

## Setting up an Active Commute Club on Microsoft Teams.



This March Sustrans are launching the #ActiveCommuteClub, a free online community.

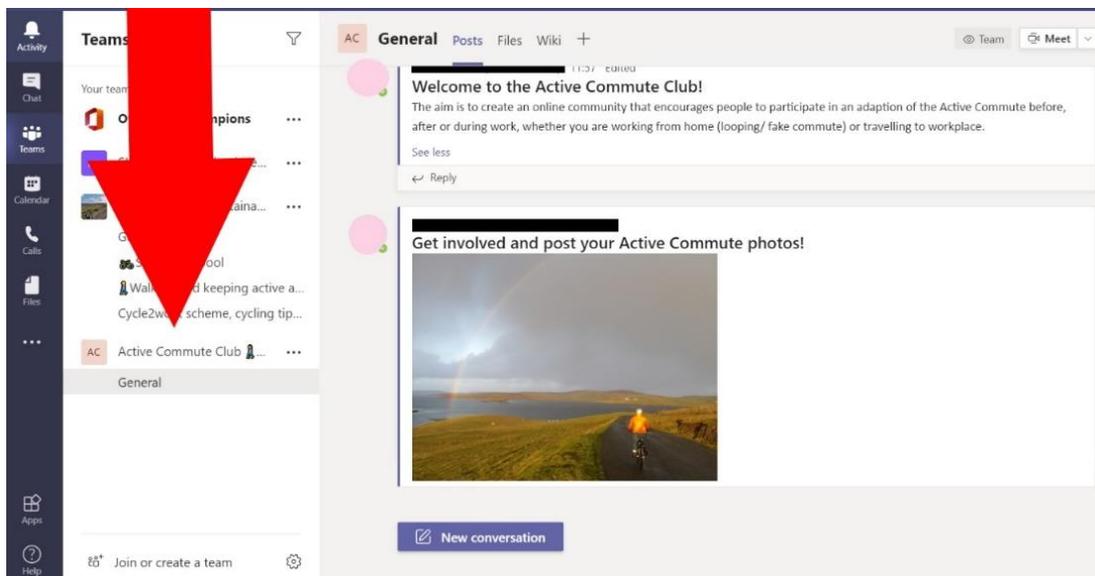
The initiative is a great way for organisations to promote health and wellbeing to their staff, as well as reducing employee isolation and promoting behaviours that can have a positive effect on the environment.

The idea is for staff to reimagine their commute to suit their current working day. For those working remotely this could be promoting a loop in the local community before returning back to their home. For those still travelling to the workplace as a key worker we would like to promote commuting in an active way where possible.

We would love to see all the activity at #ActiveCommuteClub, but if your workplace wants to create an area to share stories and experiences in house then Teams is a great way to do this. You may already have a suitable staff area on Microsoft Teams to add an Active Commute channel to, but if not, it's easy to set up a space for your Active Commute Club on Teams to allow staff to share their photos and stories.

With many workplaces experiencing remote working at the moment, this could also be a way for staff to share experiences in the absence of catching up over a cup of tea in the office.

**You can tailor the team to your needs, but here's an example of how it might look:**



**If setting up a new team, be sure to check your organisations policy on whether teams should be public or require an invitation.**

**Microsoft guidance on creating a Team.**

Step by step guide: <https://support.microsoft.com/en-us/office/get-your-team-up-and-running-702a2977-e662-4038-bef5-bdf8ee47b17b>

Video version: <https://www.microsoft.com/en-us/vidoplayer/embed/RWeqWA?pid=ocpVideo0-innerdiv-oneplayer&postJsIIMsg=true&maskLevel=20&market=en-us>