

School workforce Health and wellbeing

April 2014



Welcome to Cornwall Schools Workforce Health & Wellbeing Programme

Most of us spend much of our time at work and it is one of the most important places we can get guidance and support. The Schools Workforce Health & Wellbeing programme is committed to providing healthcare information and opportunities for school staff to improve their health and wellbeing. The programme is a 18 month pilot partnership between Cornwall Council, Cornwall Healthy Schools, Health Promotion Service and Macmillan Cancer Support.

The pilot will provide essential support, guidance and training for school staff. All Cornwall school and academy employees will have access to online resources and a number of training courses and interventions. Please take the time to visit the [Cornwall Schools Workforce Health and Wellbeing Website - www.swhwcornwall.co.uk](http://www.swhwcornwall.co.uk). We would be very grateful if you could complete our short wellbeing survey on the site that will help tailor our services to suit your needs.



Get Active Challenge May 12th 2014

The 6 week Get Active Challenge has been developed by CSP so workplaces across Cornwall can **compete against each other in teams of three**. **FREE** pedometers available!

Prizes will be awarded to the best school teams. Please register here to join the **Get Active Challenge**

Interested in being a Health & Wellbeing champion for your school?

Health & Wellbeing Champions are people who, with training and support, voluntarily bring their ability to relate to people to transform health and wellbeing in their schools. They help others to enjoy healthier lives by raising awareness of health and healthy choices, sharing health messages, removing barriers and creating supportive networks and are able to signpost into a range of health services in Cornwall. For more info please contact staffwellbeing@cornwall.gov.uk



Contact Us

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MACMILLAN.
CANCER SUPPORT**

