

May Movement Challenge for Staff



Throughout May, the Staff Wellbeing Team will be running our annual 'Movement Challenge' in which teams of between 2 and 6 staff members can compete to win a prize.



Teams will be aiming to complete as many steps as possible throughout May. If steps aren't possible, other activities (e.g., swimming, minutes of manual wheelchair use) can be recorded too!



Bonus prize
for best
team name!

Scan QR code for more information and to enter your team!

