



The Workplace Health E-bulletin

'March 2010'

*Welcome to the first Workplace Health E-Bulletin
for Cornwall & Isles of Scilly*

Local Information and Opportunities

Work-related stress - the manager's role
A Stress in Perspective One Day Training Course –
Wednesday 26th May 2010 at the Health Promotion Service



It is now recognised that managers have a key role to play in the handling of work-related stress. This one day course reviews the actions managers can take to reduce stress both in their teams and on a personal level whilst meeting current Health and Safety Executive best practice requirements.

Only 12 places available please book early to avoid disappointment.
Cost = £35.00.

If you would like to book on this course please contact Rachel Faulkner.

Launch of the Cornwall & Isles of Scilly Healthy Workplace Award

The Cornwall and Isles of Scilly Award was launched on the 24th February 2010 and is a county standard of good practice and quality mark of health and wellbeing in the workplace.

The aim of the award is to act as a toolkit to encourage employers to think about ways to improve the health and wellbeing of their employees. The toolkit provides steps to achieve and improve in a wide range of health areas mentioned in the above criteria. The process enables focus on the current good practices in place within an organisation and assists in recognising priorities and providing solutions to addressing any highlighted issues specific to the company and the working population.

For further information please visit:

www.healthpromcornwall.org/index_WH_5.asp

Physical Activity & Sport Offer

'Getting more people active!' Working with a wide range of partners we have secured a **'Physical Activity with Sport Offer'** for all organisations who join and work towards the Healthy Workplace Award. The offer is in the form of a 'menu' of opportunities and ideas, to encourage employees to become more physically active. For a copy of the offer please contact Rachel Faulkner.

Get Active Cornwall

A new website developed specifically to inspire and motivate Cornish residents to be more active - www.getactivecornwall.co.uk – Watch this space, it will be going live at the end of April.

Workplace Health Update

Health for Work Advice line for Small Business

The adviceline will provide you with the expert support to help you:

- **Get an employee back to work** after long term sickness
- **Manage the impact on your business** when an employee takes time off work through ill health;
- **Support an employee** and benefit from their abilities if they are at work with health issues;
- Encourage and support an employee who is off work, yet wants to **return and contribute to your business**;
- **Develop a working culture** where illness is less likely to occur

Phone – 0800 077 88 44

The Workplace Wellbeing Tool

This tool has been designed to help employers improve the health and well-being of people in their organisation. With the entry of some basic data the tool allows the user to calculate the cost of employee ill health, compare costs to those of similar businesses, evaluate and build bespoke business cases and access best practice from leaders in the field. For more information please visit: www.businesslink.gov.uk/wwt

Guidance for Employers on the 'Fit Note'

The Statement of Fitness for Work, or 'fit note', is a new Medical Statement that GPs will issue from 6 April 2010. It replaces the old 'sick note' and aims to focus on what an employee may be able to do at work rather than what they cannot do. Guidance for employers and more information is available at www.mindfulemployer.net/news_events.html.

New 'Change for Life' Employers Toolkit which was launched on Tuesday 23rd March 2010

www.nhs.uk/change4life/Pages/PartnerTools.aspx



Mindful Employer

A new dedicated phone number for MINDFUL EMPLOYER - **01392 677064**
<http://www.mindfulemployer.net/>

Promoting workplace health and wellbeing - British Health

Foundation. A new website promoting health at work includes the Think Fit Packs, case studies, top tips and much more....

<http://www.bhf.org.uk/HealthAtWork/>

NHS LifeCheck

NHS Lifecheck is an online health service which guides people through a series of questions about their lifestyle, before informing them of areas in which a change in lifestyle can lead to overall health improvement. It also helps users set goals and seek support to ensure continued motivation as they make changes to their lifestyle. www.LifeCheckers.co.uk

Events

Healthy Workforce, Healthy Business

A one day conference - Tuesday 13th April, 10am - 4pm @ University of Plymouth. For further information visit www.plymouth.ac.uk/conferences or contact us 01752 586005.

Race For Life

Cornwall Events =

Penzance – 2/6/10

Truro – 11/7/10

Eden – 13/6/10

Falmouth – 9/5/10

www.raceforlife.org

Campaigns

Ovarian Cancer

Ovarian Cancer Awareness Raising Pack - www.ovarian.org.uk or call 0300 456 4700.

Bowel Cancer UK

Raising Awareness, saving lives

www.checkit.org.uk and/or www.bowelcanceruk.org.uk

If you require any further information about any of the above information or have any comments or ideas for new content please contact Rachel Faulkner, Workplace Health Coordinator on rachel.faulkner@ciospct.cornwall.nhs.uk or 01209 313419.

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www.healthpromcornwall.org

'Thank You'
