







YOU ASKED, WE'LL DO

IN RESPONSE TO OUR SURVEY MAY 2025



The Active Staff Programme was set up to protect and promote health in the workplace, providing a range of free physical activity opportunities for all NHSGGC/HSCP staff to support good physical and mental health. We want equitable access for all staff groups, regardless of their fitness level, shift pattern or protected characteristics



OUR PROGRAMME



5730 class registrations from April 2024-March 2025

19 weekly classes to choose from - 14 face to face and 5 online



1388 participants in our Spring 2025 walking challenge

WHAT CAN WE IMPROVE?



Have F2F classes on most Acute Sites

Develop better communication pathways

Make classes more accessible to everyone

WHAT DO YOU ENJOY ABOUT ACTIVE STAFF?

Walking days are great and walk leader John is very knowledgable

Gartnavel bootcamp is great all round exercise and really social

The enthusiasm of Sharon, makes the outdoor bootcamp. I have improved physically but also feel it helps my mental health enormously

Thanks for hosting a brilliant challenge. We loved it!!

What a great service you provide to employees!

DEMOGRAPHICS OF ACTIVE STAFF

PAY GRADE



Pay Grade	Count
Band 2	4
Band 3	14
Band 4	11
band 5	14
Band 6	22
Band 7	20
Band 8 a-d	8

AGE



Age Group	Count
25-34	12
35-44	22
45-54	32
55-64	29
65-74	2

GENDER



82%



16%

OUR FUTURE PLANS

- IMPROVE COMMUNICATION PATHWAYS
- KEEP PROGRAMME VARIED AND FRESH WITH H/M/L IMPACT ACTIVITIES
- MAKE CLASSES MORE ACCESSIBLE TO ALL



GET IN TOUCH:

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