

## Sign up Questions and Information

### Practice details

<b>Practice name</b>	
<b>Address</b>	
<b>Town/City</b>	
<b>County</b>	
<b>Postcode</b>	

### Practice lead for application

<b>Full name</b>	
<b>Job title</b>	
<b>Email address</b>	

Where did you find out about the Active Practice Charter?

### Primary Care Networks

Are you part of a Primary Care Network? **Yes/ No**

**If you answered yes** to the above question, please fill in the details below.

**If you answered no**, you can move on to the next page.

### Practice 1 details

<b>Practice name</b>	
<b>Address</b>	
<b>Town/City</b>	
<b>County</b>	
<b>Postcode</b>	

### Practice 2 details

Practice name	
Address	
Town/City	
County	
Postcode	

### Practice 3 details

Practice name	
Address	
Town/City	
County	
Postcode	

Do you have more practices you need to tell us the details of?  
Yes/ No

If yes, ensure that you have the relevant information like above to complete a PCN application.

### Your submission

Please explain via the form below, how your practice team has met the five criteria required to achieve Active Practice Status.

We suggest a short paragraph for each of the **five criteria** so we can understand the changes you have made and the impact they have had.

To support you in completing your application, some examples of ways to meet the criteria are included within each criteria heading.

Please also refer to the [Active Practice section](#) of our Physical Activity Hub where more information and guidance is available, including a hints and tips video below that shares examples and suggestions of ways to meet the criteria.

## Support a reduction in sedentary behaviour in patients

### Examples:

- Create a standing space in the waiting room with information for patients explaining why
- Install cycle rails outside the surgery to encourage patients to leave their car at home
- Signpost your stairs clearly (explaining its benefits over using the lift)
- Install a stationary bike and encourage patients to pedal whilst in the waiting room - some of these bikes have in-built phone chargers
- Use the waiting room audio-visual screen to guide patients through seated exercise

*The above are examples only. Please provide detail of the changes you have implemented and how these have made a difference (minimum 50 words).*

## Support a reduction in sedentary behaviour in staff

### Examples:

- Agree to switch off the patient call in system, so clinicians can walk to the waiting room to call patients in
- Install adjustable standing desks
- Introduce weekly standing/walking meetings
- Organise a teaching session on sedentary behaviour
- Ditch your instant messaging and where possible connect face to face to break up periods of prolonged sitting

*The above are examples only. Please provide detail of the changes you have implemented and how these have made a difference (minimum 50 words).*

## Support an increase in physical activity in patients

### Examples:

- Visibly advertise ways to get fit locally (posters, leaflets, TV ads)- Provide training for your social prescriber or other frontline non-clinical staff members in the principles of physical activity- Organise a free PCN training session on physical activity from the PHE clinical champions' scheme - email [physicalactivity@phe.gov.uk](mailto:physicalactivity@phe.gov.uk)- Provide secure bike parking for staff
- Leave some simple activity equipment (light weights, grip strengtheners, etc.) in a corner of the waiting room, with a display on the benefits nearby

*The above are examples only. Please provide detail of the changes you have implemented and how these have made a difference (minimum 50 words).*

## Support an increase in physical activity in staff

### Examples:

- Sign up to a cycle to work scheme and improve cycle parking facilities
- Introduce a weekly yoga or Pilates session for staff- Seek a group deal at a local gym so staff can get reduced rates- Invest in a practice bike/helmet/lock for home visiting- Set up practice challenges, e.g. local 10Km, swimming events, Tough mudder, Wolfrun- Install a stationary bike or some gym equipment in the practice garden

*The above are examples only. Please provide detail of the changes you have implemented and how these have made a difference (minimum 50 words).*

## Partner with a local physical activity provider to support a practice in getting more people active

### **Examples:**

- Join over 1400 other GP practices and sign up with your local parkrun to be a [parkrun practice](#)
- Set up a local health walk with the national walking for health scheme led by PPG members or other patients
- Connect with your local run talk run or walk talk walk (a free mental health support running club [www.runtalkrun.com](http://www.runtalkrun.com))
- Approach a local gym or other fitness provider to offer a discounted rate for patients registered with your practice who have an existing long-term condition

*The above are examples only. Please provide detail of the changes you have implemented and how these have made a difference (minimum 50 words).*

- ☐ I have entered a short paragraph explaining how each criterion has been met
- ☐ I confirm that all of the above is accurate at the time of submission

The Active Practice team will now review your application and will be in touch to let you know the outcome, usually within seven days.

Upon successfully achieving Active Practice Status you will be issued with a certificate of achievement to proudly display in your practice and a poster to record your pledges for patients and staff to see