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PRESS RELEASE

Blackpool hospitals get Olympic 2012 Inspire Mark

BLACKPOOL Teaching Hospitals NHS Foundation Trust has been granted the Inspire mark by the London 2012 Inspire programme.

The London 2012 Inspire programme recognises innovative and exceptional projects that are directly inspired by the 2012 Olympic and Paralympic Games.

The Trust has received the award in recognition of its Health and Wellbeing strategy that has helped staff improve their health through simple changes in their work and personal lives.

Inspired by the Games, the Trust's Occupational Health and Public Health departments have worked together to introduce fitness initiatives such as on-site staff Zumba and Yoga classes and 'Walk to Work' and 'Bike to Work' initiatives. The Staff Social Club also encourages teams to take part in a number of different sports including football and netball, often in association with NHS Blackpool.

Rachel Swindells, the Trust's Public Health Facilitator, said: "To be awarded this mark is a great achievement for the Trust, as it will help us to further inspire and encourage our staff into sport and general fitness participation.

"Research from NHS Employers has demonstrated that staff who take part in health and wellbeing activities are generally happier, more productive and better at engaging with patients. Therefore, by encouraging our staff to think more about their own fitness, patients will also reap the benefits through an improved quality of care."

Sue Grimshaw, Head of Wellbeing and Occupational Health at the Trust, said: "To be acknowledged for all of our hard work is wonderful. We have strived to instigate a variety of initiatives having asked our staff what they would like to take part in; this will hopefully empower them to improve their health.

"Our belief is that if our staff are healthy and happy our patients will benefit from this."

Seb Coe, Chair of the London Organising Committee of the Olympic Games and Paralympic Games said: “We want to use the power of the Games to inspire change.

“The Inspire programme is recognising the work our partners all round the UK are doing to help us achieve this vision now – one year away from the start of the Games.

“I congratulate everyone involved at Blackpool Teaching Hospitals NHS Foundation Trust for securing the Inspire mark and wish you every success with your work.”



Caption: From left: Chief Executive of Blackpool Teaching Hospitals NHS Foundation Trust, Aidan Kehoe and Sue Grimshaw, Head of Wellbeing and Occupational Health, celebrate receiving the Inspire Mark with members of the Staff Social Club.



Caption: From left: Luba Elson from the Trust’s Occupational Health department with Public Health team members Nicola Worrall and Rachel Swindells.

Notes to Editors

For further information about this Press Release, please call Derek Quinn, Communications Manager, on 01253 306941 or email derek.quinn@bfwhospitals.nhs.uk