

Jobcentre Plus

Jobcentre Plus contributes to the Government's aim of tackling poverty, reducing worklessness, promoting growth and opportunity, and modernising Government

The logo for Jobcentre Plus, featuring the text "jobcentreplus" in a lowercase, sans-serif font. The word "job" is in white, "centre" is in green, and "plus" is in white, all set against a green rounded rectangular background.

Vicky Netherton,
Truro JCP's health Champion said

"Our launch event was very successful in getting people interested in joining in with the 'live well work well' initiative. It gave everyone a chance to make their contribution about what they would like to see happen within the office. The smoothies went down so well that staff are planning on contributing money so that we can have fresh fruit on site and make smoothie mornings a regular thing. That'll be better for us than all those cakes and biscuits!"

Launched in April 2002, Jobcentre Plus brought together the Employment Service and parts of the Benefits Agency that delivered services to working age people. Our aim is to help more people into work and more employers fill their vacancies, and to provide people of working age with the help and support to which they are entitled.

1088 staff members across Devon & Cornwall
174 staff members currently involved in the Cornwall Pilot Phase.

Truro Job Centre Plus

43 members of Jobcentre Plus staff and 20 other DWP employees

On 17 August 2009 Truro JCP held it's launch event for DWP's new wellbeing programme, 'live well work well.' Health Champions were available throughout the day to offer fresh fruit smoothies and to talk to staff about how they can contribute towards the new initiative.

A working party has now been set-up from volunteers, and future plans include pedometer challenges, 'tension tamer' sessions, recipes of the week notice boards and a trainer has been arranged for a body toning session after work.

continued

Penryn and Helston Job Centre Plus

Penryn has 30 staff and Helston has 12 staff

A launch event of 'Live Well, Work Well' took place on Wednesday 26th August 2009 for all staff at Penryn & Helston.

Activities included: Tension Tamers sessions to reduce stress in the workplace, quiz with prizes, fruit, smoothies drinks, health information and leaflets. Many staff made home made healthy goodies. The launch event was a great opportunity for all staff to find out how they could take steps to lead a healthier lifestyle.

Penzance Job Centre Plus

51 members of staff

Ten Staff are currently taking part in a pedometer challenge with a waiting list of six. The objective is to increase activity by 10% week on week for a month, after measuring current activity in week one.

Feedback from staff was very positive, everyone had increased their level of activity - some by a considerable amount. The highest weekly steps recorded was 128,507 which by anyones standards is amazing (national advice is to aim for 10,000 steps per day). Staff have taken to mountain biking, swimming, running and the amount of daily walks has increased.

The pedometers have raised awareness and it has been a fun way of increasing our levels of activity.

" Seriously though being able to identify how much we do in a day...walking has given me a nudge to do that little bit more.

Some would say, unkindly I think that if they could attach it to my mouth I would reach my 10,000 target within an hour, I, of course do not subscribe to that.

On a positive note, it has been an initiative which I feel will benefit one and all in the long term by changing our habits"