

# Healthcare Physical Activity Champions' Update

*This newsletter focuses on a programme of work that seeks to embed physical activity into how we think about people's health. As a Healthcare Physical Activity Champion you're interested in supporting yourself, your colleagues and your patients to be more active, more often. Build your confidence in talking to others about one of life's best medicines - movement!*

**Click the text or images for more information**

## Celebrating Good Practice

**High Sheriff honours Hatfield PCN for their outstanding efforts**

Click here to read about Hatfield PCN's step challenge, with four surgeries walking 25,276,086 steps across September to get movement at the forefront of their minds! Hatfield PCN have made several more steps on their journey as an Active Practice with full support from HSP.



**Why not trial some of these ideas within your own organisation to increase staff and patient activity:**

North Stevenage PCN used their protected learning time to be trained in Active Medicine



HaLo PCN have been embedding Active Travel into their surgery for better health of their patients. It all starts with a travel survey!

HSP funded two Physical Activity Clinical Champions training engaging over 40 healthcare professionals.



Proud to be an #activepractice

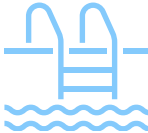
**Congratulations to our new Active Practices:**

- North Watford PCN
- Attenborough Surgery
- Hitchin & Whitwell PCN

Read about Lea Wharf Medical Surgery's Open Day promoting the theme of Movement, Health and Wellbeing to their patients

**Moving More with Long-Term Health Conditions**

Our Moving More website holds a resources page for professionals with advice for being active for a variety of conditions e.g., arthritis, COVID, cancer, menopause, asthma/COPD, mental health and more.



**Have you seen Swim England's long-term health condition resources?**

- Aquatic Activity for Health - NHS elearning
- Aquatic exercise cards
- Health condition fact sheets
- Swimming as a medicine campaign toolkit
- A poolfinder: filter for dementia sessions, accessibility, Good Boost sessions, SEND etc.

