



Resources to get people more active

Active Connections Conference

Workshop 1

More People More Active More Often



Agenda

- **Introduction & Welcome.**
- **Will Slemmings** – Moving More Activity Finder.
- **Juanita Prescott** – Everyone Active, Exercise Referral Scheme.
- **Claire Pullen & Meg Youell** – Hertfordshire Health Walks
- **Louise Smith** – parkrun & it's impact in Hertfordshire

Moving More



Moving More



Hertfordshire

HertsOne
GP Federation

www.movingmore.co.uk

Herts Sport & Physical Activity Partnership

Moving More Activity Finder



Driven by HSP, in partnership with HCC & HertsOne GP Federation, the Moving More Activity Finder is a free online tool making it easier to identify local opportunities to become more physically active.

Three key outcomes for the Activity Finder are:

1) **For residents and those working with them:**

Improving awareness of, and access to, physical activity opportunities

2) **For providers of physical activity opportunities:**

Greater reach to local communities, including social and clinical referrals

3) **For everyone:**

Using live data to overcoming issues of out-of-date information

The activity finder, and more, can be seen at www.movingmore.co.uk

www.movingmore.co.uk

Herts Sport & Physical Activity Partnership





Within 40 km Price Date Time of day Age Level Accessibility Gender [Clear all](#)

7596 activities found



£5.00
0.2km away
Walking Football - Stevenage ()
Stevenage Football Academy, Broadwater, Stevenage, Stevenage, UK
Wed 17th Apr at 10:00am



£5.00
0.2km away
Women's Walking Football - Stevenage ()
Stevenage Football Academy, Broadwater, Stevenage, Stevenage, UK
Thu 18th Apr at 20:00pm



Free
1.2km away
parkrun Stevenage
Six Hills Way, Stevenage, UK
Sat 20th Apr at 09:00am



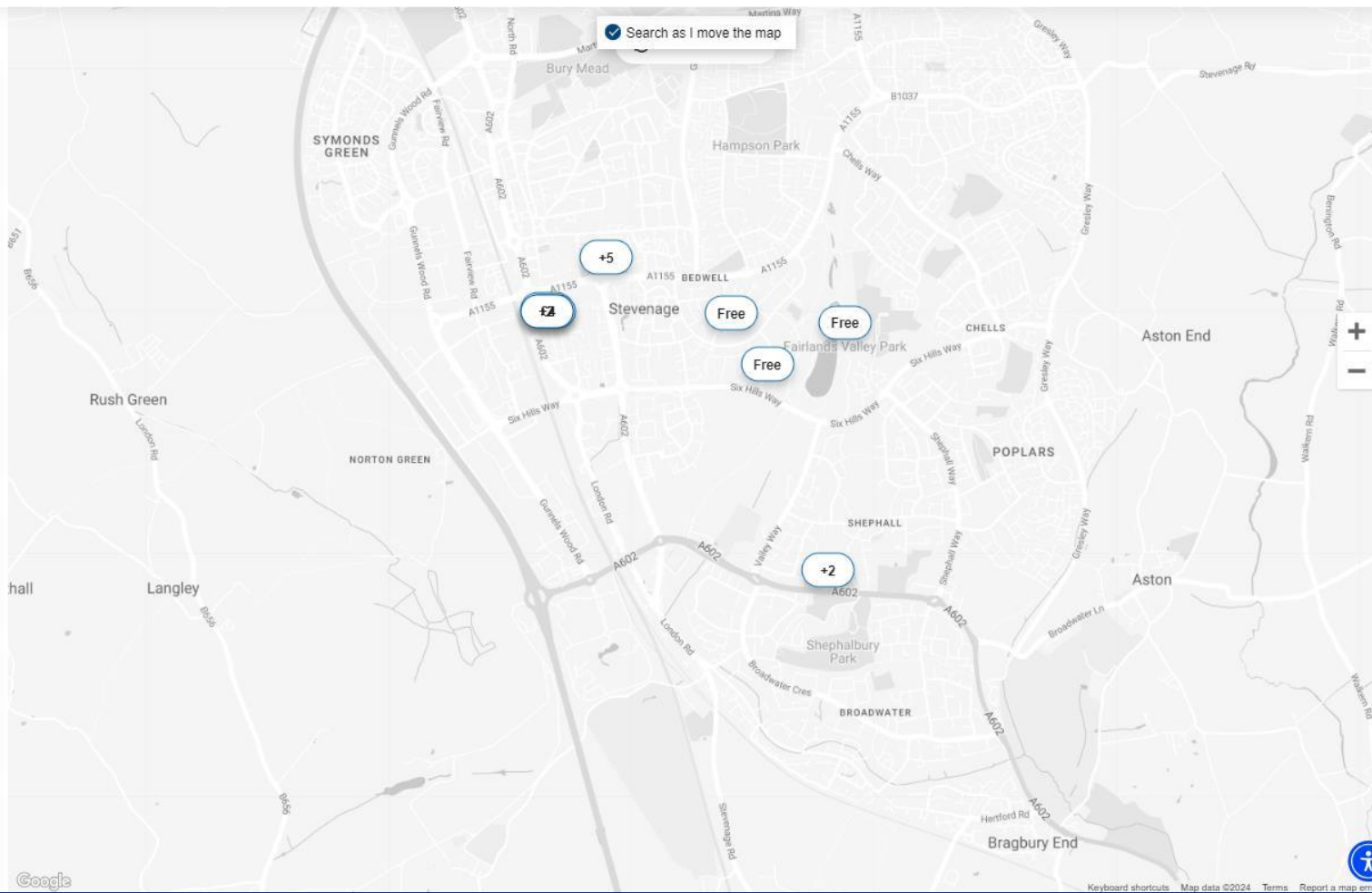
Free
1.4km away
Fairlands Park Stevenage - Health Walk - Grade 1
Costellos Café, Fairlands Valley Park, Six Hills Way, Stevenage SG2 0BL
Wed 17th Apr at 10:00am



Free
1.5km away
Bedwell Community Centre - Health Walk - Grade 1
Bedwell Crescent, Stevenage SG1 1NA, UK
Tue 16th Apr at 10:00am



£3.50
2.2km away
Pickleball Stevenage
Stevenage Arts and Leisure Centre, Stevenage Arts & Leisure Centre, Lytton Way...
Mon 22nd Apr at 11:30am



What's involved in Moving More?

1. Activity Finder

Harnessing Open Data to collate all 'in person' activities in the county into one simple search

2. Moving More at Home

A collection of resources to help people be active from home

3. Information for Professionals

Including resources for both physical activity and healthcare professionals

4. Moving More Stories

Aiming to inspire others by spotlighting good practice

5. Moving More Web-based App

A web-based mobile application which channels the main functions of the Moving More website

6. Moving More website Widgets

Enabling partners to host a window to the activity finder from their own websites

www.movingmore.co.uk

Herts Sport & Physical Activity Partnership



How could you be using Moving More?

1. Simply signpost to www.movingmore.co.uk
2. Promote Moving More within waiting rooms (digital or printed)
3. Embed the Moving More widget to your website, [details here](#)
4. Invite HSP to present Moving More to your networks (staff or public)
5. Include Moving More details in any newsletters or communications that you have

Find out more about the above using the [Moving More Partner Toolkit](#)

**SPORTS AND
FITNESS FOR**

EVERYONE

everyone
ACTIVE

Exercise on Referral

Everyone Active

Juanita Prescott

Health and Wellbeing Manager

Stevenage and North Herts

Healthy Hub Manager Stevenage

SPORTS AND
FITNESS FOR

EVERYONE

everyone
ACTIVE

We are living longer...

By 2034



- 23% of the population will be 65 and over
- 5% will be 85 and over

But...

- Almost 90% of elderly people regularly take 1 prescription drug
- 80% take 2 and 36% take at least 5 different prescription drugs
- 300% risk of being hospitalised due to medication side effects

A daily pill that can help to:

- Improve heart and lung efficiency
- Lower blood pressure
- Lower cholesterol
- Reduce risks of certain cancers
- Reduce the risk of CHD
- Reduce the risk of strokes
- Help with mental illness
- Prevent the onset of diabetes
- Improve/prevent OP, OA
- Help manage RA
- Keep body fat levels to a healthy level
- Improves muscle strength
- Improved sleep
- Improve mental health



The name of this drug?

Physical Activity!

SPORTS AND
FITNESS FOR

EVERYONE

everyone
ACTIVE

Exercise referral process

Referral from a medical professional

- GP
- Consultant
- Care Coordinator
- Social Prescriber
- Nurse
- Physiotherapist
- Sports Therapist
- <https://secure.refer-all.net/referrals/EveryoneActiveReferrals/Refer>

Consultation

With a qualified level 3/4 Exercise Referral Consultant

A motivational interview to discuss the following;

- Reason for referral
- Medical condition(s)
- Medication
- Goals
- Physical activity history
- Likes and dislikes
- Behaviour choices (smoking, alcohol etc)
- Nutrition
- Lifestyle

What exercise can patients take part in?

Anything that they will enjoy and is suitable for their condition and ability

- Dancing
- Walking
- Gardening
- Cycling
- Golf
- Tennis
- Pilates
- Yoga
- Seated exercise
- Group training session
- Pickleball
- Walking tennis
- Walking netball
- Badminton
- The gym
- Good Boost
- Escape Pain
- Cardiac rehab
- Pulmonary rehab
- Cancer rehab
- Stroke rehab
- Parkinson's rehab
- Specialist gym equipment
- Allotment

Patients progress

6- and 12-week review

- To monitor their progress
- Update gym programme
- Introduce new activities
- Gain feedback
- Discuss new goal settings

Concession price membership

20% of the full centre membership

Free Parkinson's membership

Individuals living with Parkinson's can nominate up to 3 carers that will be linked to their membership. Carers are welcome to access the facilities for their own physical and mental wellbeing while they are with the person they support.

Bob Pettingale

Exercise referral member

- Referred to the Stevenage Arts and Leisure Centre in 2001 post CABG




SPORTS AND
FITNESS FOR

EVERYONE

everyone
ACTIVE

Exercise Referral Schemes

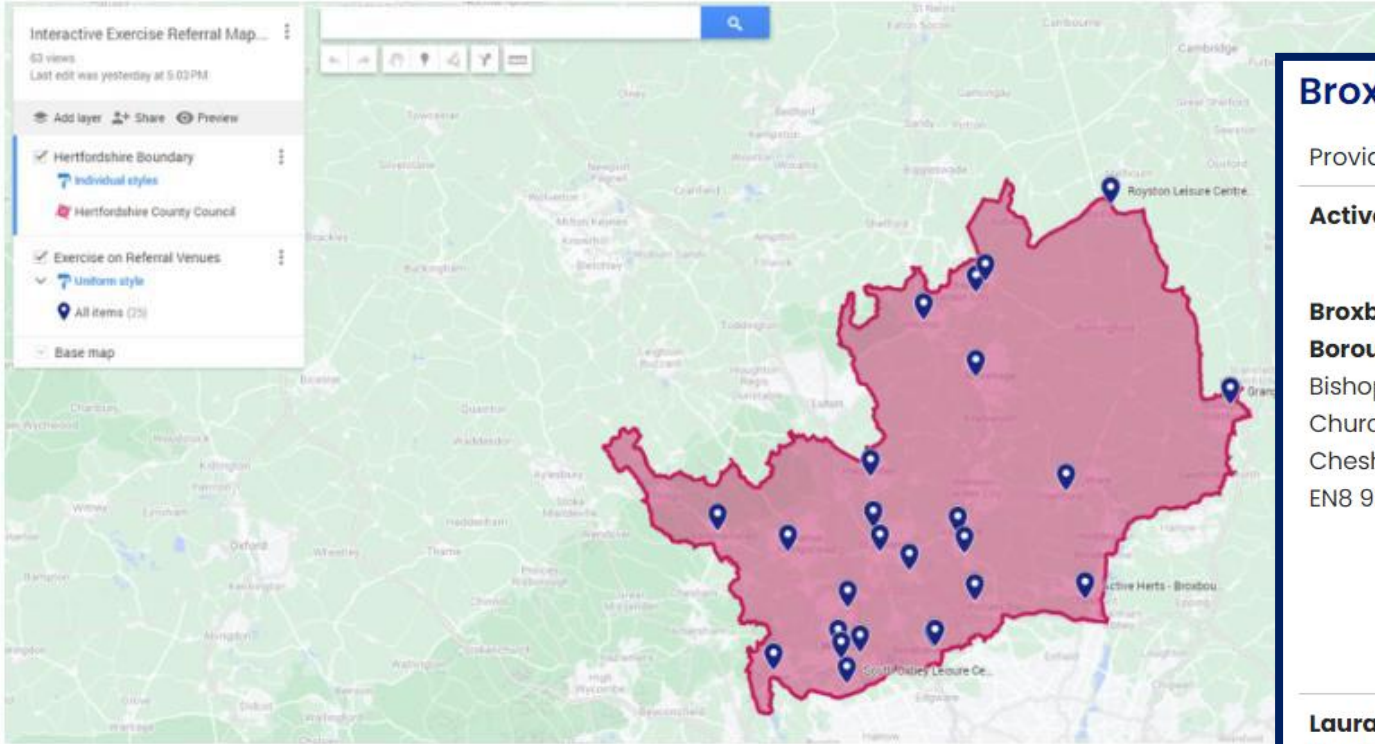
- HSP [Exercise Referral webpage](#)
- Interactive map included
- Steering group held with providers
- HSP want to help connect health care professionals to their local Exercise Referral Schemes



The screenshot shows the website for the Herts Sport & Physical Activity Partnership. The logo is in the top left, and navigation links for 'Get Active', 'Get Support', 'News & Events', and 'About' are in the top right. The main heading is 'Exercise Referral' in a large, bold, blue font. Below it, a paragraph states: 'Exercise referral schemes are long-term health condition prevention and management programmes that aim to improve health and wellbeing.' At the bottom of the page, there is a photograph of five women in a gym setting, all smiling and performing a dumbbell exercise.

Find your local Exercise Referral Scheme

Use our [interactive map](#) to find your local exercise referral scheme.



Broxbourne

Provider	Contact	Website	Price
Active Herts	07506 503 316 or andrew.rix@broxbourne.gov.uk	activeherts.org.uk	For pay as you go sessions in the community, the first 6 sessions are FREE, then after the initial 6 sessions it costs £4.50 per session.
Broxbourne Borough Council	Bishops College, Churchgate Cheshunt, Herts, EN8 9XF		
Laura Trott Leisure Centre	07506 503 316 or andrew.rix@broxbourne.gov.uk	activeherts.org.uk	£24.95 for 5 months (please note: participants are tied into the first five months and then will return to the
John Warner Sports Centre	Stanstead Rd, Hoddesdon		

Hertfordshire

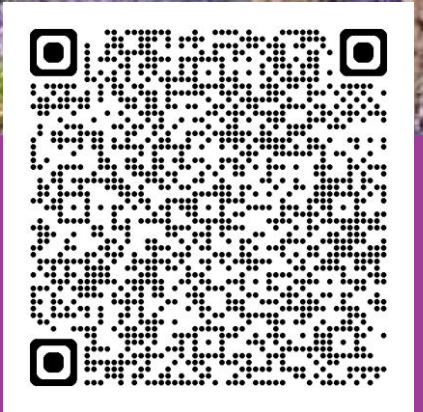


Health Walks



Hertfordshire Health Walks

Claire Pullen and Meg Youell
4/12/2024



Creating a cleaner, greener, healthier Hertfordshire



Walking is an evidence-based intervention



[Home](#) > [Live Well](#) > [Exercise](#)

Walking for health

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier.

Sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories and make your heart healthier.

You do not have to walk for hours. A brisk 10-minute daily walk has lots of health benefits and counts towards your 150 minutes of weekly exercise, as recommended in the [physical activity guidelines for adults aged 19 to 64](#).



Active
Travel
England



"The **health benefits** of active travel cannot be overstated.

"People will live **much longer happier lives** ... if they can have active transport and we can make it attractive enough.

"It's very clear that exercise is going to improve the health outcomes, both physical and mental, for very large numbers of people - **virtually everybody is going to benefit** from doing more exercise than they do."

Professor Chris Whitty, Chief Medical Officer and Expert Advisor to Active Travel England

What are Health Walks?

FREE

FREE!
Regular
Short
Led by trained volunteers
Sociable
Graded to suit different
fitness levels



Feedback from Dr Jay Kuruvatti

“I see many of my patients who have significant challenges with their health, who need more than what we as medical professionals have traditionally been able to offer.

I know that HHW will benefit my patients, and the First Steps/Grade 1 walks are accessible to so many of them.”

Dr Jay Kuruvatti, senior partner at Lea Wharf Medical



What can people expect on a Health Walk?



A fun and enjoyable walk



A safe walking route, led by trained and insured walk leaders



An opportunity to make connections with others



A supportive, caring and encouraging group

Hertfordshire



Health Walks

Where are Health Walks?

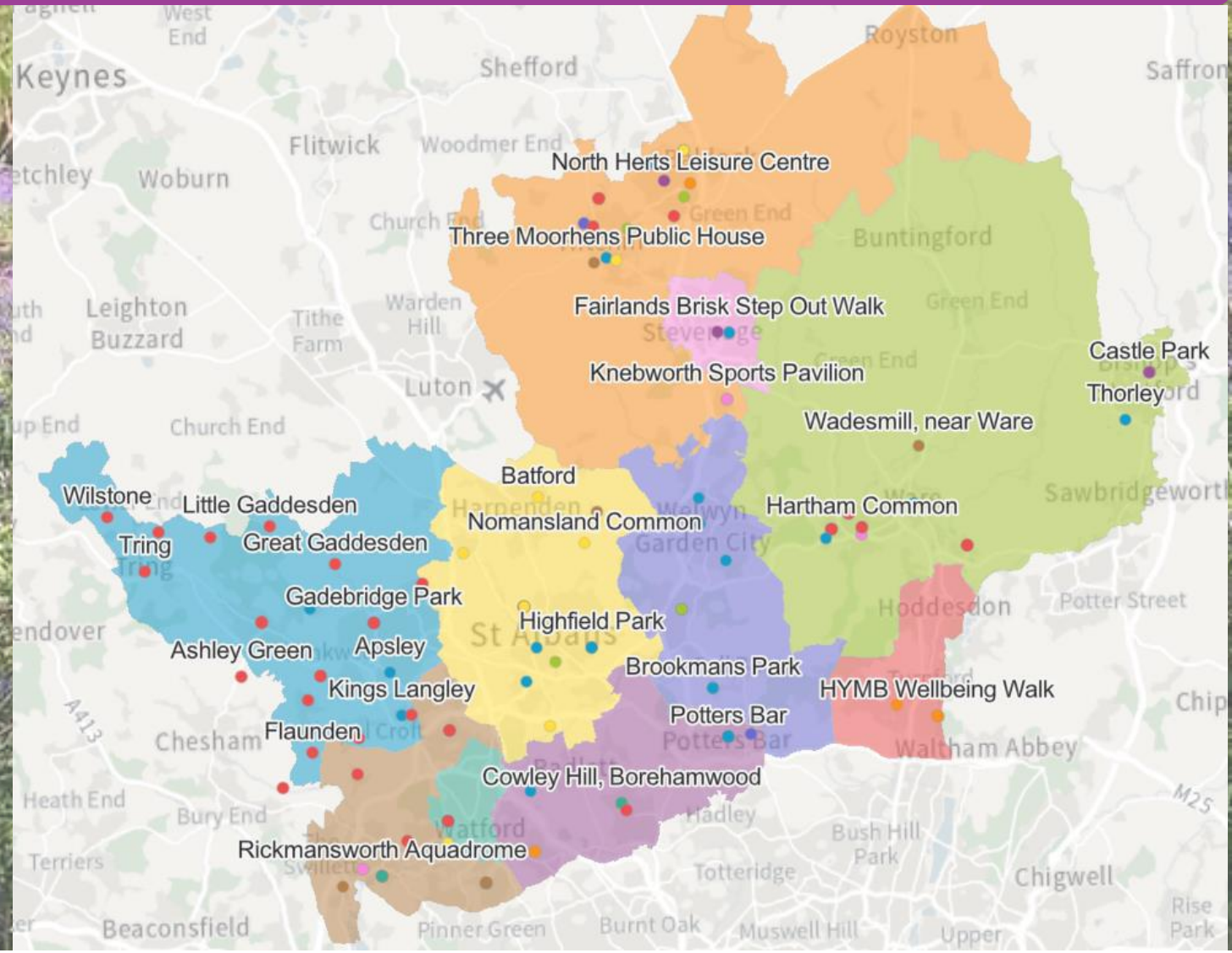
111 unique walks

- 18 First Steps
- 29 Grade 1 and Grade 2
- 64 Grade 3 and Grade 4

2,511 Active walkers so far in 2024

315 Active volunteers

942 active new walkers so far in 2024



Friendship House 'First Steps'

"From a social prescriber's perspective, we see lots of social isolation, inactivity and other health conditions. Hertfordshire Health Walks can meet the multiple needs of our patients within one activity.

As volunteers, we are also available to talk to people during the walk.

There are 4 Hatfield Surgeries in our PCN, so we see our personal referrals attending Health Walks, as well as patients from other surgeries."

Suzanne Brown, social prescriber and Health Walk Volunteer



Welwyn Hatfield
TIMES



Hatfield Primary Care Network named Community
Champion

15th October



POTTERELLS
Medical Centre



Facts about Health Walks

FREE

- Around 65 walks per week
- 73% of new walkers said they had 1 or more health conditions
- 18% of new walkers were from ethnic minority groups
- 51% of new walkers - inactive at registration



What do walkers say

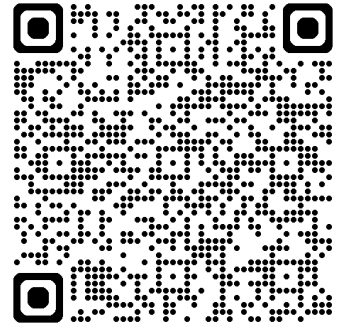
“Upon joining, over the following two years, I found Hertfordshire Health Walks helped me considerably with reintegration into society.

It relieved my sense of isolation and loneliness and taught me self-care such as breathing techniques and improved my sense of self-esteem.”

Dee, walker and Health Walk
Volunteer



Support Health Walks today

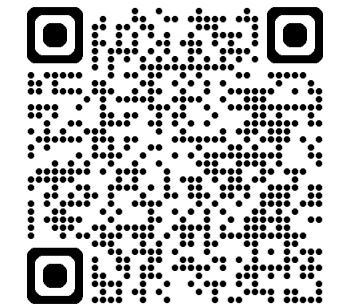


- www.hertfordshire.gov.uk/healthwalks
- No need to book
- Register online or complete New Walker Form when you arrive

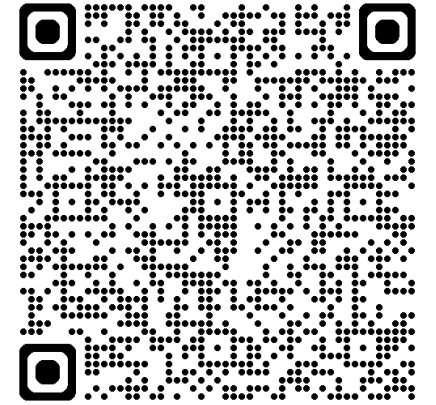
Resources available to you

- Posters, leaflets, postcards
- Waiting room screen presentations
- Health Walk Ambassadors available to give talks to patients
- Online walker registration
- Come and Try taster walks
- Walking in Herts Update Me

Speak to a member of the Health Walks Team on 01992 555 888 or email healthwalks.cms@hertfordshire.gov.uk



Help us raise awareness



Next training
11 December in Stevenage

Reserve your place by emailing
healthwalks.cms@hertfordshire.gov.uk

www.hertfordshire.gov.uk/healthwalks



@hertfordshirehealthwalks



@hertshealthwalk







‘Making the world a happier and healthier planet’

Louise Smith - Regional Ambassador (volunteer)



What is parkrun?

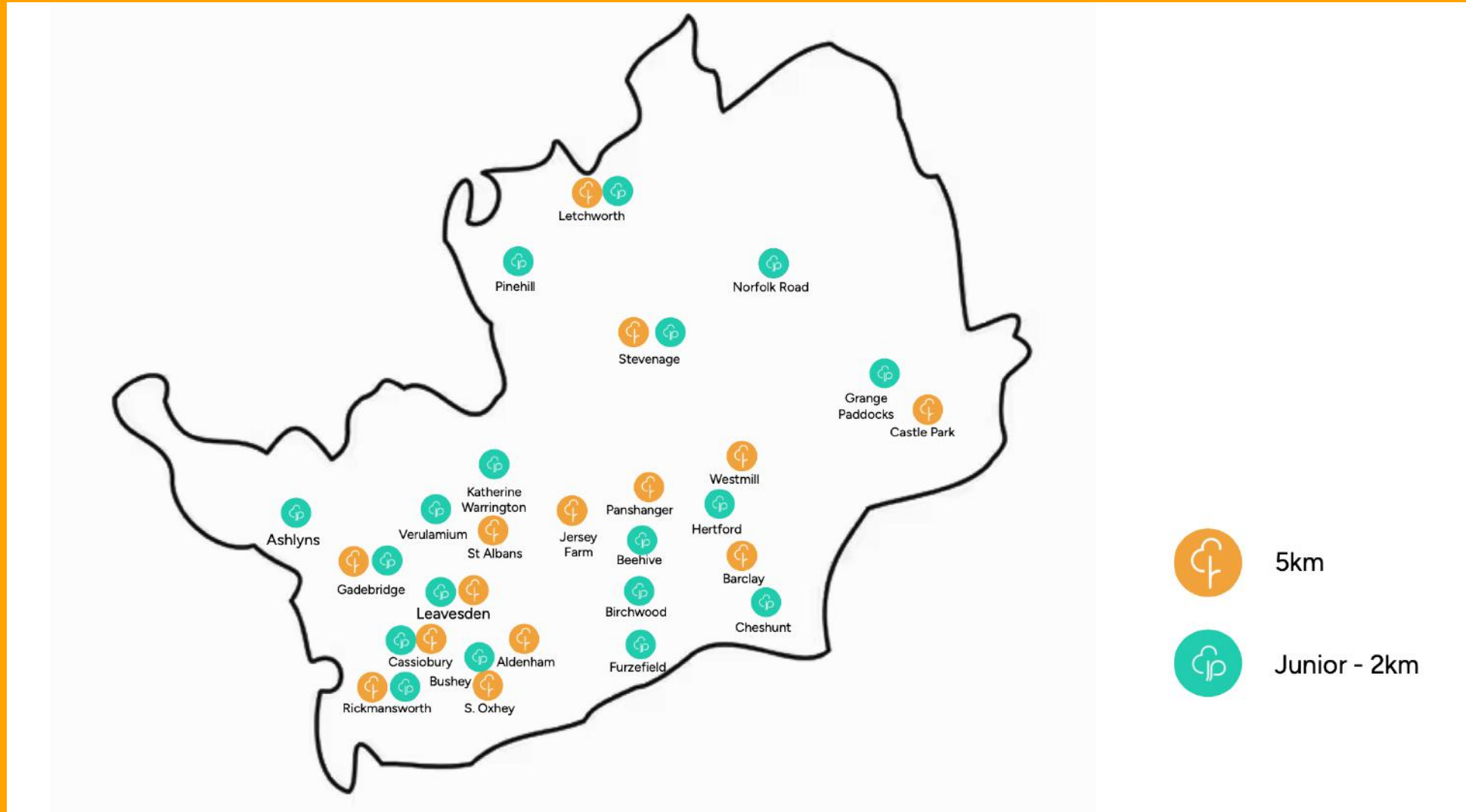
parkruns are weekly events held on a Saturday morning across the UK where participants walk, jog, run, volunteer or spectate. Find your local event [here](#). These events are:

- ✓ **Free to take part in!**
- ✓ **Organised by local volunteer teams**
- ✓ **Open to people of all ages, backgrounds and abilities**
- ✓ **Social, welcoming, fun and friendly**

Taking part in a parkrun is easy. Just register [here](#), download the barcode and head down to an event.

There are also [junior parkruns](#) on Sunday mornings for 4 to 14 year olds, and accompanying adults. Anyone can come along and volunteer!

parkun in Hertfordshire



Impact in Hertfordshire

2014

One 5k event - St Albans
220 participants
12 volunteers



Impact in Hertfordshire

2024

14 - 5k events

18 - Junior 2k events

4561 participants

672 volunteers



What is the parkrun practice initiative?

It is an innovative and [award winning](#) social prescribing project launched by [parkrun UK](#) and the [RCGP](#) in 2018. It encourages practices of all sizes to develop close links with local parkrun events to become 'parkrun practices'.

The website is [here](#) and the map is [here](#).

30% of all UK practices (over 1,900) have signed up!

Being a parkrun practice helps:

- ✓ Improve **staff health, wellbeing and morale**
- ✓ Foster **strong relationships** between staff inside and outside of work
- ✓ Generate content for **quality improvement projects** for staff interested in lifestyle medicine
- ✓ Improve **health outcomes**, reducing the need for lifelong medication
- ✓ Raise awareness of the **range of services** that practices provides
- ✓ Achieve **high CQC ratings** and patient satisfaction scores (and bolster appraisals and PDPs)



Being a parkrun practice is ...

- ✓ Free
- ✓ Straightforward
- ✓ Not time consuming
- ✓ Fun and enjoyable
- ✓ Collaborative: you partner with a parkrun event
- ✓ For everyone: patients, staff and whole communities
- ✓ Self-declared (it is up to you what and how much you do)

Patients say...

“I was first introduced to parkrun by my GP after we discussed my type 2 diabetes. He reassured me that parkrun was a welcoming event. We attended the first event together and I was impressed by how lovely and friendly it was. Since then, I have been to over 32 parkruns and volunteered at a few as well! It has changed my perspective of running from competition to community.”

“parkrun is like a warm blanket for me. When the week has been rough, I know I have it to start the weekend on the right foot. There is always a smile and a kind word to be had at my local event. I always leave more positive than when I started.”





Practice staff say ...

“Almost every day I invite my patients to come to parkrun. I’ve had successes with people with anxiety, depression, diabetes and heart disease, those who want to improve their blood pressure or get fitter. It’s a win-win situation for my patients and the NHS. My patients are healthier, happier and on fewer medications, and the NHS saves a fortune on unnecessary drugs and dealing with their side effects.”

Dr Simon Tobin

“I work as a practice nurse and few years ago I did a couch to 5k with some patients and staff at the surgery. The first time I did Heaton Park parkrun I could not believe the atmosphere and non-judgemental environment. Over the years I have parkrunned with members of my family, husband, daughter, son and dog. My son and I have volunteered a few times and our favourite job is the finish funnel.

parkrun is one of the best prescriptions for better physical and mental health, and free! I always tell patients about parkrun and I explain how inclusive parkrun is and what an amazing sense of community parkrun has.”

Jacinta Yates

Next steps!

1. [Contact](#) your local parkrun event team
2. Register to be a parkrun practice [here](#)
3. Download your certificate and display it proudly!
4. Promote parkrun to staff and patients

Walk, run, volunteer or spectate at parkrun when you can

louise.smith@parkrun.com



Information for Healthcare Professionals



Moving More for Healthcare Professionals

Physical Activity Resources

Moving More Resources Page – Healthcare Professionals

- **Physical Activity Resources – National & Local as well as condition-specific**
- **We Are Undefeatable in Hertfordshire resources**
- **Direct link to Moving Medicine and the Physical Activity Clinical Champions resources**

www.movingmore.co.uk

Herts Sport & Physical Activity Partnership