

## Mannings Hotel, Lemon Street Truro

62 members of staff



*" We introduced health in the workplace a year ago and have found that it has had a huge impact on staff motivation, happiness, and well being within our team. "*

We have introduced the following:

### **Staff notice board updated monthly**

We put on here anything to do with health e.g diet, stress, stop smoking ,balancing life and activities available locally.

### **Health questionnaires**

These were handed out to our staff and we discovered we had a few problem areas that we have now managed to fix therefore the staff are a lot happier.

### **Football team**

On a Wednesday night we have a men's team which play in the Mundial league.(free range chefs ha! ha!)

This have been a great stress reliever and has introduced more of a work/life balance in their lives.

### **Race for life**

We entered a team of 19 ladies to take part in the 2009 5k Race for Life in Truro. Some of the team ran and some walked but all thoroughly enjoyed the team spirit. We had T-shirts made and we all went for lunch at the Victoria Inn at Threemilestone afterwards which was our treat! The feedback was really positive and we noticed a huge morale boost when back at work.

### **Thank you lunches**

Now and again we get a team together and take them out for lunch to say thank you for their continued support and hard work. Our hotel reception staff went out for lunch on 20th September at Bustopher Jones in Truro. Our chefs will be going out for a curry night soon.

We have found that this connects us with our staff and them with us and we feel more comfortable with each other.

*" We have 62 staff and I would say it has probably benefited at least half of them if not more. "*