







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

5730 class

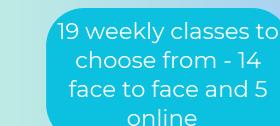
registrations from

April 2024-March

2025



OUR PROGRAMME



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

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

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

What a great service you provide to employees!

enourmously

DEMOGRAPHICS OF ACTIVE STAFF



AGE 25-34 **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: GGC.ACTIVESTAFF.LEGACY2014@NHS.SCOT