipes either on the Bring and Share lunch day or on group WhatsApp page, it's good to try new recipes or share something you may do all the time at home. Activity days are fun, it gets you up out of your seat and is good exercise."

Kayley- "I really enjoyed the smoothie challenge it was great to try new recipes I hadn't thought of before. I also thoroughly enjoyed the walk through Penrose to Porthleven and the Beach clean at Poldhu. The support I received from the team to complete 'Dechox' was great and similarly the support provided to those completing Stoptober was fantastic. The highlight has to be the team building day where everyone got involved and had a good laugh."

Sharon - "I really enjoyed the 2019

programme; I enjoy the team walks where you can chat to a colleague from a different area of the business you might not necessary chat to as often i.e. Ian in our warehouse. I enjoy that every month is different and there is always something to look forward to whether it be a challenge, volunteering or a discussion around a certain topic."

Evi - "Outside of work, I try to keep fit as much as I can and also like healthy eating so I really enjoy continuing these activities at work. Some of my favourites are the sharing healthy lunch days, team activities such as Cornwall Beach Games and our regular weight checks. Sharon and Jo are very good at giving us information about healthy lifestyle activities and our board is constantly updated with interesting information."

Success Story:

Ian joined Forms Plus in July 2019 and had not ever experienced working for a company that invested time and resources into health and wellbeing. He thought it was great! For Stoptober, Ian decided to try giving up smoking. He had attempted it a few times before in his previous employment but as he was surrounded by colleagues that smoked, he was unable to stick with it. Ian was the only smoker at Forms Plus and the team we all very

supportive in helping Ian. He was supplied with sweets, a stress ball, regular praise and info around smoking aids. We are very pleased to say that Ian was successful in giving up smoking and continues to be a non-smoker! Ian says "Quitting smoking is the best thing (apart from changing jobs) I've done in years, as I can now taste food without the aid of lots of salt can breathe easier than I have in years, plus its nice not to smell like an ashtray"

