



November 2011

Dear Colleague,

Civil Service Physical Activity Challenge

At the Civil Service Live event staged in London in July the Cabinet Secretary Sir Gus O'Donnell launched the Civil Service Physical Activity Challenge (CSPAC). The Challenge is an opportunity for all civil service organisations to show their commitment to a fitter and healthier workforce by encouraging staff to 'get physical' and to be inspired by the London 2012 Olympics and Paralympics.

Government Departments, arms length bodies and executive agencies are all covered by The Challenge and you can also find out more about the CSPAC at the following website: <http://network.civilservicelive.com/pg/groups/610536/civil-service-physical-activity-challenge/>.

The Challenge also has its own logo (shown below) which can be made available to show that events and activities are supporting the initiative.



Where does HASSRA fit in and how can our members play a part?

We are aiming to help get colleagues active and keep them active by facilitating activity opportunities at a regional and national level. Our local club network are also extremely well placed to play a key part in making The Challenge a success by organising their own events aimed at getting our members more active.

Think about all the ways you can to entice staff to get active; perhaps by supporting office based walking or running groups, pedometer challenges, cycle rides or social activities at the local park including rounders, volleyball or 5-a-Side football. Importantly, don't limit your thinking to formal competitive events; keep it simple and act as a resource for your office to get more staff active.

The Challenge represents a fantastic opportunity to draw attention to the work we already do at National, Regional and local level.

We also intend to work closely with **CSSC** where opportunities arise to further promote our activity programmes. This represents an exciting opportunity to look at the programme we currently offer and think about ways of attracting fresh interest and trying new ideas. If The Challenge is successful, many staff that are rarely active will get involved, so always think about how best to provide for and entice novices to your activity or those that haven't played for some time.

Overall

The Challenge presents a fantastic opportunity for all within the **HASSRA** community and plays to the heart of one of our core aims; to positively contribute to the health and well-being of the staff within the organisations we serve. Every part of the community can positively contribute to The Challenge and, in turn, raise awareness of both HASSRA and CSSC and the benefits of membership.

What to do now?

There's much you can do, including: -

- Visit the CSPAC website to find out more about The Challenge
- Think about how your part of the HASSRA community can make a contribution and then communicate that as widely and as effectively as you can
- Keep a look out for CSPAC related information, ideas and tools coming from HASSRA and CSSC and the governing bodies of sport we're talking too and remember to share the information and tools you have access to as well
- Try to plan a calendar of activity, rather than a single one off event
- Be prepared to try new things, especially to entice novices
- Be flexible and open to new ideas and use The Challenge's activities to raise awareness of the many benefits of HASSRA membership to staff
- Share your experiences, ideas and results with National HASSRA and the CSPAC team via their website and email address civilservicechallenge@dh.gsi.gov.uk
- Watch out for more news, ideas and updates on the CSPAC in the weeks and months to come.

I'm sure you can all see why both HASSRA and CSSC are supporting the Civil Service Physical Activity Challenge. The Challenge stands for everything we would wish for in terms of raising levels of activity, often through active sport and recreation.

It is clear that we can make a huge and valuable contribution to this important initiative. Please do all you can to play your part.

For more information or to share your ideas, experiences and results, please contact your Regional Business Partner or myself at Moz.Baker@dwp.gsi.gov.uk or call 07810 291288.

Yours sincerely

By email

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