



Active Practices Talking
Space
23 September 2025

Active Practices Talking Space

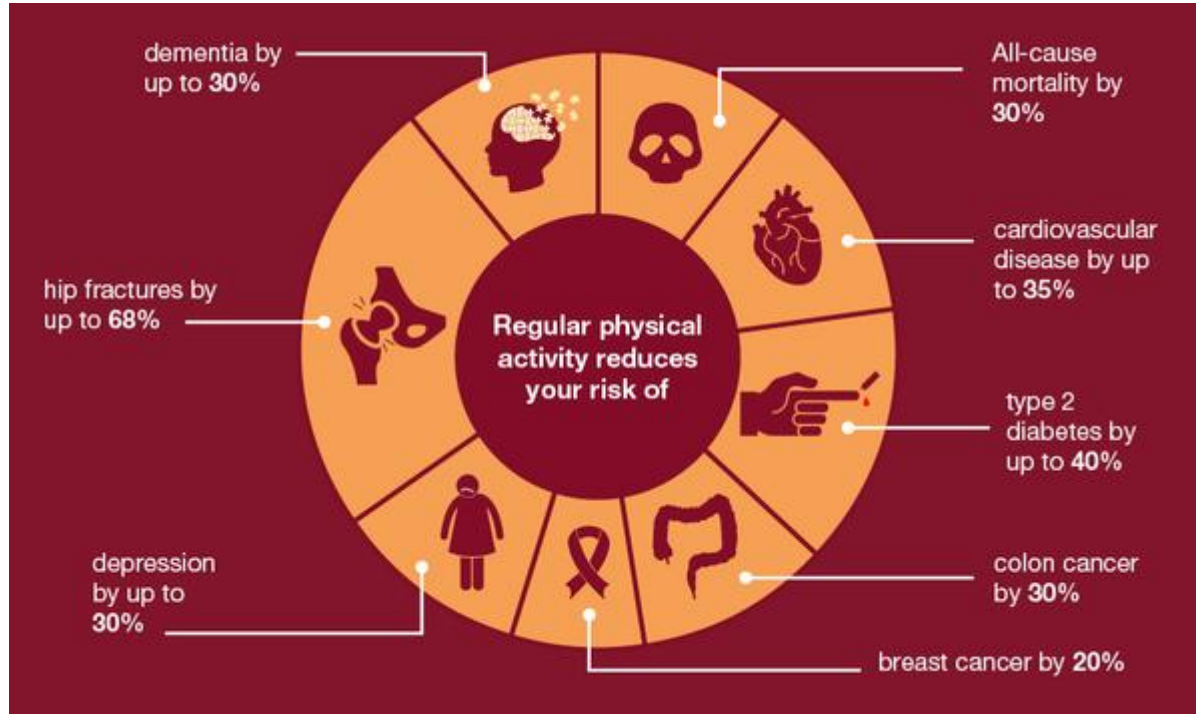
Why

What

So what now?



The health benefits of moving more or being active



“Physical inactivity is estimated to cost the nation £7.4 billion a year”

The importance of Physical Activity

“From a health point of view, activity is one of the best things you can do for both physical and mental health. There’s an extraordinarily wide range of things that it can prevent, from things like diabetes, maintaining strength in old age, through to preventing cancers, cardiovascular disease, a whole bunch of areas of health.”

“We must make it possible for people who are a bit nervous to actually feel they can walk, that they can cycle, or that they can wheel, and that will allow them to start down the path of improving their health in multiple different ways.”

Professor Chris Whitty



Patient Voice

We've heard a lot about how patients need supportive messaging from trusted sources eg healthcare professionals to reassure them that it's OK to move a bit more to help their physical and mental health.

“I can't go for a walk, I've got fibromyalgia.....I've got arthritis.... I've got heart problems. I'll run out of breath.”

“I've been an OT all my working life. When I suggested to my mum that she take up chair based exercise or go for a walk she wouldn't listen. When the Doctor suggested the same thing she took his advice.”

“My daughter's had really bad depression. Her GP suggested she join her for walks around the Forest Rec with some other patients. She went along, really enjoyed the walks, met new people, got a new lease of life and has come off her antidepressants.’



Healthcare Professionals

Active Practices – how to encourage staff and patients to be active - from the point of view of a

GP – Dr Karen Fearn

Health and Wellbeing Coach – Anna Bennett

Health Inequalities Lead – Sara Bains

“We’ve seen how patients benefit when practices promote being active outdoors. It’s not about big changes, but about helping people connect with nature and community in ways that fit their daily lives. The results are often improved mood, reduced GP visits, and a stronger sense of wellbeing.”
Morgan Sharpe, Lead Social Prescribing Link Worker, Rushcliffe



So what now.....

How to get started:

- [Health Resources - Making Our Move](#) – Active Notts Website
- Talk to your local Active Partners colleague that can offer their knowledge and guidance as to what is available locally for everyone to get involved in.
- Nottinghamshire – Sara.Davies@activepartnerstrust.org.uk
- Nottingham City – sharen.morgan@Activepartnerstrust.org.uk
- Derby City – leigh.timmis@Activepartnerstrust.org.uk
- Derbyshire - jade.gresham@Activepartnerstrust.org.uk



Introducing Active Practices

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

- The charter aims to raise awareness of the simple changes that can be made to improve the physical and mental wellbeing of patients and staff.
- Being Part of the Active Practice Charter is something to be celebrated and shared widely within the Practice community. It's a great example of social prescribing 'in action', and an excellent case study for the CQC
- Many Practices are already doing this work already so why not get the recognition by taking your actions one step further by creating a platform to guide and influence everyone's lifestyle choices.
- We firmly believe that GPs and their teams play a vital and unique role in getting the country moving, as trusted community leaders.



How to become an Active Practice



**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**



Royal College of
General Practitioners



How do I help reduce sedentary behaviour

Pick 3 or more or come up with your own ideas:

Appoint a wellbeing lead for your practice to promote positive staff wellbeing.	Disable the patient call in system, so clinicians must walk to the waiting room to call patients in	Encourage staff to get out of their chairs at least once an hour	Convert seated meetings to walking meetings for Staff 'netwalks'	Host a weekly 'Deskercise' session – It's easy to do, greatly beneficial and only takes 5 minutes	Encourage staff to incorporate at least 5-10 minutes of movement during their lunch time.
Staff to attend Making Every Contact Count or Physical Activity Clinical Champion Training	Signpost your stairs clearly (in favour of using the lift)	Show seated exercise guides on screens to patients	Send targeted text messages to patients signposting information and support services	Staff to incorporate physical activity messages in their conversations with patients	Have a monthly 'Wellbeing Wednesday'



How do I help to increase physical activity?

Pick 3 or more or come up with your own ideas:

Train practice community to be Walk Leaders to accompany patients on 121 or group walks	Display physical activity opportunities and infographics on screens	Start a walking/wheeling group from the surgery	Seek a group deal at a local gym for NHS staff reduced rates (see useful links)	Have a monthly competition for the most active member of staff or team	Display Walk Notts Bingo Cards on your noticeboard/screens
Set up or signpost to peer support health groups and incorporate walking/wheeling	Promote through social media and noticeboards/ screens ways to walk or wheel In local parks or community venues	Signpost patients to relevant local community group activities	Send exercise advice to targeted groups, for example., hypertensive/ menopausal patients through texts/newsletters	Have a list of short (1/2-1 mile circular routes from the surgery	Partner with local leisure provider and signpost to family friendly movement activity options



Next Steps

- Identify a Lead from the Practice – this could be clinical or non-clinical staff eg the Practice Manager, GP, PPG, Social Prescribing Link Worker, Care Coordinator, Pharmacist
- Consider what is already happening in your practice that supports this, you may already be doing things which qualify you and there's a simple toolkit to help.
- Take a look at the online resources which we have pulled together in one place here: [Health Resources - Making Our MoveH](#)

Any Questions?

