

# Wellbeing Services for Schools

## September 2019

Cornwall Council has recently reviewed the wellbeing support offer it provides for schools, academies and SME's and what changes will need to be made for it to continue from September 2019 onwards.

The changes required are set against a context of increasing demand for support and a reduction in funding.

Since 2014, Cornwall Council's Health, Safety and Wellbeing team has funded the wellbeing support schools received, in partnership with Together for Families directorate and Macmillan Cancer Support. However, the funding has now ceased, and a costed option has been established to hopefully make the support you received sustainable.

The cost of the delivery of the program will still be heavily subsidised by Health, Safety and Wellbeing but it will require financial support from schools, academies and SME's.

In setting up the wellbeing delivery as a charged service we will be able to expand our offer/support/resources and develop a more bespoke service moving forward.

Continue reading to see what we can offer, and the costs associated with buying in to our wellbeing programme.

Please contact our wellbeing team on [HSWChampion@cornwall.gov.uk](mailto:HSWChampion@cornwall.gov.uk) for more information.

## Workplace Health and Wellbeing

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. Cornwall Council has a national award-winning Health and Wellbeing Program committed to providing healthcare information and opportunities for employees to live healthier lives.

### Health, Safety & Wellbeing Champions

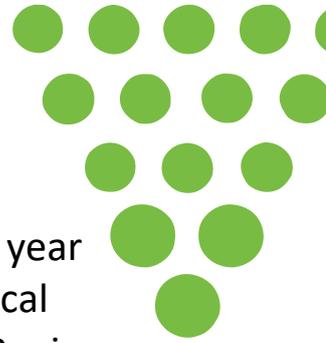
Central to our workplace Health and Wellbeing program is the training and support of Health, Safety and Wellbeing Champions in workplaces. We provide training for each Champion together with a tailored resource pack to get them started. Health Champions are then able to access BID funding to develop a wellbeing initiative as well as exclusive Health Champion events such as network meetings and an annual wellbeing conference.

### Training and support

The Health, Safety and Wellbeing team are able to offer a range of bespoke wellbeing training to suit the needs of your workplace, from mindfulness and resilience to healthy eating. Training can be developed specifically for a workplace if required.

### Website access and information

Workplaces that buy in to our offer will gain exclusive member access to our new website, which will provide information/advice on a range of wellbeing topics, covering physical, mental and financial health. The website will also signpost to local (and national) organisations which support these various aspects of individual wellbeing and can offer free (or low cost) resources to support your wellbeing program.



## Access to Existing Wellbeing Initiatives

Our team run a variety of wellbeing initiatives throughout the year aimed at improving physical and/or mental health, from physical activity referrals to cooking courses to creative arts projects. Buying into our wellbeing programme will allow access to these programmes at a reduced cost.

## Wellbeing Checks

We can carry out wellbeing checks for your employees and provide brief lifestyle advice based on the results. These can be delivered at your premises on mutually convenient days. During wellbeing checks, we measure:-

- Blood pressure / heart rate
- Cholesterol
- Weight
- Body fat percentage
- BMI
- Waist

## Lifestyle Checkpoint Machine

The Lifestyle Checkpoint machine can be hired for your staffroom etc. and allows employees to carry out their own wellbeing checks for:-

- Height
- Weight
- Blood pressure
- BMI
- Body Fat

## Ongoing support and advice

Our wellbeing team are on hand to provide support, advice, guidance and resources via telephone/email throughout the week.

## Costs

<b>Lifestyle checkpoint machine hire</b>	<i>Two day hire - £200 Five day hire - £300</i>
<b>Wellbeing checks</b>	<i>£400 for up to eight checks.</i>
<b>Training</b>	<i>£500 per full day training with up to fifteen delegates or £40 per person on an existing course.</i>

<b>Size of school (staff numbers)</b>	<b>Cost for HSW delivery (annually)</b>	<b>Core services provided</b>	<b>Access to additional services</b>
Up to 10 staff	<b>£100</b>	<ul style="list-style-type: none"> <li>• Telephone and e-mail advice/support</li> <li>• 10 % of total staffing numbers in champion training places per year (min 1 per year)</li> <li>• 10 % of staffing numbers in champion training places per year (min 1 per year)</li> <li>• Password access to new workplace health website</li> <li>• Access to webinars</li> <li>• Monthly newsletter templates &amp; regular newsletters</li> <li>• 1 x wellbeing presentation annually to management</li> <li>• Access to all wellbeing roadshows on CC premises</li> <li>• Annual self-audit tool and report from HSW</li> <li>• Access to the BID pot to support a wellbeing initiative within the school.</li> </ul>	<ul style="list-style-type: none"> <li>• 25% saving on physical health check costs</li> <li>• 50% off additional champion training place/s</li> <li>• 50% reduction on costs of providing health and wellbeing roadshows at your location</li> <li>• Reduced cost of accessing existing wellbeing initiatives</li> </ul>
10 – 20 staff	<b>£200</b>		
25 – 50 staff	<b>£300</b>		
50 – 100 staff	<b>£500</b>		
Larger or MATS	Price on application		

More services will be available as we expand and develop our offer.