Active Practices

Active Notts and Walk Notts are working closely with Primary Care Networks (PCNs), GP practices and community partners across Nottinghamshire to embed physical activity into healthcare settings, supporting staff and patients to move more as part of everyday life.

The Active Practice Charter

Healthcare teams increasingly recognise the powerful role they can play in promoting wellbeing beyond the consultation room. By encouraging people to move more, practices can help address a wide range of challenges, including long-term health conditions, poor mental health and social isolation.

The Active Practice Charter provides a simple framework for GP practices to make small but meaningful changes that promote movement throughout their setting. From active messaging in waiting rooms to supporting staff wellbeing initiatives, the Charter helps practices demonstrate that movement really is medicine.

Working with Collingham Medical Centre

The journey began in August 2024 when Walk Notts presented to the Newark Local Design Team. Following the session, Newark PCN Co-Clinical Director, Dr Karen Fearn, contacted Walk Notts for support in helping both staff and patients become more active.

- **Walk Notts supported with a Step into Walking flyer about the benefits of walking, and some advice about walking meetings for staff**
- **In spring 2025, Walk Notts introduced Dr Fearn to Active Notts panel member Fiona Haynes, a former physiotherapist, volunteer social prescribing link worker and Nordic walking instructor. Together, they delivered pilot Nordic walking sessions during the Walk Notts Festival**

As a result of its commitment to promoting physical activity, Collingham Medical Centre achieved Active Practice accreditation. The practice's success was later showcased through an online Talking Space session, helping to raise awareness of the programme and inspire other GP practices to get involved.

Ripple Effects

- An Active Practice Charter infographic was developed and shared, leading to walking promotion messages being displayed on GP waiting room screens and Boots self-service health check kiosks
- Walk leaders were trained at Fountain Medical Centre through Ridewise and went on to organise surgery-based walks during the Walk Notts Festival
- Collaborative work with community partners and PCN staff led to the production of walking resources demonstrating the benefits of walking on heart health, dementia, diabetes and maternity
- Bulwell and Top Valley PCN launched their own step challenge during the Walk Notts Festival, with Rise Park Surgery emerging as the winning team
- The Health and Wellbeing Service Manager at Bulwell and Top Valley Primary Care Network presented on the Active Practice Charter to all practices in the PCN at their Protected Learning Time and they are now exploring initiatives such as Pilates, stretching sessions, staff walks, active waiting room content and practical resources to support conversations about physical activity with patients







Scan the QR code to see more on YouTube

Scan the QR code for info on becoming an Active Practice