

Active Practice Toolkit



Rushcliffe
Borough Council



Partners Health
STRONGER TOGETHER



Rushcliffe
Primary Care Network

RUSHCLIFFE - GREAT PLACE - GREAT LIFESTYLE - GREAT SPORT

The Active Practice Charter aims to inspire and celebrate GP practices that are taking steps to increase activity and reduce sedentary behaviour in their patients and staff.

What does it take to become an Active Practice?

To become an 'Active Practice' and to receive a certificate recognising active practice status, surgeries will need to demonstrate that they have taken a number of steps, including:



**Increasing physical activity
in patients and staff**



**Reducing sedentary behaviour in
patients and staff**



**Partnering with a local physical
activity provider to support the
practice to get more people active**

Pick 3 or more from each category or come up with your own ideas:

How do I help to reduce sedentary behaviour in staff?



Appoint a wellbeing team for your practice to promote positive staff wellbeing <input type="checkbox"/>	Disable the patient call in system, so clinicians must walk to the waiting room to call patients in <input type="checkbox"/>	Install sit/stand desks for staff <input type="checkbox"/>	Introduce weekly standing or walking meetings for staff <input type="checkbox"/>	Organise a free ABL Health taster sessions for all staff <input type="checkbox"/>	Host a weekly 'Deskercise' session - It's easy to do, greatly beneficial and only takes 5 minutes <input type="checkbox"/>
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How do I help to reduce sedentary behaviour in patients?

Create a standing space in the waiting room with information for patients explaining why <input type="checkbox"/>	Signpost your stairs clearly (in favour of using the lift) <input type="checkbox"/>	Show seated exercise guides on screens to patients <input type="checkbox"/>	Send targeted text messages to patients signposting information and support services <input type="checkbox"/>	Staff to begin the NHS Healthy Weight Coach E-learning programme to improve weight management advice given to patients <input type="checkbox"/>	Organise an ABL Health drop-in clinic in your practice for patients <input type="checkbox"/>
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How do I help to increase physical activity in staff?

<p>Staff made aware of self-referral support to ABL Health services</p> <p><input type="checkbox"/></p>	<p>Display physical activity infographics on screens</p> <p><input type="checkbox"/></p>	<p>Introduce a weekly 10-minute activity session, for example yoga or Pilates</p> <p><input type="checkbox"/></p>	<p>Seek a group deal at a local gym for NHS staff reduced rates (see useful links)</p> <p><input type="checkbox"/></p>	<p>Have a monthly competition for the most active member of staff or team</p> <p><input type="checkbox"/></p>	<p>Staff to become aware of local blue & green social prescribing offers</p> <p><input type="checkbox"/></p> <p>Practice staff to take part in team building activities at Rushcliffe Country Park</p> <p><input type="checkbox"/></p>
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How do I help to increase physical activity in patients?

<p>Become a parkrun practice</p> <p><input type="checkbox"/></p>	<p>Visibly advertise ways to get fit locally including both green & blue spaces</p> <p><input type="checkbox"/></p>	<p>Signpost patients to relevant local community group activities</p> <p><input type="checkbox"/></p>	<p>Send exercise advice to targeted groups, for example., hypertensive patients on your register</p> <p><input type="checkbox"/></p>	<p>Book free online training sessions for staff via the Moving Healthcare Professionals programme to improve physical activity advice given to patients</p> <p><input type="checkbox"/></p>	<p>Add the Walk for Life widget to your website</p> <p><input type="checkbox"/></p> <p>Promote apps encouraging physical activity such as Couch to 5k and Active 10</p> <p><input type="checkbox"/></p>
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Useful links

- [Benefits of sit stand desks on your posture and work health & wellbeing \(posturegroup.co.uk\)](http://posturegroup.co.uk)
- [The Ultimate 'Deskercise' Routine: Stretches for the Office \(healthline.com\)](http://healthline.com)
- [Activities - Rushcliffe Borough Council](#)
- [Get active - Better Health - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- [NHS Discounts Nottingham | Health Staff Discounts](#)
- [Moving Healthcare Professionals | Sport England](#)
- [Welcome to Walk4Life | Walk4Life](#)
- [ABL Health](#)
- [parkrun practice \(dotdigital-pages.com\)](http://dotdigital-pages.com)
- [Notts Help Yourself](#)
- [Physical activity guidelines: infographics - GOV.UK \(www.gov.uk\)](http://www.gov.uk)
- [Healthy Weight Coach - elearning for healthcare \(e-lfh.org.uk\)](http://e-lfh.org.uk)