

# Brookside Group Practice use Workplace Challenge to support their journey around the world!



## Background.....

Brookside Group Practice organise an annual 'Brookside Challenge' designed to encourage their staff to be more active. With 100+ staff it is important this challenge is challenging enough! Previous examples have included; cycling the distance equal to the circumference of Britain, swimming the distance equal to a return journey across the Channel and walking a marathon for charity.

## Around the world in 80 days.....

Their idea this year was to do 'Around the World in 80 days'. A nurse from the practice met Get Berkshire Active team members at a 'TIPS' event in Reading, GBA were there promoting the Workplace Challenge and the nurse saw it as a great way to (1) motivate staff and (2) record and monitor their miles needed to travel around the world.

Their 80 day challenge started on the 1st of May and finished on the 19th of July (the same day as their summer party). The challenge was promoted via email and Staff were updated weekly on where in the world they had got to. Evening group walks were also organised to help staff 'collect' miles.

## Motivating and Monitoring.....

Anna who is helping coordinate the challenge said

*'We have definitely felt the buzz of competitiveness around the practice since we started! Several people have commented that they weren't going to go for a walk, cycle or similar but then they thought about the challenge and decided to go for it.'*

*'The Workplace Challenge website has provided us with a great tool to monitor miles travelled and keeps motivation levels up as individuals can see how much their colleagues have contributed to the distance.'*

*'For previous challenges I had used spreadsheets to monitor progress and relied on colleagues to email me their activity. With the Workplace Challenge website, other than encouraging staff to register it doesn't require much of my time to manage, plus it works out the total distance and presents individuals on a leader board which helps encourage the competitiveness!'*



## GBA Week and Workplace Challenge.....

Get Berkshire Active coordinated a countywide activity log challenge from the 24<sup>th</sup> of May to the 1<sup>st</sup> of June – which coincided with the timeframe Brookside Group Practice staff had to contribute towards their own challenge. Following the countywide activity log challenge one member of staff was awarded one of the spot prizes – a climbing taster.

Anna explained *'This colleague shared details of her prize with the rest of the team at our training afternoon and explained how she wasn't convinced about accepting it because she'd never climbed before, but had now decided she wanted to give it a shot and take someone else along that had also never climbed'*

## The results.....

146 individuals from Brookside Group practice registered with the challenge and by the 19th of July, 2 million activity points had been accumulated (40,000 miles) which means their 'Around the World in 80 days' was achieved!

Other highlights....5 members of staff cycled over 1000 miles and more than 50 cycled over 40.