



Toolkit to incorporate physical activity in primary care



What is this toolkit and who is it for?

This toolkit is for all primary care staff, regardless of your pre-existing interests and knowledge.

The material contained here (and on the RCGP Physical Activity Hub) will help your practice on its journey to improving the health and wellbeing of your staff and patients by increasing physical activity and reducing sedentary behaviour.

It includes introductory information on why physical activity is important and how you can make positive changes by joining the Active Practice Charter. It signposts you to tools and resources – from waiting room posters to guidance on coding, evaluation and funding. But it also highlights the range of external organisations who are doing incredible work in this space.

This toolkit has been conceived as both a starting point for those interested in increasing their practice's physical activity offer, while also providing links to more detailed resources and learning for those who have already begun the journey.

Key messages

- Healthy professionals make healthy patients.
- There is a strong need to incorporate physical activity into primary care.
- Signing up to the Active Practice Charter is simple and rewarding.
- There are many ways to achieve Active Practice status.
- This toolkit and the physical activity hub contains numerous resources to support you on the journey.
- Evaluation and planning is key for more ambitious projects.

Quick-reference guide for becoming an active practice

If you are eager to become an Active Practice, this quick-reference guide helps practices understand the various aspects and signposts you to information, resources and guidance within this document and on the RCGP's Physical Activity hub.

- Understand why we need to encourage movement in primary care. [\(Slides 6-12\)](#)
- Learn more about the Active Practice Charter. [\(Slides 13-16\)](#)
- Decide which team member(s) will lead the initiative. [\(Slide 15\)](#)
- Prioritise your approach to meeting the Active Practice Charter criteria. [\(Slides 13-16\)](#)
- Look at the different ways in which you can meet the criteria. [\(Slides 18-26\)](#)
- Explore training and support needs. [\(Slides 27-33\)](#)
- Do any initiatives require external funding? [\(Slides 34-39\)](#)

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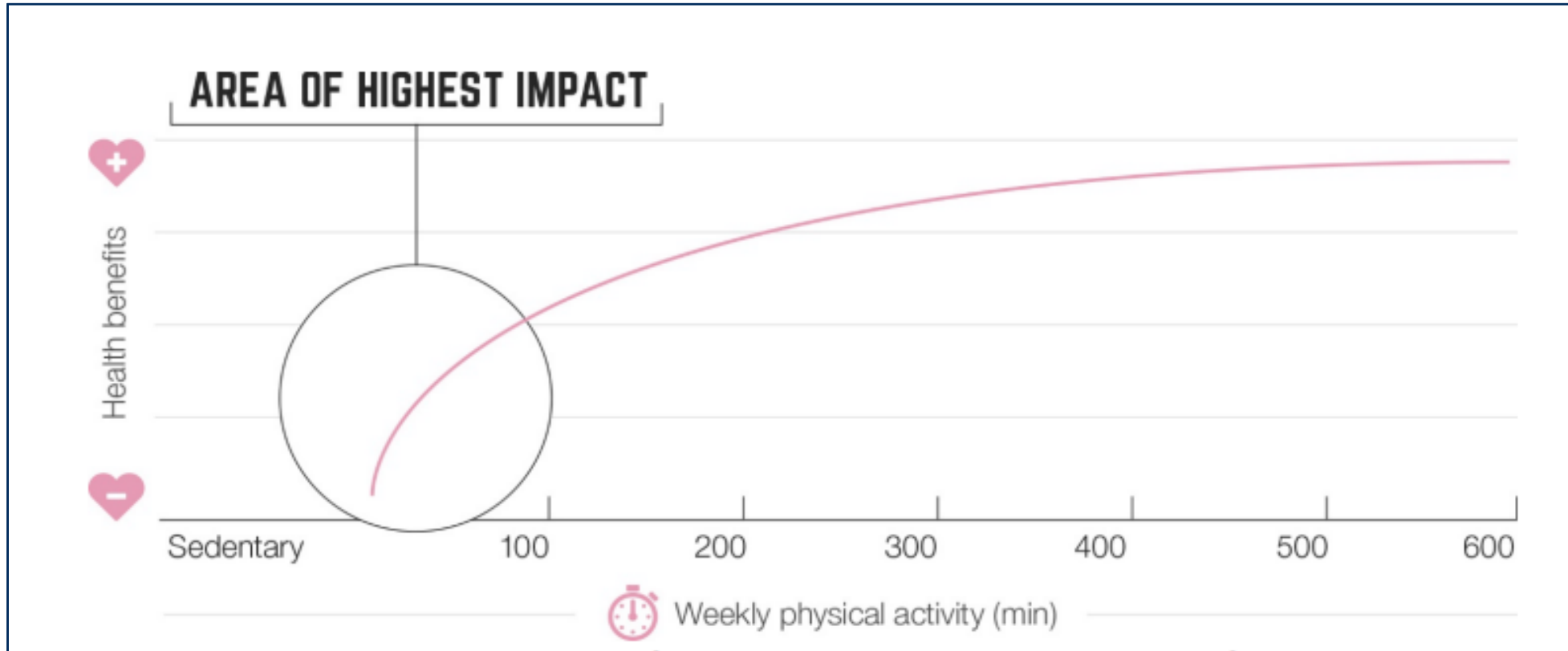
Why we need movement in primary care

Why physical activity is needed and why
primary care is best placed to encourage it

Physical inactivity is a major problem

- 1 in 3 people in the UK do not meet the UK CMO guidelines at 150 minutes per week¹.
- Activity is less common for adults with a disability or long-term condition (48% meet the guidelines) compared to those without (69%)¹.
- 80% of teenagers in the UK are inactive².
- Physical inactivity caused 1 in 6 deaths, comparable to smoking and alcohol³.
- This is having huge implications on healthcare, social care and the economy.

The least active have the most to gain



Ref: [UK Chief Medical Officers' Physical Activity Guidelines](#)

Primary care is key

Practice staff are influential and have wide reach¹.

1 in 4 people say they would be more active if told to be so by a doctor or nurse².

72% of people with a long-term health condition say the NHS is the most trusted source of physical activity advice².

Physical activity promoted in primary care is effective³.

WHO declared physical activity promotion in primary care as a 'best-buy' in an economic-analysis⁴.

The number needed to treat (NNT) to get a patient to reach the physical activity guidelines is 1 in 12... for smoking cessation it is between 1 in 50 and 1 in 120!⁵.

So why is it not happening?

72% of GPs didn't routinely recommend physical activity to patients¹.

Four key barriers exist²:

1. A lack of time
2. A lack of knowledge
3. A lack of resources/support
4. A lack of finances.

We have no magic cure for time (or money) but this toolkit aims to address 2 and 3...

The benefits outweigh the risks

Benefits to patients

The benefits of physical activity for people with long-term conditions far outweighs the risks. But despite risk being low, the perceived risk is high. Healthcare professionals have a role in person-centred conversations that address perceived risk and promote the right kind of physical activity for the individual.

[Benefits outweigh the risks: a consensus statement on the risks of physical activity for people living with long-term conditions | British Journal of Sports Medicine](#)

Benefits for practices

- Improve the health and wellbeing of practice staff and patients, reducing the need for lifelong medicine.
- Support the move towards personalised care and social prescribing.
- Strengthen connections with the local community.
- Improve staff morale, relationships between staff members and with other local practices.
- Closer engagement with patient participation groups, with shared projects.
- Achieve high CQC ratings and improved patient satisfaction score.
- Great for your appraisals and personal professional development (PDPs).

Becoming an Active Practice to foster community connections

Community networks foster sustainability

- Connections with local communities encourage long-term engagement in physical activity.
- Shared goals and support systems increase motivation and adherence.

Enhancing patient outcomes through collaboration

- Community-based physical activity initiatives improve mental and physical health outcomes.
- Strengthening ties with voluntary, community, faith, and social enterprise (VCFSE) organisations amplifies patient reach and support.

The value of the Active Practice Charter

- Embedding movement into healthcare enhances patient well-being and prevention strategies.
- Community partnerships bring the Active Practice Charter to life, extending its impact beyond clinical settings.

It's a shared responsibility

- Practices don't need to work alone—collaborate with VCFSE sectors for shared resources and expertise.
- Leverage community assets to co-create sustainable, impactful movement initiatives.

Building healthier, more active communities

- Strengthening community connections supports active lifestyles across all age groups.
- Aligning with VCFSE partners creates inclusive, accessible opportunities



The Active Practice Charter

An easy way to increase physical activity, reduce sedentary behaviour and connect with physical activity providers in the community

What is the Active Practice Charter?

The Active Practice Charter is a fun and easy way to make simple but impactful changes in your workplace that will demonstrate to your patients and staff that you mean it when you say that movement is the best medicine.

It's free to join and there are lots of simple and creative ideas to help you meet the criteria in this toolkit and on the RCGP [Physical Activity Hub](#). You just need to demonstrate that your practice has taken steps to reduce sedentary behaviour and increase physical activity in staff and patients and partnered with a local physical activity provider.

You will then join a growing national network of practices making positive changes in their surgeries to boost staff and patient wellbeing.

Achieving the RCGP Active Practice Charter is something to be celebrated, and shared widely with staff, patients, and the wider community. It's a great example of social prescribing 'in action', and an excellent case study for the CQC.

Sign up to the Active Practice Charter →

Becoming an Active Practice – the five criteria

Becoming an Active Practice is simple – all you need to do is sign up and demonstrate you have taken steps in the practice to:

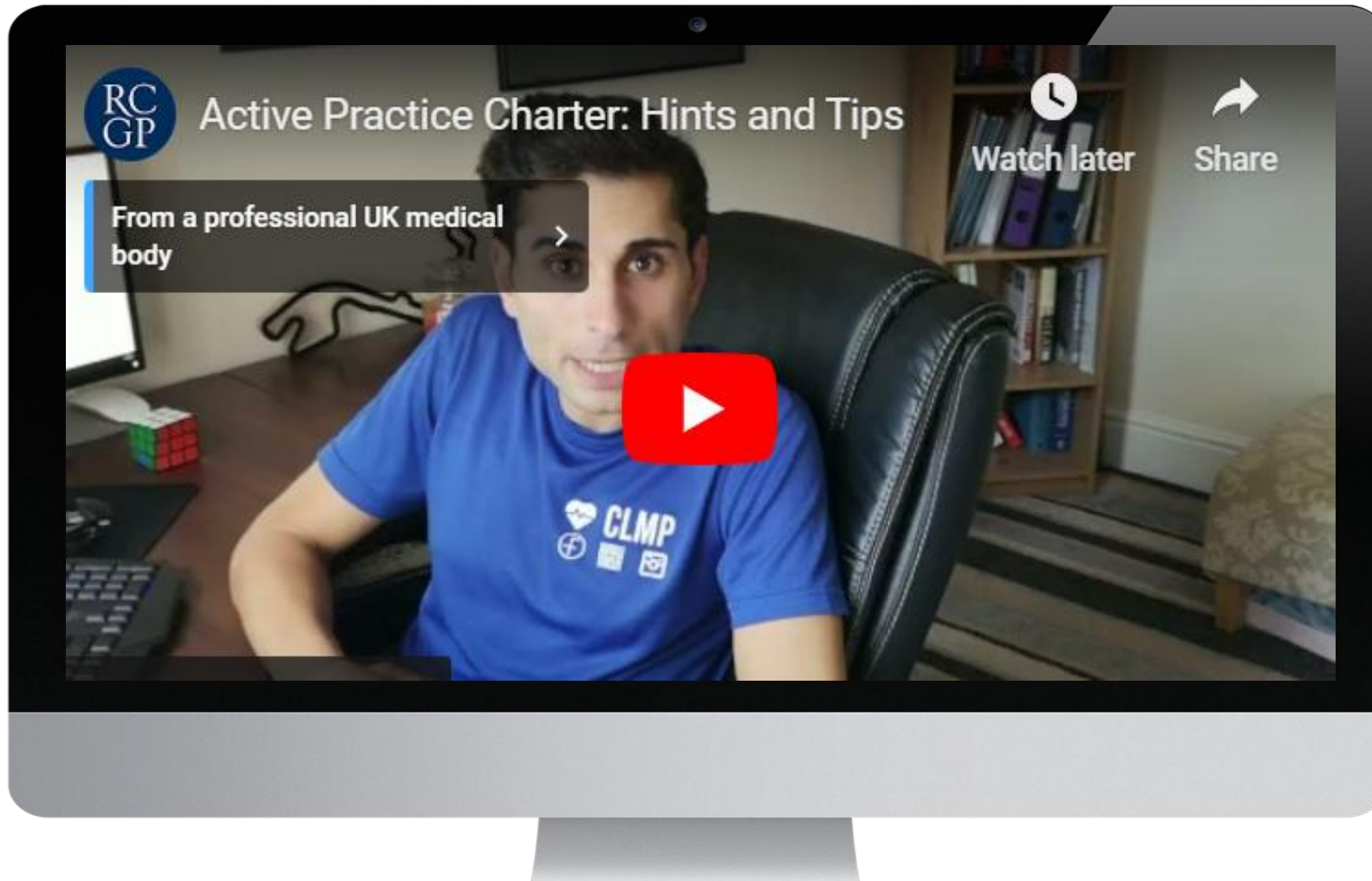
1. Reduce sedentary behaviour in staff
2. Reduce sedentary behaviour in patients
3. Increase physical activity in staff
4. Increase physical activity in patients
5. Partner with a local physical activity provider

Just like training for a race, the first steps are often the hardest – but practices that have embraced this approach have found that the benefits in terms of staff morale, patient health and engagement more than make up for the initial effort.

This initiative does not have to be led by a GP partner, or even a doctor – you may have a member of your non-clinical practice team who would be best placed to lead the initiative. Medical students, GP trainees, the social prescriber, first contact physiotherapist, a receptionist or one of the patient participation group (PPG) team – anyone can lead!

The [Physical Activity Hub](#) has many suggestions and resources to help you meet the five criteria.

Active Practice Charter: hints and tips video



Useful links for becoming an Active Practice

Join the movement – become an Active Practice

[Active Practice Charter sign-up form](#)

Videos

[Active Practice Charter: Hints and Tips](#)

[RCGP Physical Activity and Lifestyle project](#)

[Swimming as Medicine](#)

External resources and initiatives

[Physical activity resources](#)

[Supporting patients to change their behaviour](#)

[Evidence and guidance](#)

[Organisations](#)

[Key papers](#)



Tools to become an Active Practice

An inventory of resources to help you on
your journey of movement

Promotional resources

These resources can be downloaded from the Physical Activity Hub and used by practice staff to promote physical activity to patients.

[Posters](#)

We have created a range of posters for you to use in your practice to promote the movement for movement.

[Social media assets](#)

We have created a range of social media assets to help you promote physical activity to patients digitally.

[Text \(SMS\) templates](#)

These SMS text templates are tailored for a GP practice to encourage patients to become more active, with a focus on the health benefits. These include parkrun-themed messages.

Adapt content as needed.

More information →

Patient resources

[We Are Undefeatable](#) - Supporting people living with long-term health conditions to be active. This includes a resource pack for healthcare professionals and practice managers.

[Couch to fitness](#) - Supports individuals to get active from home. Supported by Sport England.

[Stronger my way](#) - This initiative has resources for both patients and professionals to help people with strengthening activity.

[Swim England](#) - Swim England has teamed up with the RCGP to encourage healthcare professionals to consider recommending swimming and aquatic activity to their patients. The 'Swimming as Medicine' series of videos outline how transformative being active in water can be for individuals.

Healthcare professional resources

[Moving medicine](#) - Moving Medicine is an initiative by the Faculty of Sport and Exercise Medicine (FSEM), developed in collaboration with Public Health England and Sport England. Its aim is to promote better patient outcomes through physical activity as medicine. It provides practical, evidence-based tools to help healthcare professionals integrate physical activity discussions into routine care.

More information →

Population searches and coding

Population searches can drive better health outcomes and effective coding helps determine the impact of interventions in quality improvement projects.

Key benefits of searches:

- Targeted care delivery
- Addresses health inequalities
- Efficient resource allocation
- Data-driven insights

Coding

Effective coding helps you evaluate your initiatives, such as working to increase physical activity in patients.

This can be done using SNOMED codes.

More information →

Partnering with a physical activity provider

Partnering with a local physical activity provider is a key part of becoming an Active Practice. There are many ways to achieve this, such as signing up to become a parkrun Practice, setting up a local health walk, approaching local activity providers, or connecting with your PCN's social prescriber to identify local options.

You can also contact your regional [Active Partnership](#) team. They are experts in local physical activity resources and assets, are aware of the Active Practice Charter and are there to help.

“Partnering with our local event has really helped the practice engage closer with the community”

A general practitioner

Benefits of linking with your regional Active Partnership

You can connect with your local regional Active Partnership, which will help with the following:

Foster collaboration: Unite organisations with shared goals to achieve greater collective impact.

Enhance reach: Extend access to programmes and initiatives by leveraging partner networks.

Promote innovation: Encourage the sharing of ideas, resources, and expertise to develop new solutions.

Strengthen community engagement: Build trust and lasting connections with diverse communities.

Improve outcomes: Deliver measurable benefits through coordinated, aligned efforts.

Maximise resources: Optimise use of funding, skills, and infrastructure to reduce duplication.

Support sustainability: Create long-term frameworks for growth and resilience.

Raise awareness: Amplify key messages and campaigns to wider audiences.

Drive policy change: Collaborate to influence decision-making and advocate for systemic improvements.

Provide training on physical activity for healthcare professionals.

Partnering with a physical activity provider

[The Chartered Institute for the Management of Sport and Physical Activity](#) (CIMSPA) – CIMSPA is the professional development body for the UK sport and physical activity sector. GPs can connect with CIMSPA's local delivery teams. [Skills hub managers across the UK](#) engage with all organisations including gyms, leisure centres, community hubs, coaching facilities, local authorities, GP practices and healthcare professionals. CIMSPA provide a kitemark to quality assure the physical activity workforce and has an understanding of driving engagement and participation in a locality. View their [case studies](#).

[Mind](#) - Mind and sector partners have worked with people with lived experience of mental health problems (adults and young people), physical activity deliverers (PTs, fitness instructors, coaches and leaders) along with the sports and health sectors to develop guidance to support physical activity deliverers & healthcare professionals specifically signposting moving for mental health. Included are skills, knowledge, training, resources and case studies to provide safe and effective delivery in a range of settings including at home, in the community, and in primary and secondary care. It supports healthcare professional to identify the key aspects they should be looking for when partnering with physical activity providers.

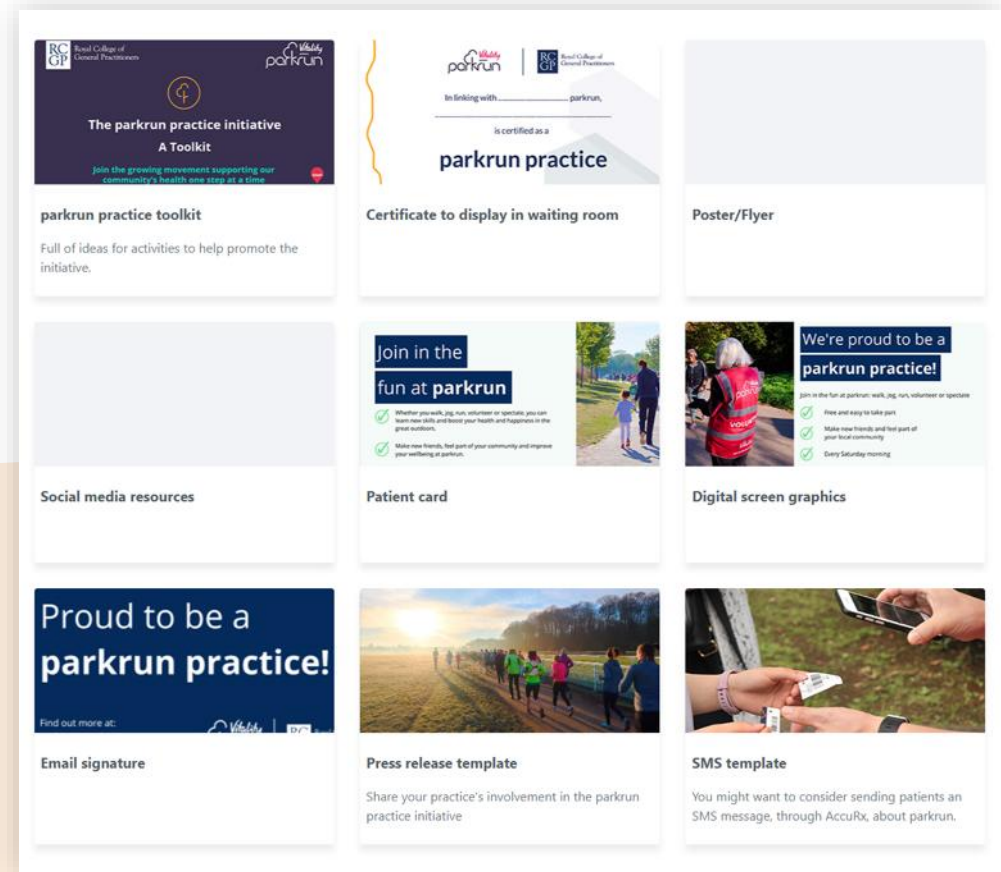
parkrun practice

Resources for your practice and patients

The parkrun practice initiative resources available on the RCGP eLearning platform provide tools and guidance to help practices promote physical activity through parkrun.

Why use parkrun practice resources?

- Boosts patient engagement in physical activity with minimal effort.
- Offers ready-made, professional materials to promote parkrun.
- Simplifies referrals with tools like SMS templates and SNOMED codes.
- Strengthens team morale through collaborative activities.
- Demonstrates the health benefits of community connections



[More information](#) →

Staff benefits

[Cycle to work scheme](#) - Join over 1.1 million other people with this popular scheme to help support you with the cost of a new bike or bike parts. This link helps partners or practice managers who want guidance on implementation.

[Lifestyle related RCGP member benefits](#) – RCGP membership includes a number of discounts on physical activity and lifestyle-related providers.



Suggested training and CPD

A guide on useful training and CPD courses

Behaviour change and coaching

NHS England Making Every Contact Count is a free online eLearning for health course covering the importance of preventative medicine within healthcare settings: [Making Every Contact Count - eLearning for healthcare](#)

All Our Health, is a free online NHS England eLearning for health module on behaviour change techniques: [NHSE elfh Hub](#)

The Personalised Care Institute accredits health coaching courses, and these can be seen here: [Your learning options](#)

The Faculty of Sport and Exercise medicine has produced a course on motivational interviewing (Active Conversations) for physical activity: [Online course - Moving Medicine](#)

Free courses on physical activity for health

An online NHS eLearning for health course on understanding how physical activity can help patients to manage a number of long-term conditions. Gain confidence in your ability to advocate physical activity to patients:

e-lfh.org.uk/programmes/physical-activity-and-health/

On online NHS based eLearning for health course, All Our Health, has a module giving overview of physical activity and the challenges presented by physical inactivity: [NHSE elfh Hub](#)

BMJ Learning has produced an online course for clinicians on physical activity in the treatment of long-term conditions: [Physical activity in the treatment of long-term conditions Online course | BMJ Learning](#)

Physical Activity Clinical Champions is a training course produced by Public Health England and Sheffield Hallam University to deliver education to healthcare professionals on physical activity. To organise training (either face to face or online) please visit: [Physical Activity Clinical Champions \(PACC\) - Moving Medicine](#)

Swim England eLearning explores the benefits of water-based physical activity for rehabilitation, chronic conditions, and overall wellbeing: [Aquatic Activity and Swimming for Health programme](#)

Online resources and support

Moving Medicine is an online resource to support clinicians promote physical activity to patients. It includes condition specific advice and evidence, conversation prompts and patient information leaflets: [Homepage - Moving Medicine](#)

The Chartered Society of Physiotherapists hosts a page with information and support relating to physical activity promotion: [Public health and physical activity | The Chartered Society of Physiotherapy](#)

The Royal Society of Public Health has created a number of resources aimed at Allied Health Professionals to aid in the delivery of preventative care, including physical activity: [RSPH | Allied Health Professions hub](#)

Physical activity qualifications

The Faculty of Sport and Exercise Medicine diploma in exercise medicine:
[FSEM - Diploma in Exercise Medicine – FSEMFSEM](#)

MSc courses such as Physical Activity for Health or equivalent, e.g.:
[Physical Activity for Health \(MSc\) | Moray House School of Education and Sport](#)

CIMSPA education and training:
[CIMSPA education and training: high quality, employer-led | CIMSPA](#)

Qualifications required to be a GP with an Extended Role in lifestyle medicine

Basic qualifications

- Primary medical qualification from UK or overseas.
- MRCGP or equivalent route to UK general practice (e.g., Certificate of Eligibility for GP Registration).
- Full GMC registration with licence to practise on NHS performers list.
- A qualification in Lifestyle Medicine; options include multiple courses which cover the full discipline of lifestyle medicine principles.

- Other qualifications in lifestyle medicine containing all six pillars:
- The British Society of Lifestyle Medicine Core Accreditation.
- International Board of Lifestyle Medicine.
- Prescribing Lifestyle Medicine.
- Red Whale Lifestyle Medicine

Other qualifications in lifestyle medicine do not contain all six pillars but can be combined to cover the full discipline.



[More information](#) →

Further reading

Physical activity guidelines

- [CMO Physical Activity Guidelines \(2019\)](#)
- [WHO Physical Activity Guidelines \(2020\)](#)

Textbooks

- [Physical Activity for Health](#)
- [Psychology of Physical Activity](#)

Popular science books on physical activity

- Exercised by Dan Leiberan
- Spark: The Revolutionary New Science of Exercise and the Brain by John Ratey



Funding opportunities

Useful tips to help support your projects

How to get your projects off the ground

Build a strong business case using provided examples in our resources section.

Identify roles like health coaches, dietitians, social prescribers, and care coordinators to support projects.

Focus on cost-effectiveness, staff development, and patient engagement.

Start with quick wins to achieve Active Practice Charter and/or parkrun Practice status to drive culture change in your area.

Seek external funding from local councils, active partnerships, and sports legacy funds.

Measure outcomes against your organisations key performance indicators to track impact and success.

BUT REMEMBER, if funding is not available, utilising free universal resources and a small amount of staff time can allow you to achieve meaningful impact for patients and staff. Funding is a bonus not a necessity.

Funding approach and options

- 1 Who has the skills in your team to apply for funding? Consider hiring a funding consultant
- 2 Build a team within your organisation with a variety of skills.
- 3 Create a business case, aligning to your organisation's key performance indicators
- 4 Explore funding options out there!

We often worry that offering lifestyle medicine at practice/network level is not financially possible.

Where can we get funding?



Sport legacy
funding



Local councils



Charities



National Governing bodies

Example funding applications



Group Consultation
Grant



National Running
Show grant



Think Active
(active partnership)
Live Longer Better grant



Warwick District Council
Physical Activity and
Sport grant

Business case

Definition: A structured proposal that outlines the rationale, benefits, and feasibility of a project to guide decision-making.

Purpose for lifestyle medicine: Demonstrates how initiatives (e.g., group consultations, exercise prescriptions) align with clinical goals and improve patient outcomes.

Key elements:

Problem: Define the health issue to address.

Solution: Outline the proposed lifestyle intervention.

Benefits: Highlight patient outcomes, cost savings, and practice improvements.

Resources: Specify funding, staff, and infrastructure needs.

Approval pathway: Submit to practice or network/cluster leadership or commissioners, linking to health priorities (e.g., NHS Long Term Plan).

Tips: Use evidence-based data, patient feedback, and show scalability for long-term impact.

Example: [Leamington PCN - business plan for group lifestyle service](#)

Service evaluation

- Definition and purpose: Service evaluation measures current practices to assess the standard of service and identify areas for improvement.
- Scope: It can focus on specific aspects (e.g., waiting times) or provide a comprehensive review of the entire service.
- Approval requirements: Ethical approval is not needed, but may require approval from the relevant organisation you work in.
- Process: Systematic research methods are used to evaluate the quality or value of a service, generating evidence for improvements.
- Drivers for evaluation: Priorities include new service assessments, innovations, commissioner requests, feedback from users/carers, staff concerns, or productivity issues.

Example:

[Bedfordshire and Great Yarmouth and Waveney PCTs Improving Healthy Lifestyles QIPP Evaluation Report](#)



Medical indemnity

What considerations should you be taking when practicing lifestyle and physical activity

Service evaluation

Indemnity: Ensure adequate insurance covers your full scope of practice; private practice may require additional corporate indemnity.

CQC registration: Lifestyle medicine is a regulated activity; confirm if CQC registration is needed, especially in private settings.

Appraisal and revalidation: Regular GMC appraisal required, covering lifestyle medicine scope and relevant CPD activities.

Complaints policy: Maintain an accessible complaints policy; follow NHS or private sector procedures as applicable.

Data protection: Comply with the Data Protection Act; register as a data controller if practicing independently.

Financial transparency: Be open with patients about fees if applicable and manage any conflicts of interest transparently.

More information →



Evaluation

Quality improvement project templates to support Active Practice evaluation

Evaluation

The aim of this template evaluation form is to guide and support your practice in assessing the impact of signing up to **Active Practice Charter**, alongside streamlining and facilitating quality improvement projects.

The evaluation contains three forms. It has been designed to offer options based upon need and interest, with Part 1 the easiest to perform. All parts can be performed independently or sequentially.

1. Form 1: demographics and delivery
2. Form 2: staff questionnaire
3. Form 3: evaluation of physical activity coding

We hope this evaluation template can help you in assessing how you deliver the Active Practice Charter and its' potential impact, whilst also assisting you, colleagues or trainees in appraisal/portfolio requirements.

[More information →](#)



Case study

Active practices in practice

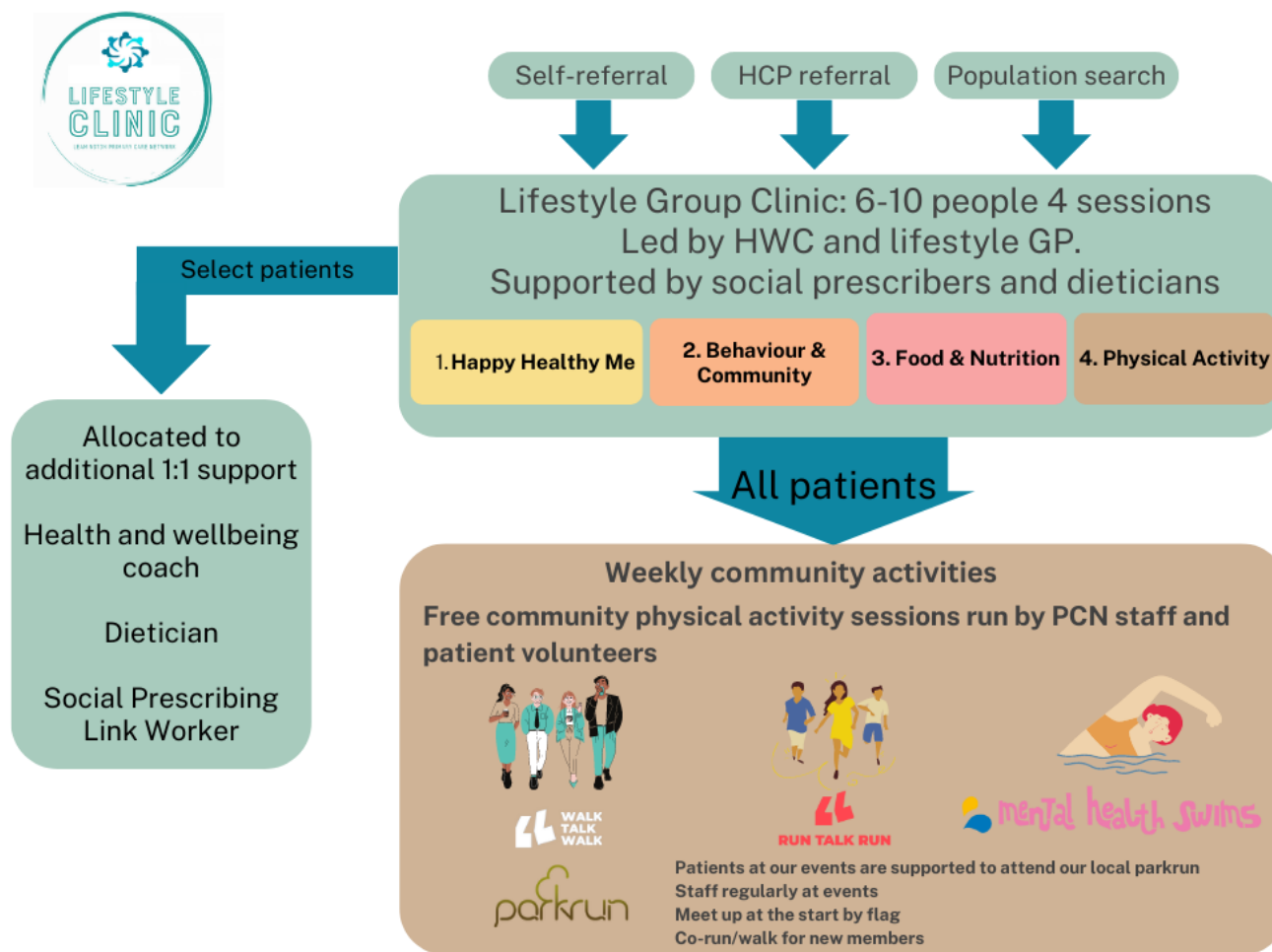
Leamington Spa Primary Care Network

Team make-up:

- GP with extended role in Lifestyle Medicine
- Health and wellbeing coach
- Social prescribers x 3
- Dieticians x 2
- GP ST on rotation 6 monthly with a special interest in Lifestyle Medicine
- Patient champions

More information →

Leamington Spa model



Referral options

Self-referral: practice websites and social media

Clinician referral: consultation, lab result or clinic letter

Social prescribing referral: Social prescribing referrals are prioritised to identify and support patients from lower socio-economic backgrounds

Population searching: via clinical systems (SNOMED).

The group sessions

Session 1: Happy, healthy me

Session 2: Behaviour, community and hurdles

Session 3: Nutrition, NOT Diet!

Session 4: Physical Activity

Physical activity sessions on offer

Monday

10:30

Spa Pramblers group for new parents. Buggy walk in South Leamington.

18:30

Walk Talk Walk/Run Talk Run group from a North Leamington GP practice.

Thursday

11:00

Walk Talk Walk group from a South Leamington GP practice

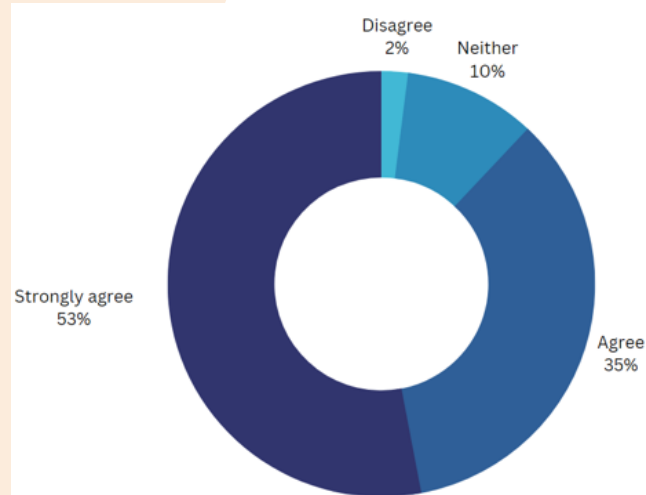
Twice weekly Swim Together group at the centrally located Leamington Spa Leisure Centre (supported by Mental health swims, Everyone Active and Swim England).

Leamington parkrun, Saturday:

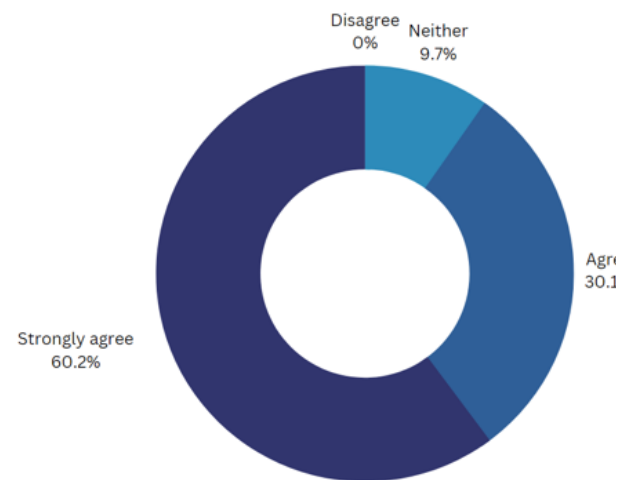
Patients accompanied to our local event to spectate, volunteer, walk or jog. This program is called 'path to parkrun'.

The outcomes

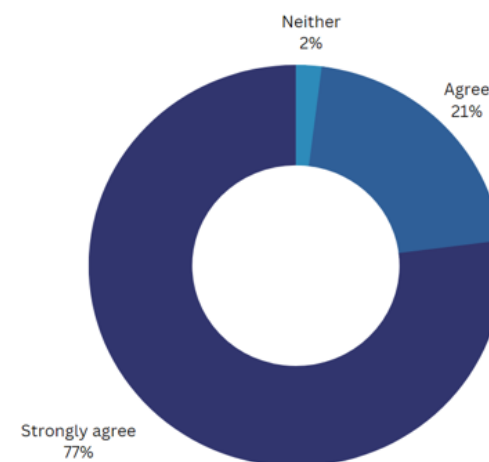
Data based on 142 patients who attended Lifestyle Clinic at a North Leamington GP practice location between 09/21 – 11/22.



Do you have increased confidence to make lifestyle changes?



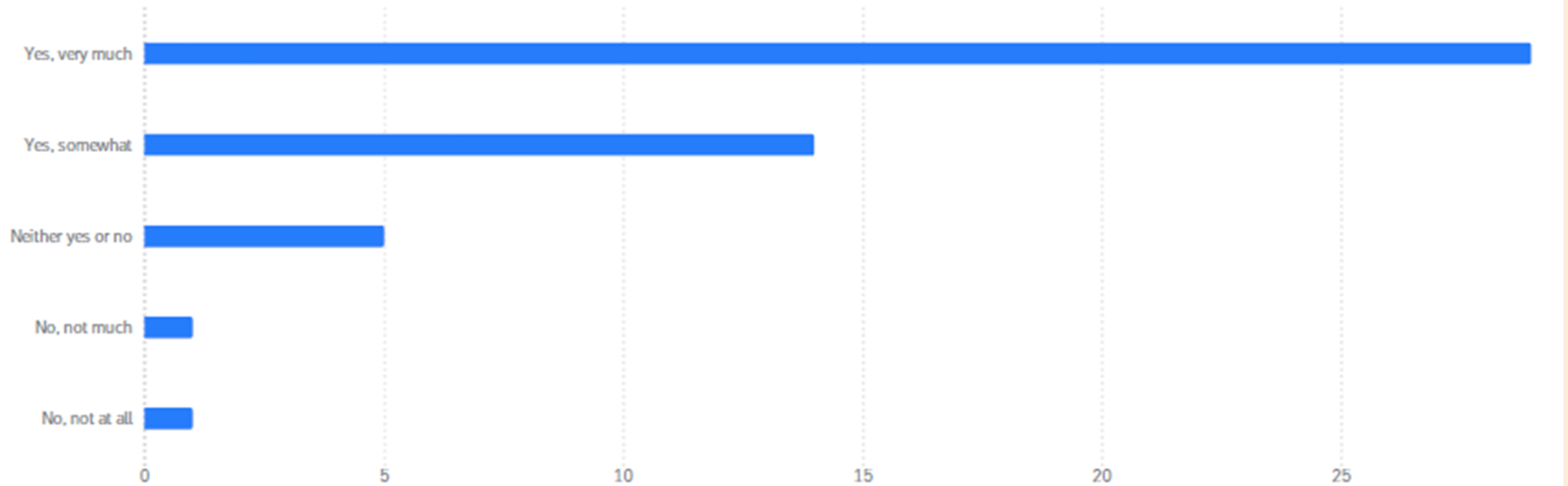
Have you noticed any positive impacts on your physical health?



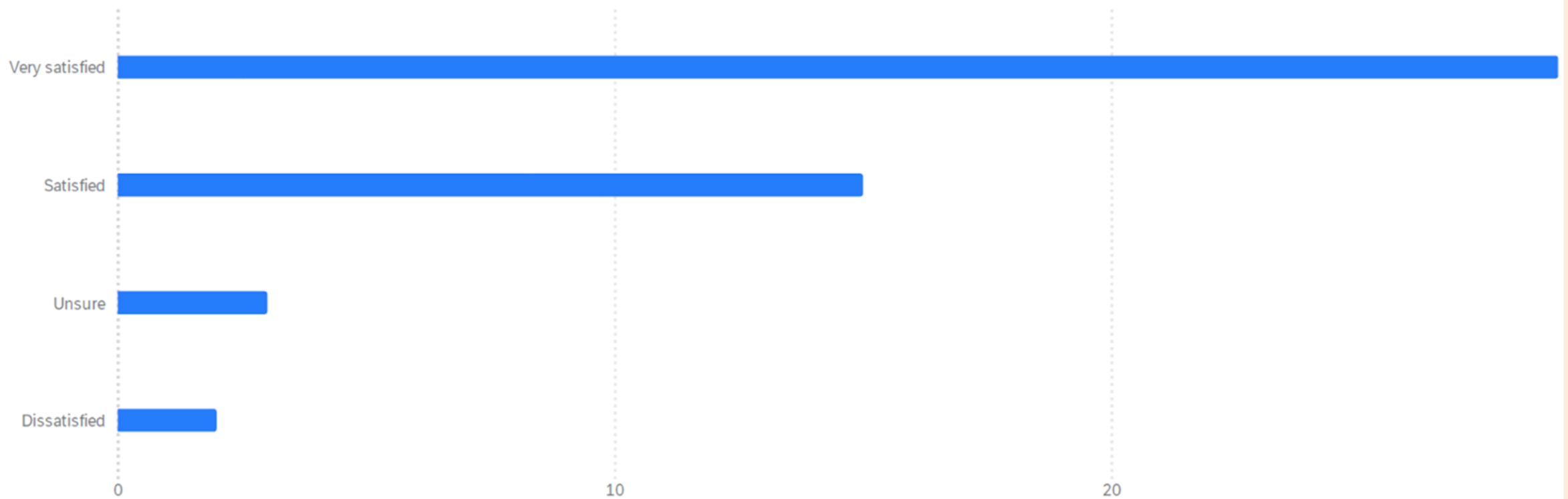
Have you noticed any positive impacts on your mental health?

The outcomes

Has the Lifestyle Clinic increased your confidence in making positive changes in your life?
Please select one and explain your answer where possible



The outcomes



The outcomes

Patient feedback

"I remember going to my first session when I couldn't manage 100m without stopping and I had that awful habit of cuffing away on cigarettes. Now, I'm entering organized races and kicked the filthy habit, all thanks to the people who support and give positive encouragement.

Being part of the lifestyle clinic has been life changing for me and I started just after the first lockdown and not looked back! I have gained so much more confidence whilst improving both my physical and mental health. Everyone is so welcoming and supportive.

It has given me increased self belief and a 'yep, I can do this' attitude which isn't easy to achieve especially alone.

I have now joined a gym and go three times a week, we eat a lot less meat and processed foods. I cook from scratch more. This clinic has been life-changing for me and even enabled to better engage with talking therapy."

Staff feedback

"Running the lifestyle service is the highlight of my working week. It is an outlet for creativity, gives me the time and space to have behaviour change conversations with patients in a sensible timeframe, and allows me to work closely with ARRS staff and learn from them." **Lead GP**

"It is a privilege to accompany patients on their health journey. Seeing patients go from attending their first Lifestyle Clinic, to achieving their first health goal is just the best feeling. And with our physical activity groups, not only can I offer activity suggestions – I'm able to be active with them!" **Health and Wellbeing Coach**

"I previously worked in a hospital setting. Coming into a PCN was a new experience and I wondered how I would be utilised. Supporting group clinics and having such incredible options all within the PCN has been a really positive experience." **Dietitian**

"I really enjoy supporting the groups and physical activity sessions. I am passionate about walking and as an older woman from south Asian community I like to role model the benefits of movement to encourage more from my community." **Social Prescriber**



Delivering Group Lifestyle Clinics in Primary Care

Dr Jo Fleming & Dr Hussain Al-Zubaidi

Why?



OSTEOSARCOPENIC OBESITY



Being overweight and obesity is now the norm in adults in the UK



4/10 of us are classified as sedentary¹

How?

- Reimagining of how lifestyle intervention was delivered in primary care.
- Training staff: BSLM core accreditation, physical activity coaching and awareness of health inequalities.
- Utilisation of the current ARRS roles to help ensure expertise, resilience in the work force & cost-effectiveness.
- Relationships forged with local wellbeing and fitness providers.
- Promotion of the services amongst the patient community.

What we did

Create and deliver a 4-session group lifestyle clinic
Mixed co-morbidities (self-referral included)
1 hour facilitated discussion, interactive tasks & education
30 minutes guided physical activity
Want to know what we covered? Scan the QR code below!



Healthcare roles involved:
Lifestyle GP
Health & wellbeing coach
Dietician
Social prescriber



Gentle accessible walk up to 30 mins
Special events to keep interest up
Play on swings & climbing frame to train strength

Free access to the pool for 1 hour
Quiet and calm atmosphere
Supported and funded by our partners (see below):



The impact so far...

Data based on 142 patients who attended Lifestyle Clinic at a North Leamington GP practice location between: 09/21 – 11/22.



↑ Confidence to make lifestyle changes

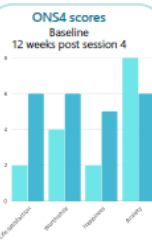


Have you noticed any positive impacts on your physical health?



Have you noticed any positive impacts on your mental health?

- Community connections
- Patient satisfaction
- Additional skills & experience for staff
- Increased clinician satisfaction
- Collaborative working with PPG



What Next?

£80,000 funding won to support 8 further PCNs to implement our blueprint

Service evaluation currently being conducted by Coventry University

Condition specific clinics being developed (Hypertension, obesity & type II diabetes)

Leamington Primary Care Network

Leamington Spa, Warwickshire, UK

@irondoctohaz & @joflem13

@zubaidihussain & @DrFlem

hussain.al-zubaidi@nhs.net



Join us for the conference run & walk!

Friday 20th October 07.00 outside the SEC

(look out for blue flag) Run & walk groups for ALL abilities

Run & walk groups for ALL abilities

Run & walk groups for ALL abilities



Tackling Health Inequalities

Dr Hussain Al-Zubaidi & Dr Shahnaz Hassan

Aim

Increase accessibility to physical activity and mental health support to those identified with greatest need

Why

Those with mental illness are significantly less likely to meet the physical activity guidelines¹, putting them at higher risk of physical health conditions, worsening mental health & increasing socioeconomic burden

How

Initially we launched a virtual fitness club to highlight & promote physical activity

Ambitions grew & we wanted to directly help overcome the barriers faced getting active in specific patient groups to tackle the resulting health inequalities

One such group was those with mental health difficulties. To aid us we approached Run Talk Run, an organisation dedicated to providing peer support through weekly runs & walks

What we did

Run talk run provided guidance, support & liability cover. The groups are led at a variety of paces because one size does not fit all! It has been accessed by >500 with 98 regular members

Located at their GP vs fitness centre

Signposting to mental health services

Honest & open chats encouraged

Run by staff & patients

Mental health first aiders

Direct GP referrals

Targeted promotion via SMS using population searches

The Benefits

Increased

- Community connections
- Mental wellbeing
- Patient satisfaction
- Skills & experience for HCPs
- £84% wellbeing score @12wks

Reduced

- Medication burden
- Physical health burden
- Social isolation
- £54% feeling low in mood @12wks

What Next?

Completion of research assessing measurable impact groups are having on patients health

Lifestyle clinic: group consultations covering nutrition, physical activity and mental health delivered by GPs, nurses, social prescribers & dieticians

Creation of a beginner strength & conditioning based activity

¹ TEICHENNE M, et al. (2020). Do we need physical activity guidelines for mental health? What does the evidence tell us? *Mental Health and Physical Activity* 18.

RCGP Lifestyle & Physical Activity

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Submit your story

We encourage all Active Practices, networks, and clusters to share their inspiring journey with the RCGP Active Practice team! Your story can help highlight the positive impact of integrating physical activity into healthcare. Please use [the form](#) to submit your story and inspire others to follow in your footsteps.

More information →

 Royal College of General Practitioners

RCGP Active Practice case study submission

 Royal College of General Practitioners



Case study details

Please classify your case study, selecting all themes that apply:*

- ☐ Reducing sedentary behaviour in staff
- ☐ Reducing sedentary behaviour in patients

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The Royal College of Practitioners is a network of over 55,000 family doctors working to improve care for patients. We work to encourage and maintain the highest standards of general medical practice and act as the voice of GPs on education, training, research and clinical standards.



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