Cork Kerry Community Healthcare Staff Health and Wellbeing Current Resources

Healthy Campus
- Staff Wellness @ Work Committees (Terms of Reference)
- Criteria
- Evaluation

National Health and Wellbeing Programmes
- Love Life Love Walking
- HSE Steps to Health Challenge
- National Calendar of monthly events

Cork Kerry Community Healthcare On-going Programmes
- Staff Health Screenings (Blood Pressure, BMI, Follow Ups)
- Influenza Vaccine
- Home Support Staff Self-care Sessions
- Kindness Works Here Workshops
- Cycle to Work Scheme

Emotional Supports
- Occupational Health
- Staff Care
- Employee Assistance and Counselling Service (EAP)
- PSYCHED
- Dignity at Work Workshops
- Personal Resilience Workshops
- Disability in the Workplace
- Leadership Education and Talent Development (LETD)
- Annual Prospectus
- Cervical Screening - UHK
- Tobacco Cessation and Pharma supports
- Staff Emotional Supports directory

Cork Kerry Community Healthcare Bespoke Annual Programmes
- Operation Transformation
- National Health & Social Care Professions Day
- Wellness through the lens (monthly staff H&WB photography competition)
- Healthy Eating Demo’s
- Desk to 5KM (supported workshops/programme)
- Lee 4KM Road Race
- CKCH Annual Soccer Challenge
- Psyched
- BHAA Road Race
- HSE Stress Control
- Arts in Health - Mallow Project Glucksman UCC/ Helium Project
- CSR/Volunteer Day Christmas Parties (inclusive of staff choirs etc.)
- Swim a Mile programme/ staff discount
- Desk to 5k
- You’ve Been Mugged
- Annual H&WB Staff, Family and Friends Event
- Yoga/ Pilates/ Stretch & Tone classes
- Mindfulness
- Nutrition/ Food pyramid Talks
- Choirs

Health and Wellbeing Supports (Regularly Circulated)
- Wellness at Work Staff Newsletter
- Theme of the Month
- Wellbeing Weekly Messages
- Annual Event Calendar
- Know Your Numbers Card
- Health and Wellbeing Tips Card
- Self-Care flyers
- Well at Work flyers
- Healthy Meeting guidelines/ poster
- Monthly Actions Calendars
- Posters of physical, nutritional and emotional wellbeing
- Corporate Leisure Discount listings
- Multiple survey reports on health and wellbeing circulated
- Health and Wellbeing Repository
- Brendan O’Sé Wellness Through the Lens Photography Course Manual/ Tips

Environmental/ Campus
- Staff rooms (Relaxation)
- Staff Gyms
- Campus Bikes
- Wellbeing Routes (Slí na Sláinte)
- Drinking water
- Canteen areas
- Gardens on site (linkages with local men’s sheds/horticulturalists etc.)
- Community Linkages e.g. Local Heritage Centre, Arts Centre etc.
- Eco friendly – Usage of energy/ recyclable up-cycle
- Drinking water
- Calorie posting
- Healthy vending machines
- Breastfeeding facilities

Other Supports
- Healthy Ireland Champions (20+)
- Local Sports Partnerships
- HP&I staff
- Local Sports/ Recreational Entities
- PSYCHED Charter
- Workplace Wellbeing Charter (being developed nationally)

Identified Gaps
- Onsite family supports (crèches/ afterschool programmes)
- Financial support/advice
- Social Corporate Responsibility Day / Volunteerism
Health and Wellbeing connects, collaborates and advocates change to improve the health of our communities by adapting an all of society approach.

Accessing Current Resources

This has been put together primarily to support the establishment of a culture that promotes staff health and well-being. A priority for CKCH is staff members that are well and at work to deliver effective, quality care for patients. It is more important than ever that CKCH workplaces become environments that encourage and enable staff to lead healthy lives and make choices that support positive wellbeing.

The essential leadership, structural, cultural building blocks for improving staff health and wellbeing includes leadership and management, communication and healthy working environments.

One of our core health areas to focus on is to provide supports to improve staff health and wellbeing. This has been informed by research on the leading causes of absence due to poor health from HSE settings and the fact that most employees spend a third of their lives at work.

How do I access these supports?

Contact your direct line manager for further details.

Enquiry to Wellness at Work committee (where they are in place).

Contact the Health and Wellbeing Department at Priscilla.Lynch@hse.ie

Who Delivers on these?

All staff have a role to play in creating healthy workplace environments. Additional support is provided through forums such as the Wellness Committees, Healthy Ireland Champions, Health Promotion & Improvement staff and Local Sports Partnerships.

Staff H&WB KPIs

As per the Health and Wellbeing strategic priorities, every staff member is to be involved in at least one Health and Wellbeing initiative/ event over a 12 month period.