

Health Promotion Service

To support and encourage good health promotion practice across Cornwall & Isles of Scilly.

62 Employees

At the Health Promotion Service, we have set up a workplace health working group, conducted two health at work questionnaires and have been trying to look at how we can improve the health of our staff! We have a great team and to date we now have a 'Kernow Building Gardening Club', 'A Choir' and have organised a wide range of activities, taster sessions and events including:

- Healthy Lunchtime Walks
- Step-o-meter Challenge
- Honesty Snack Box
- Physical Activity Sessions - Netball, Beach Volleyball, Yoga, Rounders, Legs, Bums & Tums
- Massage & Reflexology sessions
- Introducing a Mentoring Scheme
- Entered a rounders team in the 1st Cornwall Corporate Games
- Love Yourself, Look after Your Heart
- Active Travel Days
- Introduction of the delivery of the 'Healthy Boxes' weekly
- Craft sessions - felt making, flower arranging
- Obtained two pool bikes for the department
- Dedicated Health at Work notice board
- Entered a team in the 2009 Race for Life!

We hold regular workplace health working group meetings and our aim is to continue to try and improve staff health and well-being here at Health Promotion.



The Health Promotion Service entered a rounders team in the 1st Cornwall Corporate Games - HP Cheetahs!

"I was in my previous post for nearly six years and there was no workplace health programme at all. When I started here and found what is available to staff, often delivered by other staff, I was really impressed and have been trying all sorts of things!"



Climbing Activity • Race for Life • Growing Veg • Cornwall Corporate Games • Felt Making • Healthy Breakfast for Red Heart Day