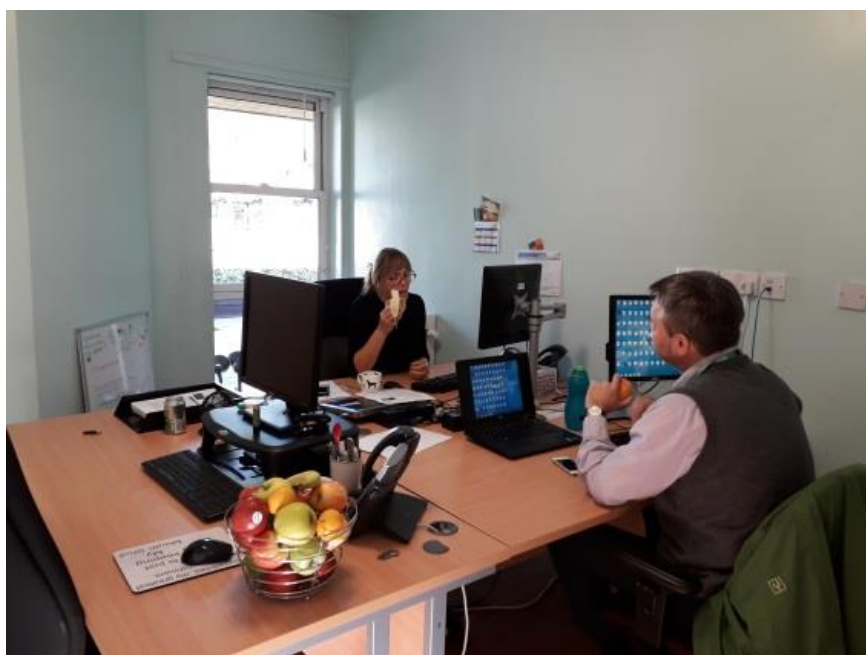


# Healthy Lifestyles are a way of work at North Durham and DDES CCG

**Employer:** DDES and North Durham CCG

**Area:** Durham

**Theme:** Healthy Lifestyles Group



## ***Getting Active – Monthly Miles***

Throughout the summer, some of our colleagues took part in 'monthly mile' challenges to increase fitness and spend more time each day being active. The miles could be completed running, walking, swimming or cycling and these included our regular lunchtime walking group walks. Each month, a target was set, this ranged from our first month of 100 miles, up to 300 miles by the last month. Collectively, the group reached 600 miles between April and July.

## ***Lunchtime Walks***

As part of the Healthy Lifestyles Group, colleagues have joined us in a regular Lunchtime Walking Group which meets as often as possible to complete a 1.5-mile loop in our 30-minute break. A core group of regular walkers usually walk 2-3 times per week (or every day in the summer), with other colleagues joining in when they can. The walk is short enough to be completed within 30 minutes, but long enough to feel refreshed and energised.



*'I like doing the lunchtime walks because it's gets me out into the fresh air and into the daylight. Hopefully I'm absorbing some vitamin D and it keeps my body moving! It gives my eyes a break from the screen and my brain a chance to rest too. Even better, all of this is going on while chatting with friends and it only takes half an hour! All good stuff for body, mind and soul' – Nancy Elliott*

## **Communal Fruit Scheme**

Colleagues began contributing to a communal fruit scheme earlier this year, in order to provide more convenient access to fresh fruit at work. All we ask is a voluntary donation, and a selection of fresh fruit is available for staff every week.

*'I really love the communal fruit scheme, it's a great way to help your get your five a day and definitely stops us all from snacking on biscuits throughout the day' – Jackie Storey*

*'Just a little note to say how much I am appreciating the fruit hamper. It is such a fab idea, thank you.'* – Sharon Gooch

## **Healthy Lifestyles Group – Group Chat and Support**

For colleagues aiming to lose weight or get fit, we have a messenger group chat to share tips and recipes, keep each other motivated and keep in touch. As some colleagues are already working towards a goal or part of an existing scheme e.g. Weight Watchers, we wanted to provide a place to simply share ideas and provide a team support atmosphere.

*'I have a chronic immune disorder which causes unpredictable and often debilitating fatigue. Being part of the group has helped me start with regular exercise and also weight loss which has helped with my physical strength' – Member of Healthy Lifestyles Group Chat*



  
North Durham  
Clinical Commissioning Group

  
Durham Dales, Easington and Sedgefield  
Clinical Commissioning Group

