



THE WALTON CENTRE

NHS NORTH WEST GAMES 2011

The first ever NHS North West Games event took place in Merseyside in September 2011, involving over 300 members of staff from 17 NHS Trusts across the North West region.

The teams came together to compete in football, netball, badminton, rounders, touch rugby and athletics competitions.

The event formed part of the NHS 2012 Challenge, which is linked to the Inspire programme, an initiative which aims to get as many people as possible involved in sport and physical activity in the run up to the London 2012 Games, in the hope of leaving a lasting legacy of health and fitness.

Olympic athlete Diane Modahl attended the event to present awards and gave an inspirational speech about the power of sport in bringing people together.

As well as the sports competitions, there were other activities on offer such as table tennis, dance and Zumba demonstrations, massage therapies and health information stands.

The day was a great success (despite heavy rain!) and planning is already underway for an even bigger and better event next year.

The NHS North West Games is just one of several activities and projects that The Walton Centre NHS Foundation Trust are involved in as part of the health and wellbeing agenda. The Trust are currently running popular Zumba classes for staff, have golf taster sessions planned later this year in association with the English Golf Union, and are planning to set up netball and running clubs.

