



# The Workplace Health E-bulletin

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**'June 2010'**

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

## Local Information and Opportunities

### Physical Activity & Sport Offer

#### **Health Walks**

Mobilise has the ability to work with a limited number of businesses to encourage staff to walk more to improve their health. The emphasis will be on regular lunchtime walks to get employees away from their work to enjoy some fresh air and the benefits of walking!

Mobilise will work over an initial 4 week period to:

1. Devise local walks that can start and finish at the work place.
2. Lead the initial 4 walks to take the pressure of staff until they get a feel for leading a health walk.
3. Work with the employer to identify individuals to become the workplace champions for the health walk. Following which the identified individuals will be offered a place on our Volunteer Walk Leader training which is accredited through Natural England.
4. Leave the workplace with a sustainable walking programme to enable employees to participate in regular health walks!

We are only able to provide this to a limited number of businesses and will be offered on a first come, first served basis. For more information please contact Tracey Barter on 01209 310062 or email: [Tracey.Barter@ciospct.cornwall.nhs.uk](mailto:Tracey.Barter@ciospct.cornwall.nhs.uk)

## Cycling

Cycling- Does your business have a number of individuals who would like to cycle but have not been on a bike for a long time?

Mobilise can offer a series of low level, easy paced cycle rides from your place of work. Following this we will offer you the opportunity to join our daily rides across Cornwall.

If your business does not have the demand for our taster sessions but you would like to become more active individually then we would welcome anyone wishing to get back on their bike to our regular cycles. Please see [www.mobilise-cornwall.org.uk](http://www.mobilise-cornwall.org.uk) or call 01209 310062 for more detail.

## Running



Run in England is an England Athletics community based running project. It gives everyone an opportunity to get active and begin running for fun and fitness. Supported by Sport England and delivered by the long-standing Women's Running Network, we're delivering community running groups across the whole of England.

Our members enjoy getting fit whilst having fun and making new friends in a safe, friendly environment. We're making sure that running is accessible and available for everyone - men, women, mixed groups and families of all ages, shapes, sizes and abilities.

**Could you become a running leader?** Do you love running? Speed is not a necessity, but a passion for encouraging and supporting others to get started is. Run In England will support you in becoming a leader, talking through with you how things work, we just need your commitment to complete a one day leadership course. England Athletics offer this course, Leadership in Running Fitness which will enable you to deliver fun and safe sessions to multi-ability groups and give advice and support to the new runner, as well as developing pathways for those who want to progress. The next course locally is in Truro on Saturday June 12<sup>th</sup>, following this, there is a course in Plymouth on Saturday July 17<sup>th</sup>. To book a place on the course please contact Morag Ford –Coach Education : [mford@englandathletics.org](mailto:mford@englandathletics.org) or mobile 07920 532558

To find out more about Run In England please contact Charlotte Lawson, County Activator [clawson@runinengland.co.uk](mailto:clawson@runinengland.co.uk) or mobile 07595 411465

Run In England Head Office 01392 841148. Website [www.runinengland.co.uk](http://www.runinengland.co.uk)

## Shape Up – Support staff to look after their health through weight management in the workplace

With 1 in 3 adults now being overweight, some work places are offering staff an opportunity to attend Weight Matters self help groups in the workplace. Work places who have taken up this opportunity are able to have the first group facilitated by a member of the Weight Matters team who is able to demonstrate how to run a group in the workplace.

The groups are offered over 8 weeks and each session runs for one hour. The group members receive information which helps them assessment how motivated they are to make lifestyle changes, they have an opportunity to explore their currently eating habits, activity patterns and develop an understanding of how to Change 4 Life to help them manage their weight. They are provided with information about what is in the food they are eating, how to read food labels, understand about correct portion sizes and what triggers over eating. Over 80% of people who have attended these groups have lost weight.

Feedback from one participant provides a good over view of what the groups are all about:-

"It was refreshing in that it was not a diet club but a meeting of people who needed to address lifestyle choices for the good of their health. We were given support and guidance to enable us to make the 'healthy choice' for both exercise and food eating habits."

If your workplace is interested in taking up this free opportunity please email [mary.williamson@ciospct.cornwall.nhs.uk](mailto:mary.williamson@ciospct.cornwall.nhs.uk)

## Cornwall Works 50+

Cornwall Works 50+ aims to help:

- More 50+ staying in work because they want to
- More 50+ going back to work
- More 50+ trying new things
- More 50+ volunteering

Get involved by calling Cornwall Works on 01872 355015 or [www.cornwallworks.org.uk](http://www.cornwallworks.org.uk)

## Workplace Health Update

### The new Workplace Well-being tool

has been designed to help employers improve the health and well-being of people in their organisation. By using the **FREE** tool, employers can get support on a variety of health and well-being measures, allowing them to:

- calculate the annual cost of employee ill-health, staff turnover and workplace injuries / insurance claims
- create unique profiles of their organisation based on the whole organisation, or focused on specific departments / business sectors within it
- save these profiles for future reference
- compare these costs and benchmark performance against similar organisations (by business sector, size and geographic area)
- build bespoke business cases for their own workplace health and well-being initiatives, export and download these easily to MS Excel spreadsheets.
- evaluate existing health and well-being initiatives
- estimate the return on investment of a health and well-being programme
- find practical interventions to improve workplace health
- learn from case studies of exemplar workplace health and well-being best practice from real employers in the UK

[www.workingforhealth.gov.uk](http://www.workingforhealth.gov.uk) - Access the free tool

### Statement of Fitness for Work

On 6th April 2010 the new medical statement was launched in place of the old 'sicknote'. This new format allows GPs to indicate whether a patient 'may be fit to work' as long as adjustments are made based on the functional effects of the patients condition. For further information please see:

<http://www.dwp.gov.uk/fitnote/>

### Challenge Fund – Watch this space!

The new funding round will open to bids on 1st September 2010 and closes on 31st December 2010. Applications are invited from businesses with under 250 employees and partnerships who will support them.

Please visit:

[www.workingforhealth.gov.uk/Initiatives/ChallengeFund/Default.aspx](http://www.workingforhealth.gov.uk/Initiatives/ChallengeFund/Default.aspx)

## Events

### **Cornwall's Festival of Cycling tours the county for Bike Week, 21-27 June**

Thousands of people will be getting on their bikes this June in Cornwall's annual celebration of two-wheeled travel.

Cornwall's Festival of Cycling, part of the national Bike Week initiative will tour schools in Cornwall and culminate in a weekend extravaganza of cycling at the Eden Project.

Organised by Cornwall Council in partnership with Mobilise, part of Cornwall and Isles of Scilly Primary Care Trust, the aim of the festival is to generate enthusiasm for cycling across the county and get people on their bikes.

The Eden Project is to host a weekend of family festivities 26-27 June, including Revolve Bicycle Works' 'Dr Bike' cycle health checks, information on local routes and trails (from cycling charity Sustrans, Cornwall Council and national cyclists' association CTC), bike tagging with Devon and Cornwall Constabulary and free aerocycle sessions from Polkyth Leisure Centre.

Free entry to the Festival will be granted to anyone registering for the event on the Team Green Britain Bike Week website. Go to [www.bikeweek.org.uk/cornwallfestivalofcycling](http://www.bikeweek.org.uk/cornwallfestivalofcycling) for further information - and bring your bikes, friends and family on the day.

### **Cornwall Chamber of Commerce Health Check Days**

Are you a Cornwall Chamber of Commerce member?

If so, FREE HEALTH CHECKS are available FOR YOUR EMPLOYEES!

Thanks to the Health Work and Well-being Challenge Fund the Chamber is working with Cornwall Health Promotion Service and Cornwall Sports Partnership to encourage healthier workplaces. This includes the famous Pedometer Challenge!

The chamber have organised a series of days where employees can meet with an Occupational Nurse for a simple set of health checks. This will include blood pressure check, height, weight, BMI and waist circumference, cholesterol and glucose test. There will also be discussion and advice of risk of cardiovascular disease. Each person will have their own health assessment record to take away.

## Campaigns

### **MIND - Taking care of business**

Mind is campaigning to make workplaces more mentally healthy. MIND wants to improve workplaces for everyone and make significant improvements for employers and employees.

Every year UK businesses lose £26 billion and 70 million working days because of conditions like workplace stress.

To sign up to the campaign and for further information please visit:

[www.mind.org.uk/employment](http://www.mind.org.uk/employment)

### **Alcohol**

[www.drinkaware.co.uk/features/work-and-study/alcohol-and-the-workplace](http://www.drinkaware.co.uk/features/work-and-study/alcohol-and-the-workplace)

### **National Bike Week**

21-27 June 2010 - [www.bikeweek.org.uk](http://www.bikeweek.org.uk)

### **National Men's Health Week**

14<sup>th</sup> - 20<sup>th</sup> June 2010 - [www.menshealthforum.org.uk](http://www.menshealthforum.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](mailto:rachel.faulkner@ciospct.cornwall.nhs.uk) or 01209 313419.

Health Promotion Service. Kernow Building, Wilson Way, Pool, Nr Redruth, Cornwall, TR15 3QE. Telephone: 01209 313419. Resource Centre: 01209 313218.

[www.healthpromcornwall.org](http://www.healthpromcornwall.org)

‘Thank You’

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