

Health and Wellbeing Week 2019



MOMENTS | THAT MATTER

Moment that Matters	Examples
Moving house	Day of and day off after / extended weekend to settle in
Illness of a dependent	
Bereavement	Of a close family member, friend or pet
New Pet	Where they need settling into a new home
Changes in dependents / carers circumstances planned or unplanned	Arranging elderly care, childcare
Children's education milestones	First day at school, school plays, sports days, graduations awards/ceremonies, exams, first day at university
Integrating a blended family	
Study leave or company funded programs	
Breakdown of a relationship	
Days immediately leading up to a wedding	
Surrogacy antenatal appointments	
Fertility treatment	Collection of eggs and embryo transfer



MOMENTS
THAT MATTER

SUMMER HOURS

1ST JULY - 20TH SEPTEMBER

#momentsthatmatter

EAP Healthy Minds



Financial improvements

Mental Health Pathway and Back2Better (musco-skeletal) services.

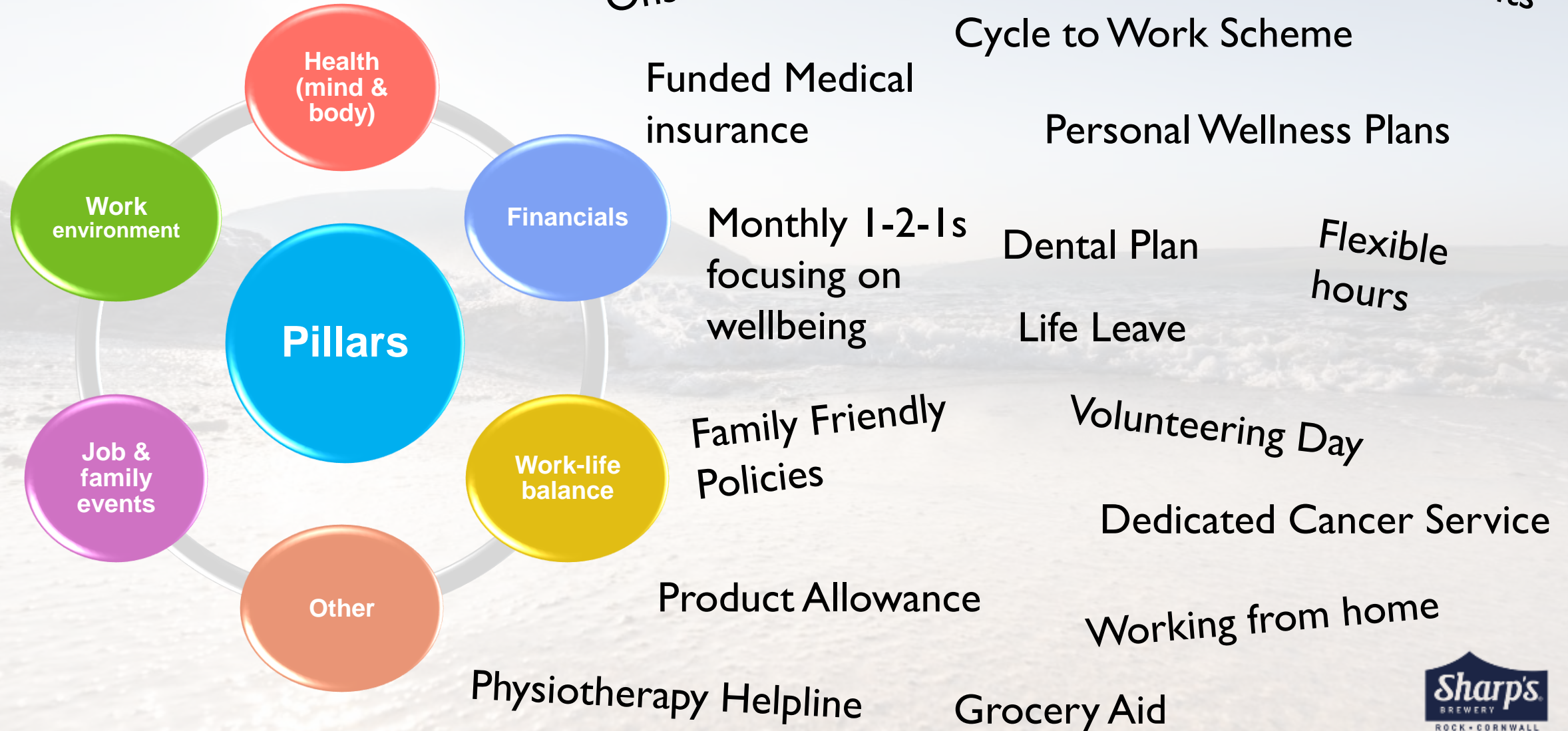
Various apps and chat facilities to make managing your healthcare much easier and more accessible

Improved support for your overall health & wellbeing

Still to come in 2020.....

Digital GP service.....giving you access to a real GP by a face-time appointment quickly instead of having to wait to see your own GP.

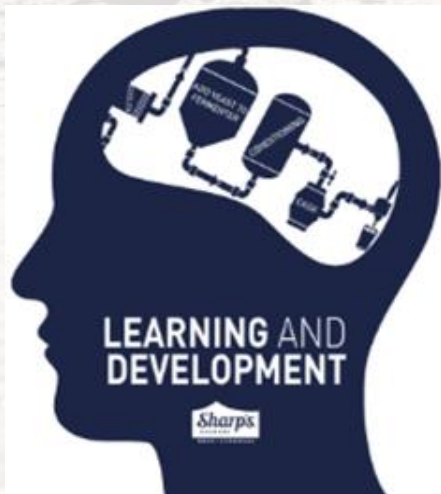
Wellbeing Toolkit



Learning and Development




Healthy
Cornwall



Wellbeing Agenda 2020

Financial Wellbeing – H1

JAN	FEB	MAR	APR	MAY	JUNE
Flexible benefits		Grocery Aid Awareness Day (3 rd March)		Womens Health Week (inc. menopause awareness) 10 – 16 May	
		Stress Awareness Month (EAP focus, anxiety/CBT – Aviva Thrive app) incl. Sleep	On Your Feet Week (28 th) – link to gym offering	Wellbeing Portal Launched	Mind Results Sharing across the business
					Launch of digital GP service
JULY	AUG	SEPT	OCT	NOV	DEC
National Simplicity Day 12 July <i>Back to Basics' – Sleep, Eat, Exercise!</i>	National Financial Awareness Day 14 Aug	Flu jabs	Cookbook (nutrition / CALM) – Q4 World Mental Health Day 10 October		

Wellbeing team – monthly meetings to progress plan

MH Champions – quarterly check-ins / annual forum

Line Manager resilience/absence

KPI reporting / measurement

MSK / Backhug

The background of the slide is a photograph of four surfers in the ocean at sunset. The surfers are silhouetted against the bright, orange and yellow sky. One surfer is holding a surfboard. The water is dark with some white foam from the surfers' movements. The overall mood is serene and coastal.

Thank you for listening!