SSE Employees Walk Their Way to Charity Donation

Thursday 18 September, 2014

Health conscious staff from SSE's Inverness office used a company 'get fit' scheme to secure donations of £1,000 each for two local charities.

During the summer SSE was proud to be a sponsor of the Glasgow 2014 Commonwealth Games. To help its staff get energised and fit in the run up to the games it ran the 'Commonwealth Challenge – walk around the world for SSE'.

The challenge, which took place over five weeks, encouraged staff working in teams of ten to collectively “walk around the world” via five Commonwealth countries. Setting off in Glasgow, Scotland, the teams 'walked' to Abuja, Nigeria before heading to Delhi, India then onto Canberra, Australia and Georgetown, Guyana before finishing back in Glasgow.

Not only did the challenge help employees get fit and active, but it also came with the added incentive of every team which reached a “destination” was rewarded with a place in a draw to win a donation to a charity of their choice.

A team, "The Highland Walkers", in SSE's Inverness office was fortunate enough to win the draw on two separate occasions so was able to make two donations.

Brian Foy, who was team captain of “The Highland Walkers” said:

“We decided that a lot of charities are already well funded and have streams set up. In addition, members of the group knew of other charities where this type of donation would go a long way and have more impact within the community so Children 1st and Highland Dementia Working Group seemed like ideal choices.”

Katie Gibb Senior Fundraiser Highlands & Islands and Moray from CHILDREN 1ST thanked the team for their donation:

“At CHILDREN 1ST, our vision is a happy, healthy, safe and secure childhood for every child and young person in Scotland so I would like to thank the team at SSE for the donation.

“We work with children, young people, their families, communities and other organisations to improve the lives of vulnerable children and young people in Scotland so we're always happy to receive donations to help us make that happen.”

Geraldine Ditta from Dementia Advisor South Highland, Alzheimer Scotland said the donation would go a long way to helping the charity:

“We are a small, friendly group of people with a diagnosis of dementia who meet every six weeks in Inverness so this donation will go a long way in helping that continue. We work to raise awareness and improve dementia services as well as providing support acting as a central point for people in the Highlands area who would like assistance in dealing with dementia.”

“With approximately over 4,000 people living with Dementia in the Highlands, Alzheimer Scotland really appreciates the generosity & enthusiasm of our local communities in raising much needed funds to continue our essential work such as with the Highland Dementia Working Group. For further information on what we do locally, nationally & internationally please go to our website www.alzscot.org”

Neil McFaul, an engineer who works from the Inverness office, added:

“We weren't the only team from the office taking part so there was definitely a lot of friendly competition. It only helped to push us harder and since the competition finished I have continued my healthy habits. I recently joined a gym and walk further with the dog especially on days where I've sat at my desk.”

Megan Major, who also works in the Inverness office, has built on her fitness habits:

“I have always done a lot of walking but since doing the challenge it has made me more aware of how active I am. I am now looking into joining the cycle to work scheme to become more active. I noticed since counting my steps that I did a lot walking at the weekend compared to during the week so I have

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started going out on more walks after I come home from work in the evening."

The Highland Walkers were made up of Brian Foy, Pep Mapplebeck, Sandra Hoban, Pheobe Fitzpatrick, Megan Major, Amanda Thomson, Alan Davidson, Shona Horn, Mo Bates and Neil McFaul. (and Andy Bates who covered for Pep when she was off sick).

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