

## Walking Co-ordinators employed to encourage staff health lifestyle

### Request

Has your company employed or hired 'walking coordinators' in the last three years? To clarify I would define a 'walking coordinator' as a company or individual you have paid to encourage employees to become more active and fitter by walking more or various means. (E.g. By producing walking route maps.)

How much has your organisation spent on walking coordinators in the last three years?

What service did the walking coordinator provide?

### Our Response

On 1 April 2011 Leicestershire County and Rutland Community Health Services (LCRCHS) and Leicester City Community Health Services (LCCHS) became part of Leicestershire Partnership Trust and we are pleased to provide the following information in response to your request in relation to each organisation.

Q1. Has your company employed or hired 'walking coordinators' in the last three years? To clarify I would define a 'walking coordinator' as a company or individual you have paid to encourage employees to become more active and fitter by walking more or various means. (E.g. By producing walking route maps.)

#### OUR RESPONSE:

Leicestershire Partnership NHS Trust = None

Leicestershire City Community Health Services = None

Leicestershire County & Rutland Community Health Services = None

Q2. How much has your organisation spent on walking coordinators in the last three years?

**OUR RESPONSE:** None

Q.3 What service did the walking coordinator provide?

**OUR RESPONSE:** Not applicable. However, in an effort to be helpful we would like to inform you that the Trust currently provides a number of support mechanisms and services designed to help improve the general health and wellbeing of staff.

These include:

- Our '**Health and Wellbeing**' programme, where there is a work group for Physical Fitness which has encouraged people to exercise, including walking, jogging, running and other means. The group is made up of volunteers who offer these services in addition to their existing job.
- We have a '**Healthy Initiatives and Staff Support**' page on our intranet, giving details of our Healthy Organisation Group, which focuses on providing a wide range of information to enhance the health and wellbeing of staff.
- Please see attached our 'Live Well, Work Well' poster detailing some of the support available to staff. This includes a link to the '**NHS Cycle to Work Initiative**': <http://www.bikesforthenhs.co.uk/>

- We encourage staff to become more physically active and have an '**Active Network**' of staff with an interest in a range of sports and activities to help staff buddy-up with colleagues to become more active. This includes activities such as, badminton, boot camp training, cricket, cycling, Irish dancing, karate and running.
- **Let's Get Walking:** encourages staff to become more active and directs them to the Walk4Life website, with a searchable database of local walks, events and groups, and a tracking facility to plot progress. This links in with the Department of Health-supported Change4Life initiative. <http://www.walk4life.info/>
- Two recent articles in our staff newsletter encouraged staff to walk:
 

***“Walk the Leicestershire Round to improve mental health services in Gondar**  
LPT staff can make positive steps to help improve mental health services in Gondar, Ethiopia one of our international links partners – by tackling one of the legs of a sponsored walk, the Leicestershire Round, on **Saturday 25 June**. You can choose one of 11 legs, ranging from five to 15 miles, or sponsor colleagues who take on the challenge”.*

***“Next week (4 -12 June) is Leicestershire Walking Week** and you're invited to help get it off to a great start by taking part in the one to two-mile Big Health Walk at Abbey Park, Leicester on **Saturday 4 June** (10am for a 10.30am start) Simply turn up to join in. For more information visit the Leicestershire County Council and Leicester-Shire and Rutland Sport websites. Any colleagues interested in joining a Walking for Health group in Leicestershire and Rutland is asked to contact Health Improvement Specialist Peter Wilson, on 01509 567731”.*