

# Tree Tops Community Nursery, Port of Glasgow

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## About Tree Tops Community Nursery and its surroundings

Port Glasgow is the second largest town in the Inverclyde council area of Scotland. Accordingly to 1991 census for Port Glasgow was 19,426 inhabitants and in 2001 the numbers went down to 16,617. The town grew from the central area of the present town and thus many of the towns historic buildings are found here.

As of 2007, the town is in the midst of being regenerated and currently being redeveloped for a new housing.

Treetops Community Nursery is a day nursery located in the Renfrewshire town of Port Glasgow. It employs 26 members of staff. All members of staff have been involved in the walking project. The nursery was taking part in the Scotland's Health at Work (SHAW) award, and through this, decided to encourage staff to do more physical activity at work. A further aim was to decrease stress levels at work.

## Implementation and benefits

As mentioned before the main aim of implementation such scheme was to reduce levels of stress of staff. Management of the nursery took following actions to implement the scheme:

- They have set up a walking group and also allowed staff to take extra time, once a month, to take part in walks at lunchtime;
- Several numbers of staff started walking to work, often walking together (idea of Walk BUDis);
- Management started making walking meetings;
- Extra walks with children staying in the nursery; and
- Management invested in warm and waterproof outdoor clothing for staff to use while on the walks.

All undertaken steps gave a result/benefit; after going out for walk, participants felt better and more positive about going back to work. It also allowed staff from different departments to chat and get to know each other. Staff, who is living closer to the nursery, can walk to work together, of course depending on the shift pattern. By supplying staff with appropriate clothing, they can now walk in most of the weather conditions. Finally, walking helps staff to think more about their fitness levels, can improve their self esteem and encourages motivation to do a little more exercise.





Outdoor clothing, pedometers and prizes were provided by Paths to Health the total amount they have donated was £1,965. Fruits and water served during the lunch of the walks was provided by the nursery.

The biggest difficulty met during the implementation was to motivate people, employees to participate, so a key person was needed to keep the momentum of the walks and drive the project forward.

### **Future plans**

Future plans for developing the walking habit is to find support from the management in increasing the time given to staff for the lunchtime walks. Also, staff is thinking about establishing a walking group in the nursery, and have 'after-work' and evening walks together.

The nursery, have produced a Physical Activity Policy as part of the SHAW silver award.