

# Healthcare Physical Activity Champions' Update

*This newsletter focuses on a programme of work that seeks to embed physical activity into health. As a Healthcare Physical Activity Champion you can support yourself, your colleagues and your patients to be more active, more often.*



Click the text or images in all stories for more information



## Upcoming Training



### Physical Activity Clinical Champions (PACC) Training

- A record 64 of you joined our PACC session in May.
- Due to high demand, we have two more dates added in July and August.
- Sign up to our MSK condition-specific PACC on 1st July.
- Sign up to our PACC session on 1st August.



### New Webinars from the RCGP

- How to create effective health pathways on 16<sup>th</sup> July.
- Inspiring Moving Stories on 17<sup>th</sup> September.

## 20 New Active Practices in Herts!

Congratulations to: Alpha PCN, Broxbourne Alliance PCN, North Stevenage PCN, South Stevenage PCN, HaLo PCN, Fairbrook Medical Centre, Dolphin House Surgery and Central Surgery on their new accreditation for embedding movement into their practices.

[Find out more!](#)



## It's Never Too Late to be Active Campaign 2025

Last chance to sign your patients up to free/discounted activities – closing date to sign up is **3<sup>rd</sup> August**



**It's never too late to be active**

So let's give it a go

Register for your **FREE** activity voucher and enjoy **12-weeks of free and discounted activities\***

Visit [www.hertfordshire.gov.uk/nevertoolate](http://www.hertfordshire.gov.uk/nevertoolate)

Call us on 01992 555627

Or drop in to your local library

Creating a cleaner, greener, healthier Hertfordshire

\*These discounts may not be exclusive to NTL participants



[Click here for a toolkit of resources to promote the campaign to your patients](#)

Health walks keep me going, I can't imagine a Saturday morning without them.

Jenny



It's never too late to be active  
So let's give it a go



If your organisation would like printed posters, activity passes and postcards to promote the campaign, please email the NTL inbox at.

[nevertoolate@hertfordshire.gov.uk](mailto:nevertoolate@hertfordshire.gov.uk)



Please contact [z.mckeating@herts.ac.uk](mailto:z.mckeating@herts.ac.uk) for further information or to arrange training/events

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## New challenges and prizes to support PCN staff wellbeing and activity

- Kick-start or rediscover your active lifestyle, at your own pace, in your own way.
- **Prizes to be won every month.**
- First flagship event started on **Monday 23<sup>rd</sup> June** – still time to join and win prizes!
- Track your own activity – anything counts!
- **Sign Up Now!**



**activehub**  
Sign Up Now  
Never Too Late To Be Active

Active Goal: Pledge to get active for 150 minutes each week over a minimum of 3 days  
Prizes to be won!

Starts Monday 23<sup>rd</sup> June  
Sign up now!

[www.totalactivehub.com/activeconnections](https://www.totalactivehub.com/activeconnections)



## GP Trainees champion NHS physical activity guidance



HSP recently attended the Lister Education Centre in Stevenage to deliver Active Medicine to GP's in training.

The junior doctors in attendance are now better equipped with vital new skills to more confidently promote physical activity as part of a patient's treatment plan.

[READ MORE HERE](#)

[Read the new NHS physical activity guidance HERE](#)

## Become a parkrun practice

- Join 24 other practices across Hertfordshire and become a parkrun practice.
- A collaboration between the RCGP and parkrun UK to promote health and wellbeing of staff and patients in this social prescribing project.
- Walk, jog, run, spectate or volunteer.
- **View the parkrun practice toolkit to get started today!**

**Use a digital GP screen to promote parkrun to your patients and reach out if you want flyers!**



[Find your nearest parkrun!](#)



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