

#JubileeActive blog

November 2021

By Kathryn Wales

Let's Step into Christmas



It's been a challenging year, again! I had hoped that last Christmas would be the last time we gave that festive message. Here we are in 2021, but with so much more light as we are out of lockdown and we are definitely moving forward.

I am told we are well into the recovery phase. But I wonder what this means to each of us. I have been listening to many of you who come through our doors for physiotherapy treatment every day and I don't always hear words of personal recovery.

I hear a lot of work-related recovery plans, but personal recovery is not the same. I hear an ongoing challenge, a struggle, that it doesn't feel much like recovery for many of you. I think the word recovery means something different to each of us - and I hear each and every person wanting to recover.

Many of us have lost our resilience and can't seem to find our way back to our normal self. I guess that is our challenge. It probably won't just bounce back to us after two whole years of change and challenge, but what might it take?

My colleague David Longhurst and I have been working closely with our Health and wellbeing team recently and we are always here if you want a quick word about lifestyle change and working towards getting your resilience back. We are now only weeks away from Christmas and I for one plan to make much more of this Christmas than last (that won't be hard).

To kickstart the run-up to Christmas, why don't you join us in our Step into Christmas Challenge. It might just be the catalyst you need to help you find your mojo, your motivation, your marbles (in the Peter Pan sense) or your resilience. It also just might help pull your team together again and the word recovery might start to feel a bit more real to you.

What is the Step Into Christmas Challenge? Well, the Health and Wellbeing Group are encouraging all Team Jubilee colleagues to get involved in an activity challenge that will run for 4 weeks in the lead-up to Christmas - from Monday 22 November, until Sunday 19 December - with the aim of improving your mental and physical health and wellbeing.

We want you to choose your challenge - but we've given ideas. You can walk, run, cycle or climb stairs and you can even do it at work. Over this 4-week period your aim is to count up your overall step count, walk/run/cycle distance or stair count and setting your own goal.

We won't be comparing one person's goal against the next - it's about taking part so there are no prizes for the fastest or furthest here, but there are prizes and certificates for other reasons! We'd also love to hear your stories, see your photos or video blogs, hear who or what has motivated you and what was your best or funniest moment along the way.

To give you some ideas for challenges, your team could strive for the peaks of Ben Nevis or Mount Everest; you could cover the distance of the famous Route 66 or Scotland's own North Coast 500 (virtually!). If you have a larger team, or some cyclists in your team, how about the festive trip of visiting Lapland for Christmas as a target, which would be 3,738 miles - Ooff! It is up to you and your team what challenge you choose! Keep an eye out for communications from the team with more challenge ideas in the coming weeks. And it could not be easier to take part:

All you need is a way of measuring your step count, the number of stairs you have climbed, or distance you have covered by walking, running or cycling.

We will support you to keep track of your daily and weekly progress with specially designed charts which you will be able to update with steps, stairs or miles every day. We'll update everyone each Monday on who has achieved what and how far you've travelled.

You can take part as an individual, or as part of a team. Once you have decided, set your goal or just start counting your steps, stairs or mileage. If you are entering as a team, it can be colleagues from your own department, or it can be made up of friends from different departments, it's up to you! You need to nominate a team contact (or yourself as an individual) who will be responsible for updating your weekly activity by noon every Friday.

[Click this link](#) for details on how to enter.

Ultimately we want you to have fun being #JubileeActive. We want to help you find your resilience if you feel that you have lost it. We want you to recover and this might just be the step into Christmas that you need so come and join in.

David and I will certainly be taking part (I expect him to pull up my activity stats significantly, OK David?). Remember, we are here at Occupational Health Physiotherapy to help support you.

As always, if you have any questions or are just looking for advice, please do not hesitate to get in touch with us using the details below.

Together, let's all get #JubileeActive



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