



September 24th, 2014

Health staff go the extra mile

Staff from South Tyneside NHS Foundation Trust got on their marks for a marathon relay and the Mayor of South Tyneside, Coun Fay Cunningham, was on the starting line to set them off on the challenge.

The event was held at Monkton Stadium, Jarrow, and the participants ran, jogged or walked laps of the track, as individuals and in teams, with the aim of completing the full marathon distance of 26 miles between them. Along the way, they passed a baton symbolically containing the values of the NHS, as enshrined in the NHS Constitution, along with the Trust's own values, which include choosing to go further to improve patient safety and to provide compassionate care.

The health, safety and wellbeing team introduced the relay in 2012 in memory of their physiotherapist colleague, Clarissa Wilson, who was a keen advocate of health and fitness, and money raised goes to South Shields-based Cancer Connections.

Andy Kane, head of the health, safety and wellbeing team, said: "The Trust has a duty as an employer to look after staff and ensure that they can continue to give patients the best possible care. Encouraging them to maintain their physical and emotional health is very important. There is strong scientific evidence that being physically active can help you lead a healthier, happier life. We know that it can reduce your risk of major illnesses, such as heart disease, stroke, diabetes and cancer, by up to 50% and lower your risk of early death by up to 30%, and that it can boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, depression and dementia.

"The Monkton relay challenge is a fantastic event because everyone can join in as they can go at their own pace and they raise money for a good cause and in memory of a much-loved colleague at the same time."

Coun Cunningham, said: "I was delighted to lend my support to such a worthy fund-raising activity. I'm particularly pleased that Cancer Connections will benefit as this is one of my



chosen charities in my mayoral year. It was great to see so many people raising money for a worthwhile cause and doing their bit for their own personal health and fitness, too.”
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Pictured above: The photograph shows Mayor of South Tyneside, Coun Fay Cunningham, on the starting line of the Monkton marathon relay challenge with staff from South Tyneside NHS Foundation Trust

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

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