



Healthy Workplace

Cornwall Housing Ltd - 435 employees

At Cornwall Housing, the Extended Leadership Team have recently invested in a new 3 year plan to improve staff health and wellbeing and it is clear the importance placed on staff health and wellbeing is put in to practice and delivered throughout the business.

When Cornwall Housing first joined & registered with **Sugar Smart UK** last year, posters were put up on all staff notice boards and information about **Sugar Smart** is included in the excellent monthly staff newsletters. They discussed **Sugar Smart** with the cafe owner (Sonia) at one of the sites in Cornwall, who is open to suggestions and has taken on board the new **Sugar Smart** messages, which now offers healthier choices of food, as well as discussing Sugar Smart at the Staff Health and Wellbeing Group for the Health Champions to promote at each site.

In May 2019, Branded Cornwall Housing water bottles have been given out to all our staff, with a push on the importance of Hydration to colleagues throughout the organisation, in addition to having water coolers installed to every site and free tea and coffee available for employees.

A wide range of Healthy Workplace initiatives that have taken place this year with the help of their fantastic Health Champions, which include: entering the annual Cornwall Workplace Health Annual Beach Games, Healthy Weight in the Workplace sessions, with fantastic case study of one employee losing 6 stones and one losing 3 stones. Purchase of hula hoops and Garden makeovers at 2 sites for staff to enjoy at lunchtimes and promotion of national campaigns such as; Fizz Free February, Sugar Smart September, Dry January, Healthy eating month, Sober October, Diabetes awareness week and many more.

Quote from Nick Cross, Managing Director: *“The distribution of water bottles to all CHL staff has been a fantastic opportunity to raise awareness of just how important hydration is. Keeping well hydrated can have a huge impact on wellbeing including concentration levels. Our staff have embraced this initiative and I am delighted to see our water bottles on staff desks and in vans for those staff that travel”*

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