



ACTIV8 Department Education Sport and Culture (DESC) Programme

1.0 Policy Statement

The ACTIVE8 (DESC) Programme promotes positive lifestyle choices and supports individuals who have decided to take a positive step towards a healthier lifestyle through increased physical activity. The Programme assists staff who need and want to become more active by making physical activity accessible and help by setting realistic and measurable goals.

The Programme removes barriers and negative preconceptions related to physical activity. Co-ordinators and instructors deliver activities that meet the needs of staff to help positive engagement and subsequent benefits to individuals and the Organisation.

2.0 Key Programme Objective:

Engage staff across the Department who need to make better lifestyle choices by increasing their physical activity levels who then enjoy the benefits of positive lifestyle changes including improved wellbeing and ultimately avoiding long term absenteeism, reduced sickness and increased productivity.

ACTIV8 Scheme also has a wider role delivering very well against Government strategies:

3.0 Isle of Man Government Strategic Objectives

Isle of Man Strategy for Sport 2014-2024

Manx Sport and Recreation is a key stake holder, driver and is committed to working with relevant Government Departments to help tackle health issues caused by an inactive lifestyle and poor lifestyle choices. The Isle of Man Strategy for Sport [Objective 5 – Improve the wellbeing of children, adults and the elderly who suffer from poor health] also offers a clear vision in relation to opportunities for children and adults with poor health, alongside a support programme with physical activity at the heart of it can ultimately lead to long term savings for the government in relation to health and social well-being.

The Department of Education and Children Service Deliver Plan 2016-2021

The Department of Education and Children Service Delivery Plan 2016-2021; 2.1A5: Deliver a Physical Activity Referral Scheme for DEC staff as part of an overall Health and Wellbeing package and 5.1A5: Continue to support the Isle of Man Government Management of Sickness Absence Policy and Guidance

The Health and Social Care in the Isle of Man – the Next Five Years [August 2015]

Helping people to make good lifestyle choices and illness prevention is the first strategic goal in The Health and Social Care in the Isle of Man – the next five years [August 2015] “Our first strategic goal is for people to take greater responsibility for their own health.”

Strategic Plan for Mental Health and Wellbeing - Isle of Man 2015 – 2020

One of five key areas to wellbeing – Be Active

Our Island: A special place to live and work programme for Government – 2016 – 2012

Sustainable Island

Work with partners to provide sports opportunities for more people to be more active, more often.

Isle of Man Public Service - People Strategy 2018- 2022

Five main themes:

One is healthy and well - We have a resilient and healthy workforce

4.0 Procedure

A role of the ACTIV8 (DESC) Co-ordinator will be to ensure that all DESC staff sign up to the Manx Sport and Recreation (MSR) Score Card.

The MSR Score Card will contain a subscription allowing staff to view the new ACTIV8 Website and book classes/activities on line. These classes are for DESC staff only the public can access the page but will not be allowed to book any activities through the on line portal. Costs will be minimal between £1.00 and £2.00 depending on the intensity and type of class.

All DESC staff will be entitled to the Schemes subscription allowing them to access the loyalty points outlined below:

Bookings can be made in 6 or 12 weeks blocks – these bookings will be encouraged to help longer term commitment to increased activity.

Increased activity will be rewarded with the loyalty points detailed below, aligned strongly to the Programme for Government strategic aim of helping more people to be more active, more often.

- £1.00 sessions/classes (6 week booking) 72 loyalty points -£3.60
- £2.00 sessions/classes (6 week booking) 144 loyalty points - £7.20
- £4.00 sessions/classes (these selected classes will be part of the public class programme mainly for staff who are already active) 24 loyalty points - £1.20

- To encourage staff to have a MSR Score Card – 48 loyalty points will be automatically added to cards.

There will be an option of paying per class. Staff who book weekly will be rewarded with only 6 loyalty points 0.30pence for £1.00 classes and 12 loyalty points 0.60 pence for £2.00 classes.

