

YOU ASKED, WE'LL DO



In reponse to our Survey Jan 2022

active>>staff

The Active Staff Programme was set up to Protect and promote health in the workplace by providing a range of free opportunities for all NHS GGC staff to engage in Physical Activity: We want equitable access by all staff groups regardless of their fitness level, shift pattern or protected characteristics
Engaging in physical activity not only supports good physical health but good mental health also.

active>>staff

1. Could there be more lower impact classes?

2. Can we have a Bootcamp class at our site?

3. Is there any way Active Staff can be promoted other than in Core Brief?

4. Can online classes continue when face to face returns?

5. Can you include a Teams tutorial for those that have not used before?

6. Can some online sessions be recorded to access from home when suitable?

Great ideas! We can help

1. Active Staff are currently facilitating breathing & stretching activities in partnership with Scottish Ballet and well as putting in place Laughter Yoga sessions and training Walk Leaders.

2. We are putting new Bootcamps in place at QUEH, RAH, GRI and IRH.

3. We are looking to set up various social media pages including Instagram to help with communication and reach those who don't also have access to a computer. Promotion through the Staff Wellbeing Bus, Active Staff info flyers on all Acute & HSCP sites, Active Staff promotional events, visibility at meetings/forums when possible.

4. Yes online classes will continue to be offered.

5. Yes we can put a Teams 'how to use' link in every email response for a class on Teams.

6. Yes we hope to be able to offer some recorded Yoga sessions for staff to access on the Active Staff website & Social Media.



active>>staff

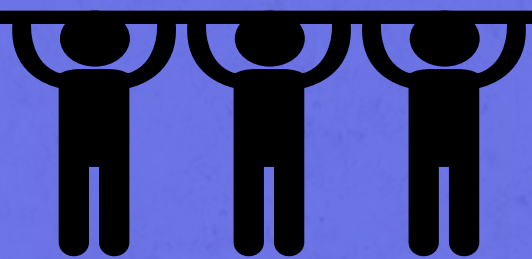
Results

2767 class bookings
64% Acute
32% HSCP

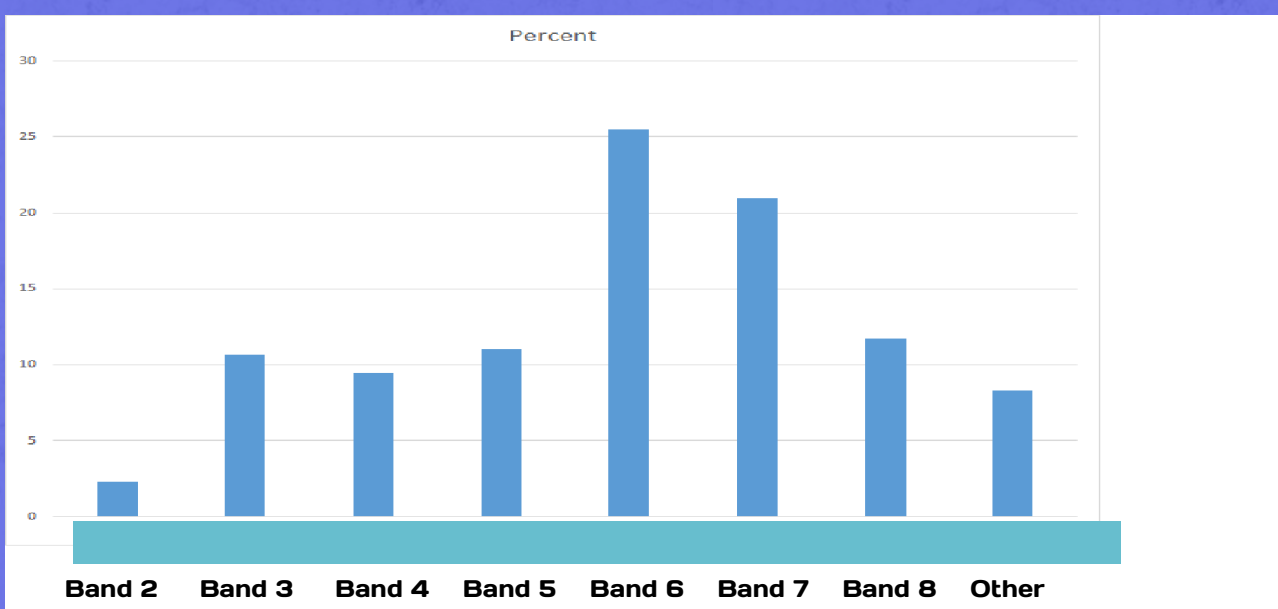
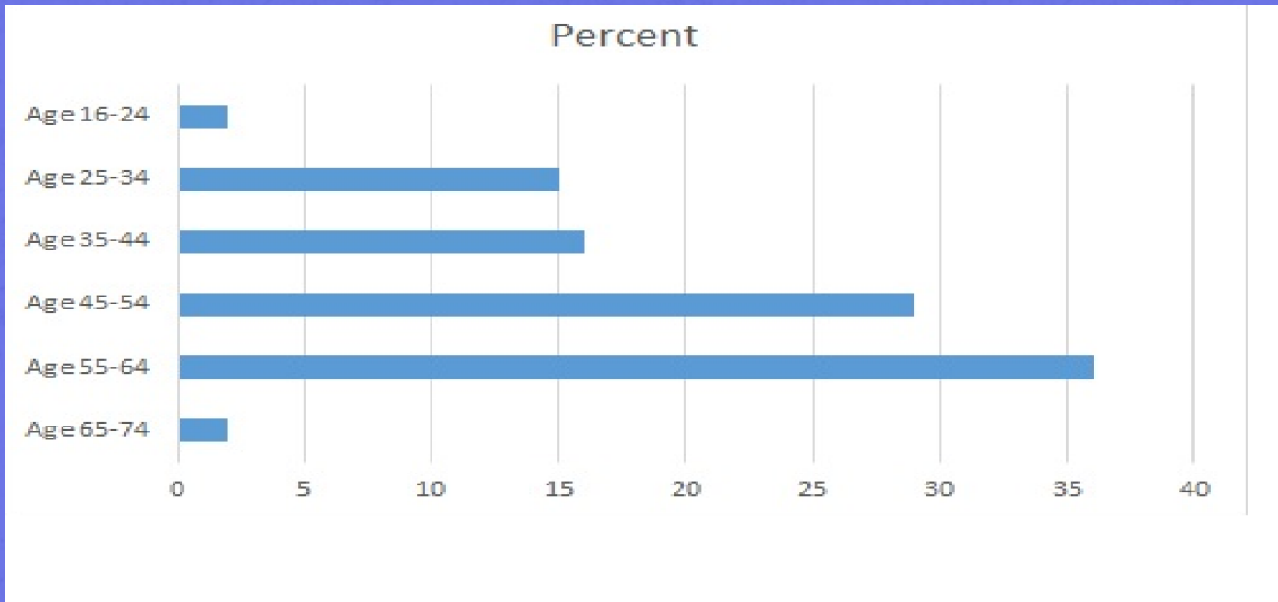
2767 bookings between January & April 2022

16 classes per week to choose from

75% of staff said they would recommend Active Staff



Age of Active Sites class attendance



Pay Grade of attendees

Ethnic group of attendees White Irish 2% White Other British 6% White Scottish 78% BAME 5% Prefer not to say 9%

Do you have a physical or MH condition or illness expected last longer than 12 mths? No 74% Yes 13%

active>>staff

We always value your opinion and would really appreciate any feedback ideas on how best we could improve Active Staff. We would love to hear from you.

Please email us at ActiveStaff.Legacy2014@ggc.scot.nhs.uk



A Healthier Place to Work