

Case Study



CSP encouraging NHS staff to move more

SASP have been working closely with three NHS foundation trusts in Somerset to increase the awareness of health and wellbeing in their workforce, and in particular increasing physical activity levels amongst staff. The staff are spread over 13 community hospitals and 2 main hospitals in Taunton and Yeovil. There has been an emphasis on their female staff, which makes up 80-85% of the workforce.

We have assisted the trusts to look at initiatives and projects to increase physical activity and sport levels within their staff (as well as other lifestyle behaviours) to help unlock the latent demand alongside increasing staff morale, mental wellbeing and fitness levels which we hope will have a positive impact on decreasing sickness levels.

This has included come and try activities at lunchtimes, evening team events, i.e. rounder's and uni hoc, after work Pilates and yoga sessions and 'walk and talk' 30 minute routes. We have also introduced the 10th floor challenge, where staff need to climb 10 flights of stairs of the back hospital staircase and sign their names.



More than just sports sessions...

Along with the sessions provided we have also trained 22 staff to be physical activity ambassador's, inspired by the This Girl Can campaign, and are key influencers to keep energy and momentum going throughout the project and to assist with behaviour change. Having colleagues as ambassador's shows others they are not alone in their feelings and apprehensions about body image, lack of time and physical activity, and that it's ok to put themselves first sometimes.

Closed Facebook groups have also been set up for each trust to provide an informal communication channel to encourage staff to think positively about being more active. Staff post regularly about their evenings activities, races, useful tips and when they are struggling for motivation. This has been successful in reaching staff across the County and bringing them together through social media. The staff take ownership of the group and SASP use it as a tool to signpost staff to community exit routes and to promote national campaigns, i.e. One You Active10.

