

PROJECT : BOOSTING STAFF MORALE

1

WHAT?

Staff have been under huge pressure over the last few years either Covid and patient demand contributing. Asking staff what they feel will benefit them is really useful. Becoming a Park Run practice and encourage staff engagement.

WHY?

Happy, fit staff are a boost for the practice - whether reduce absence, improved productivity, role model for patients or just for their own mental and physical wellbeing.

To encourage people to spend more time outside to boost health, support a community initiative, build social connections and use of more green routes/ methods of transport & travel.

2

HOW?

Asked staff for ideas. Suggestions included Gym pass, becoming a Parkrun practice, Tai Chi during the work day. or reducing bad backs by enabling staff to use a 'sit-stand desk'.

3

WHO?

All staff!

4

WHAT WENT WELL?

Response from staff was good.
Practice manager has been supportive
A doctor is definitely signing the practice up for Parkrun and Tai Chi will start soon.

5

EVEN BETTER IF?

Not completed yet

6

RESOURCES

Becoming a Park Run practice
<https://elearning.rcgp.org.uk/course/view.php?id=723>

Doing what we do, but a bit greener

Dr Matt Sawyer



See Sustainability