

Bandrum Nursing Home - Increasing Physical Activity, May 2019

Healthy Working Lives



HIGHLIGHTS OF THE ACTIVITY

Cycling Challenge - The 'West Highland Way'.

- Collaborative approach.
- Increased Physical Activity & Mental Wellbeing for all involved.
- £100 raised for charity, Penumbra.

Background

Bandrum Nursing Home in Saline, specialise in 24 hour Nursing care, for people who are 21+ and who are living with a range of health conditions.

The Nursing Home achieved the Silver Award as part of the Healthy Working Lives Programme in March 2019 and have recently completed a charitable activity representing one of the Healthy Working Lives programmes top priorities – Physical Activity.

Activity

A static spin bike was set up in the reception area of the Nursing Home for 3 days in May 2019.

Staff, residents and friends of the Home (capability dependant) were invited to contribute to cycling the 'West Highland Way' – a target distance of 95miles/154kilometers , and to raise funds for a local charity.

Results

Staff, residents and friends of the Home managed to exceed the 'West Highland Way' target by achieving a total cycled distance of 103.5miles/166.6kilometers!

AND ... £100 was raised for the charity Penumbra, which supports people with poorer Mental Health.

Benefits

This activity was a fantastic example of how a collaborative approach brings people together, creates a sense of achievement and improves health & wellbeing.

Well Done all!

To contact the Workplace Team, Email hwlfife@nhs.net or Phone 01592 226486 Twitter @hwlfife