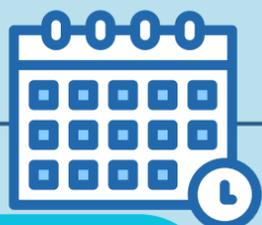




The Active Staff Programme was set up to protect and promote health in the workplace, providing a range of free physical activity opportunities for all NHSGGC/HSCP staff.

We want equitable access for all staff groups, regardless of their fitness level, shift pattern or protected characteristics

OUR PROGRAMME



2467 class bookings January - May 2023

17 weekly classes to choose from - 8 face to face and 9 online

81% of staff would recommend Active Staff to a colleague



WHAT CAN WE IMPROVE?

'I would like to see on-site classes come back'

'Could we get a boot camp at the GRI?'

'An overall timetable of classes would be useful'



WHAT DO YOU ENJOY ABOUT ACTIVE STAFF?

'Online class means it is easy to access, especially on days when home working'

'Meet colleagues, build friendships'

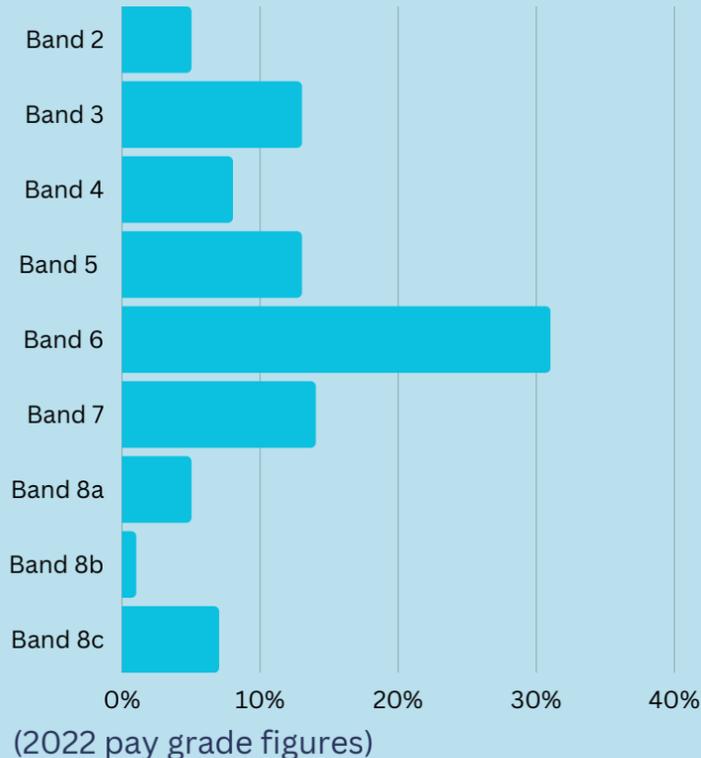
'Improved fitness, meeting new people. Improved mental health, spending time outdoors'

'Being able to attend a class straight from work'

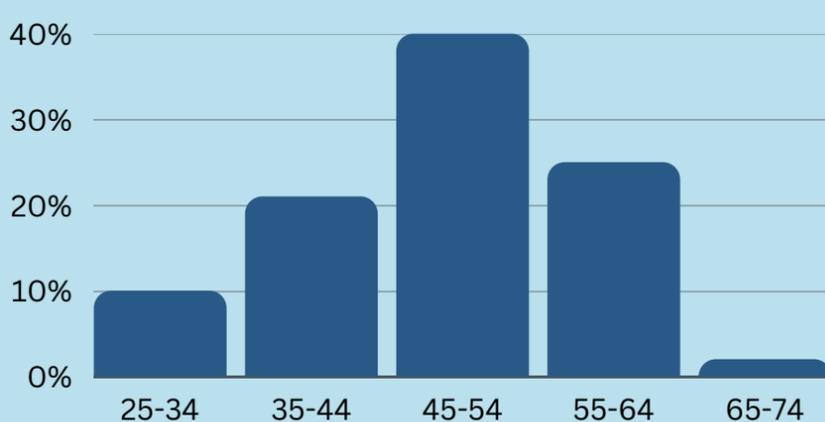


DEMOGRAPHICS OF ACTIVE STAFF

PAY GRADE



AGE



GENDER



83%



17%

OUR FUTURE PLANS

- INTRODUCE A NEW BOOTCAMP AT GRI
- CREATE AN EASY TO READ MONTHLY CLASS TIMETABLE
- LOOK AT POTENTIAL TO RE-INTRODUCE FACE TO FACE EXERCISE CLASSES
- PROMOTE THE ACTIVE STAFF INBOX FOR STAFF TO LEAVE COMMENTS AND FEEDBACK



GET IN TOUCH:

ACTIVESTAFF.LEGACY2014@GGC.SCOT.NHS.UK