

Travel Plan Success Stories

Organisation: NHS Tayside

Sector: Health care

Mode: Walking

NHS Tayside is a great example of working in partnership with other organisations such as Healthy Working Lives, TACTRAN, Ramblers Scotland and Paths for All, to develop a programme to improve and promote physical activity amongst staff in hospital settings across Tayside.

Measures

The aim of the initiative was to create simple ways for busy staff to exercise within their working week but with awareness of the specific demands within the hospital setting.

Over the past few years, NHS Tayside has addressed an identified need and desire for staff to become more active through the running of various walking initiatives.

- Annual summer walk and picnics over various hospital sites.-A series of annual local physical activity virtual challenges - team and individual challenges.

Marketing Initiatives

The annual summer walks took the form of guided walks around local green spaces and the provision of a picnic to encourage staff to make use of the local outdoor spaces and encourage social interaction between diverse members of staff.

The flexibility of the virtual challenges has proved popular with the staff, with the team challenges as well as individual challenges appealing to different people.

Virtual Challenges have included:

- Climb Ben Nevis – stair climbing challenge
- Walk the West Highland Way – pedometer challenge
- Walk the Fife Coastal Path – pedometer challenge
- Walk the Ayrshire Coastal Path – pedometer challenge

The number of staff registering to take part in the virtual challenges has increased over the years, with NHS Tayside providing participating staff with pedometers to track their virtual progress along their route. NHS Tayside also runs prize draws for those who participate and is in regular communication with those staff who sign up for the challenges, offering them friendly encouragement and advice.

Sylvia Mudie, Senior Health Promotion Officer from NHS Tayside talks about how “receiving the occasional email updating staff on progress from the challenge was reported as motivating and that offering a small prize draw for all entries ensured that everyone was encouraged to take part.” She went on to add that “it is also important to take account of the different starting levels of ability and to remind people to build up gradually and to make each challenge achievable for all abilities.”

NHS Tayside is committed to providing information and activities to encourage physical activity to all its staff, across all of its sites. As well as the annual summer walks, picnics and the annual virtual challenge, NHS Tayside has also achieved a Cycle Friendly Award for its efforts to encourage cycling at two of its hospital sites.

