



# The **active** staff Story

## Background

The workplace offers **significant potential** as a setting to improve health



Should be an **exemplar employer** (Dr Steve Boorman, 2008)



In 2016/17 **520,974** working days were lost to sickness absence in NHSGGC

Physical activity programmes at work have been found to reduce absenteeism by **up to 20%**. Physically active workers take **27% fewer sick day**.

## The service

The Active Staff service was implemented in 2014 and is comprised of 4 main components.

### **active** sites

Free physical activity opportunities on acute sites



### **active** challenges

One-off and large-scale events and challenges



## **active** staff

### **active** local

Discounted leisure memberships



### **activators**

Staff physical activity champions



## The figures

**7987**  
attendances  
and counting!



Free classes  
launched at 8  
acute sites with

**3535**  
attendances

We provided **618**  
free classes across  
10 sites with

**6430**  
attendances

We currently  
run

**28**  
free classes  
every week

We provide a range of activities to suit varying interests and abilities

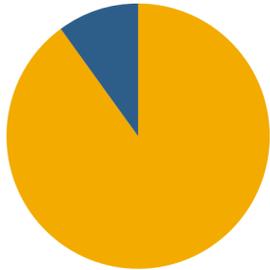


- Tai Chi
- Yoga
- Pilates
- Badminton
- Mokyfit
- Boot Camp
- Metafit
- Fatburn Extreme



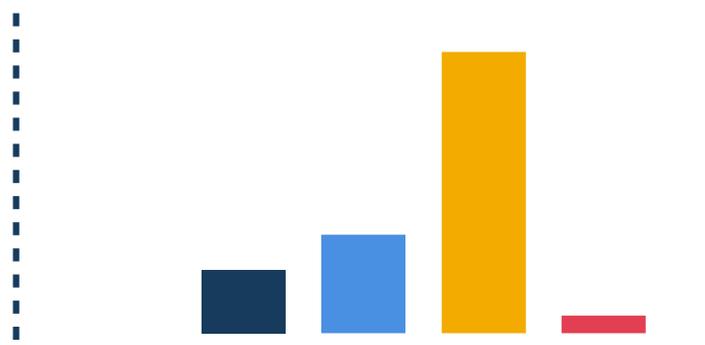
## The feedback

### Who attended?



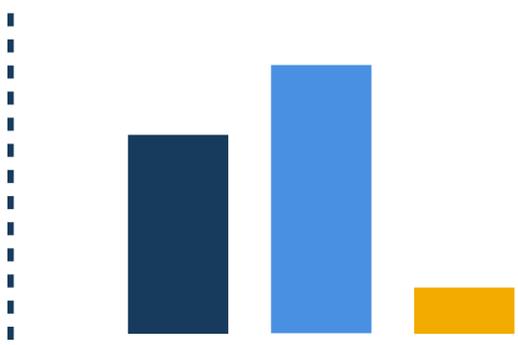
Female (90%) Male (10%)

Gender



under 34 35-44 45-60 over 60

Age



2-4 5-7 8+

Pay Band

### Top 3 reasons for taking part:

- 1 To get fitter/ more active
- 2 To feel better
- 3 To have fun

### Top 3 areas of positive impact:

- 1 Mood
- 2 Stress levels
- 3 Energy levels



# What are people saying?

I have met some lovely new people and I always leave the class feeling **calmer**. I can't **believe it's free**. It feels good that NHSGGC are willing to invest in my health this way. I feel **more valued** as a member of staff.

I have suffered from stress in the past and found the yoga to be a great help in **reducing my stress levels**.

I am certain that this not only benefits me personally but **enhances my working week**.

I look forward to the classes, they make me **feel good, more positive**. I've got **fitter** and I enjoy the **social** element of meeting other colleagues there too.

To now have access to a yoga class via my employer makes me feel like a **much more valued employee**. I feel my employer is making an effort to look after my health and well being and this **improves my overall moral in the workplace**.

**Very important** for those of us with sedentary jobs

## active challenges

We have held 6 staff walking challenges using our bespoke website and smartphone app.

Walk the **UK** with **active staff**

15th May - 26th June

- Take part in teams of up to 5
- Tackle the virtual route over 6 weeks
- Easy to use app
- Have fun
- Win prizes

Registration opens 1st May

Come with us to California

11th May - 23rd June

Join us and virtually walk across the Golden Gate Bridge for Glasgow Children's Hospital Clyde Cash for Kids

Have fun, feel better

www.activestaff.worldwalking.co.uk

Email: walking.challenge@ggc.scot.nhs.uk

To date, over **12,000**

members of NHS and council staff have taken part in our challenges

We've completed virtual routes across the world taking in sites from Scotland to San Francisco to Saint Lucia

**8**



**staff per week participating in football leagues**

# >> activators

We currently have 18 staff physical activity champions, better known as our Activators.

This passionate group encourage and support their colleagues to be more active by:

## Promoting activities

Poster distribution, emails, road show events.

## Participating in activities

Buddy colleagues, role model.

## Leading activities

Jog leader, walk leader, class instructor



# >> active local

We implemented a staff salary deduction scheme for 8 local authority leisure providers thus providing over 90% of staff with discounted access to the leisure provider for the areas they reside in.

# 2,804

Staff members currently benefit from this scheme.

