



December 20th, 2016

## NHS staff are gold medallists

*South Tyneside NHS Foundation Trust was honoured with a gold award for supporting staff in becoming physically active.*

*South Tyneside was one of just 21 NHS Trusts nationwide – and the only one in the North East – to be recognised in the Sport and Physical Activity@Work awards, which are supported by NHS England.*

Kath Griffin, the Trust's Director of Human Resources and Organisational Development, said: "Our staff are our most valuable asset and there are obvious benefits to having a healthy and motivated workforce. This award is acknowledgement of our commitment to giving them opportunities to improve their health and wellbeing by becoming more active. It is also a tribute to our wellbeing team, who are very proactive and who are dedicated to supporting them every step of the way."

The wellbeing team work in collaboration with Tyne and Wear Sport's Active Workplace initiative to offer staff access to a wide variety of physical activities, from golf to pilates and yoga. They have also introduced TE@M (Talk, Eat@Move) specifically to help members of staff with health problems to remain in or get back to work. This includes an individualised assessment, advice and a supported physical activity programme. In addition, the team promote initiatives to encourage staff to walk and cycle to work instead of driving.

Handing out gold, silver and bronze awards to the Sport and Physical Activity@Work winners, Sir Bruce Keogh, NHS England Medical Director, said there had never been a more important time for hospitals and all NHS organisations to focus on the health and well-being of their staff.

"The effects of low levels of physical activity can be seen day in, day out, in every hospital and GP practice across the NHS," he said. "As, collectively, the largest employer in the country, the NHS family has not just an opportunity but a responsibility to take steps to improve the health and wellbeing of our million-plus strong workforce. Supporting and encouraging staff participation in sport and physical activity is already seen as a priority for many NHS employers and through our Health and Wellbeing programme, NHS England is keen to see this good practice spread even further."



South Tyneside NHS Foundation Trust is also celebrating achieving the Continuing Excellence Plus standard in the North East Better Health at Work Awards, having previously been awarded Bronze, Silver and Gold and Continuing Excellence. These awards recognise the efforts of employers in addressing health issues within the workplace.  
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*Pictured above: Wellbeing facilitator Steve Edmundson, right, and wellbeing nurse practitioner Simon Ayre with South Tyneside NHS Foundation Trust's certificates for achieving gold in the Sport and Physical Activity@Work awards and the Continuing Plus Excellence standard in the North East Better Health at Work awards*

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

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