

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 Ó'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

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.

