VARIETY OF ACTIVITIES FOR A LARGE TEAM

National Capital Private Hospital – 400+ staff

National Capital Private Hospital is a private Healthscope hospital, providing a range of acute and medical healthcare services including orthopaedics, cardiology, cardiothoracic surgery, general surgery, neurosurgery, plastic surgery, vascular surgery, urology and geriatric medicine, along with rehabilitation services.

Implementing a health and wellbeing plan within a large organisation where the majority of staff work in shifts has its challenges. Yet in two years, National Capital Private Hospital has achieved staff engagement in the planned activities and reaped the rewards.

"Being a large hospital, trying to get as many employees involved who can attend the events and initiatives can be hard," says Jessica Kearney, Clinical Coder at the hospital. "Yet we are seeing the benefit of the program and how it can make the workplace a happy place to be."

Their most successful activities to date have been a Cancer Council presentation for tobacco users, a pedometer challenge amongst departments, and fundraisers for the MS Society and Leukaemia Foundation.

This year, the hospital is introducing an in-house newsletter focussed on being healthy at work and each department highlights a healthy cause on a particular day.

"Each department within the hospital has a 'department day' that they are responsible for, such as red apple day, Jeans for Genes Day, or World Health Day," explains Jessica. "This allows a higher rate of participation amongst staff and allows our hospital to be more involved with a range of causes".

They're also looking into offering Mental Health First Aid Training for management and have a team participating in the Mother's Day Classic in May.

"Having a healthier workplace is key to having a happier workplace," says Jessica. "By providing employees with support to engage in a healthier lifestyle, we expect higher productivity rates and less turnover of staff. I have also found there to be higher staff morale."