



Workshop 1: Becoming an Active Practice

South & West Herts Active Connections Conference

Active Practice Charter

Sign up to the Active Practice Charter and join the national network of practices making positive changes in their surgeries to boost staff and patient wellbeing.

- Reduce sedentary behaviour in patients
- Reduce sedentary behaviour in staff
- Increase physical activity in patients
- Increase physical activity in staff
- Partner with a local physical activity provider



Royal College of
General Practitioners



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Initiatives to embed...

Become a parkrun practice

Install Standing desks

Introduce walking/standing meetings

Personalised care staff promote green/blue spaces

Promote exercise referral schemes

Send exercise advice to targeted groups

Promote Moving More Activity Finder

Connect with Hertfordshire Health Walks

Monthly competition for most active staff

Display exercises/stretching prompts for staff

Wellbeing and activity events for patients

Promote activity apps: couch to 5km, Active 10, We Are Undefeatable

Discounts for staff at local gym

Targeted text messaging to patients on exercise advice signposting

Active Medicine training for staff

Promote active ageing offers to patients

Appoint an active champion at the surgery

42 Active Practice's in Hertfordshire

Achieved Status:

- North Watford PCN
- Hitchin & Whitwell PCN
- Lea Wharf Medical Centre
- Bushey Medical Centre
- Hatfield PCN
- North Stevenage PCN
- HaLo PCN
- South Stevenage PCN
- Dolphin House Surgery
- Broxbourne Alliance PCN
- Fairbrook Medical Centre
- Alpha PCN
- Central Surgery
- Lea Valley Health PCN
- Shopwick Surgery
- South Street Surgery

Case Study



www.movingmore.co.uk

Herts Sport & Physical Activity Partnership



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02Feb2026 - South & West Herts Active Connections Conference
Workshop 2: Becoming an Active Practice

Claire Winzar Alpha PCN

HWBC, RCGP Active practice Charter Rep

HWB Community Project Lead

Tring, Berkhamsted, Markyate, Pitstone – 3 practices, 7 sites

Rothschild House, Manor Street, Gossum's End

Herts(Bucks/Beds)

claire.winzar@nhs.net



Rothschild House Group

All correspondence to:
Rothschild House Group, Chapel Street, Tring, HP23 6PU
t: 01442 822 468
w: rothschildhousesurgery.co.uk



Alpha Primary Care Network
Serving the patients of Gossum's End Surgery,
Manor Street Surgery & Rothschild House Group

Caring **Respectful** **Continuity**

Challenge 1 – Getting application done

Started in Alpha PCN Sept 2023

Active Practice goal of Clinical Director, and Park Run GP

2024 – settling into role. Unsure if I can take the lead

2025 – **Just do it**

Mid April – apply

20 May - result



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CHALLENGE 2 - Meeting the pledges for pts
ENGAGING PATIENTS BEYOND SIGNPOSTING, POSTERS, AND WEBSITES

Successes

Community Activity Events by Invite -Free (trial) and Paid.

Patients

HCC

Private providers

Charities

Ops Managers – Cerys Wilson and Zoe Wixon

View and few, then how we do it

Event Invites, Soft Landings

Hello Cerys,

There is a seated Tai Chi class to promote to our Berko residents.

As she can handle 10 more people, and the crowd will be similar to the Tring senior class, here is an invite suggestion to go to 500 people.

To invite

Berkhamsted address

75 & older

NOT housebound, carehome, EOL, fraility 6-9

If we have too many, then maybe the A-Ms, or similar.

If we don't have enough, then make it younger.

Here is the invite:

Be Brave! Try Something New

Meet our Health & Wellbeing Coach Claire at *Catherine Birkinhead's Seated Tai Chi*.

Perfect for feeling fitter, calmer, steadier & stronger in daily life.

🌟 **Try your first 45-min class FREE!**

📅 Wed 10 Sept • 10:40am arrival for 11am start

📍 All Saints Church, Shrublands Rd, Berkhamsted HP4 3HY

💷 Usually £40 for 4 weeks

Contact Cathy to book: 📞 07961 072874

I'd love to see you there! — Coach Claire

Expectations

- Ideal cohort – fill classes, create new classes
 - Support of Ops Manager
 - EMIS reporting
 - ICB Accurx text allocation
 - Response rate 6-50 if retirement age (300-900 invites)
 - 0-10% for social/activity events
 - To RSVP or Not? Not unless screening required
 - RSVP to provider, or to generic email address
 - Additional outcomes/admin
 - Coding “PA opportunity signposted”
 - GPLW/SP referrals
 - Urgent carers support
 - Signposting
 - Exercise referrals – self refer?
 - Retention? Anecdotal from provider
- ## Develop
- No Limits 2026 + Green SP -DSN
 - PIP/UC, parents, families, sport clubs
 - We are Undefeatable
 - Expo

Challenge 3 – Including activity pledges in PCN healthy lifestyle groups and hubs

Success - “Living Well” Groups and Healthy Hubs

Be directed by clinical needs

Living Well GPs - Jen West, Richard Pile, Nicola Phillips

Natalie Hartley – Paramedic Alpha PCN

Emily Skinner – HWBC Northampton GP Alliance PCN

Challenge 4 – Staff pledges!
HWBC role prioritises Pts
Success - Active Medicine PLT
Newsletters

Zoe McKeating and Tom Horey HSP

Adriana Wyzykowska – Everyone Active

Guest presenters – Tai Chi

Newsletters. Chat GPT/CoPilot Versions for Staff and Partners

- 1 HWBC Service Update
- 2 Winter Wellness – Tips to Enhance Your Immunity and Mood
- 3 Smokefree Healthy Hub – Tring (8 January) and Future Hub Themes/Dates
- 4 Easiest Stress-Busting Hack Ever – do it anywhere, anytime
- 5 Getting Active with a Long-Term Health Condition or Disability – No Limits 2026!
- 6 Why It's Crucial Our Local Providers List Their Physical Activity Sessions on movingmore.co.uk
- 7 UK BioBank Busts The Myth that 30mins moderate activity = 15mins Vigorous
- 8 New Local Mat-Based Pilates Classes - Albury and Pitstone
- 9 Reminder! FREE Winter Welfare Checks - Age UK Hertfordshire
- 10 Smile Corner

? Newsletter readership for Staff and Partner
Newsletters

Send on PLT day. Spot check read receipts

Challenge 5 - Partnerships

Success - Symposium and Conference Attendance

Living Well GPs

HSP Events – Networking

Patients – Talking at events and in consults

Alpha PCN Clinicians and Staff – ask

Challenge 6 – Projects on pause/fallen flat

Herts Health Walk First Steps, Tring – will ask sports club (DSN)

- *Challenge = location - flat/transport/shelter, training required*
- *no staff volunteering, insurance, H/S etc*

LD PA, Cooking, Healthy Lifestyles – Requested by parents, carers, multiple 1:1s

- *Challenge = funding £800*
- *handed over to HCC LD Nurses, Housing Association, CAD - outcome unknown*
- *Will INTs commission more services; Existing services*

Affordable GP Exercise Referral Scheme In Smaller Town Gyms; Build New Gym

- *No council gyms; businesses unable to absorb concession costs; HWBC no time to pursue further*
- *1 gym will discount on case-by-case basis – but serves the whole town*
- *Edlesborough Pavillion Gym is a great example of simple community gym*

Challenge 7 – no particular order

- Display of APC cert, and pledges
 - **CQC Noticeboard** requirements
- **Smaller practice engagement**
 - Staff at capacity
 - Meet pledges pt comms
- Funding for rooms, staff, & educational tools -
 - Practices won't/can't apply for **funding** such as lottery; outsource to community; slow or non-starter
 - **BHF / Arthritis UK booklets**
 - **Temu fat/muscle models, artery**
- Time resources for HWBC
 - 1:1s waitlist, groups, events, service admin, training, project management, coding, follow up, data collection/analysis
- Working with SPs/GPLWs
 - Different PCNs different styles of working. Digital team.
- **Getting providers to list on movingmore / WI:SH / Joy**
 - Busy people- perceived admin; classes full; getting the message out
 - **I will no longer promote providers that are not on WI:SH/Movingmore**
- **Attention to Staff HWB & Engagement**
 - HWBC role prioritise patients; low engagement **Active Hub** even with a prize offered!
- Cross border services
 - e.g. HILS for Active Ageing Herts, but not Beds or Bucks



Connect, Cascade & Amplify

Alpha PCN Clinicians and Staff – PLT, Clinical Meetings, Newsletter

Patients – Invites, PPG Newsletter, ?Newsletter

Partners – Newsletter

HSP - Introduce

Recap: RCGP Active Practice - Brainstorming, Tips, and Best Practice 23 December 2025 | Meeting | Microsoft Teams

- Applying for a practice or a PCN? Names and address of all practices
- Open the application, part fill to see what you need, cannot save it
- Better to apply and get knocked back than stalling for perfection
- You are probably meeting the criteria
 - Get up to call in pts
 - Posters and leaflets in staff/pt areas
 - Activity info on screens, e.g. movingmore.co.uk, We Are Undefeatable – Comms Manager
 - Signposting to local groups
 - Integrate into PLT
 - GP Exercise Referrals
 - Active Hub promotion
 - HSP collab



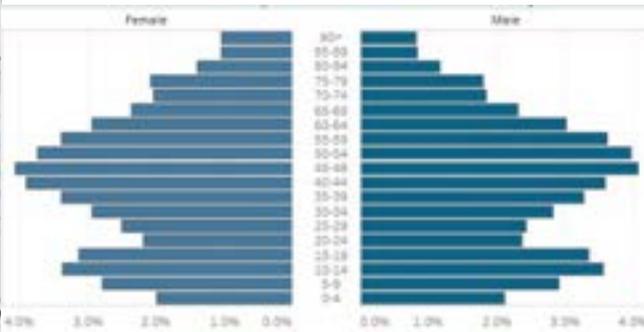
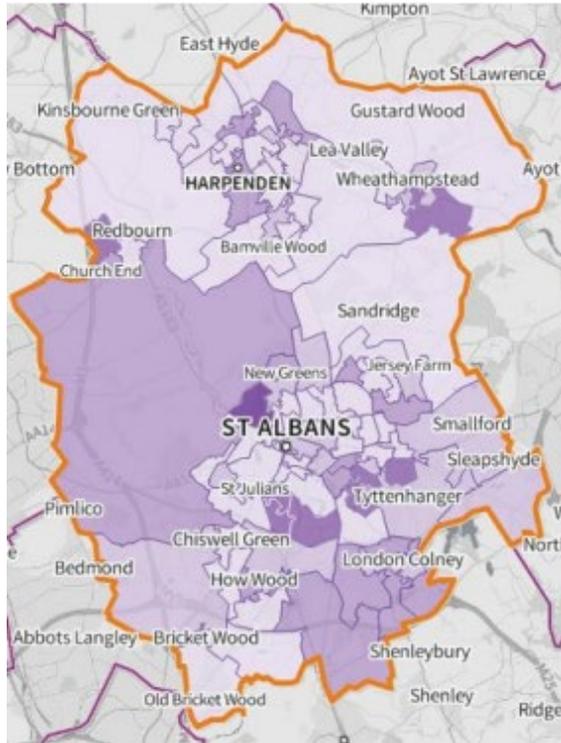
Eleanor
Kelly –
HWBC
Blackpool
Central
West PCN

Harpenden Health PCN

- ◆ Davenport House Surgery
- ◆ The Elms Medical Practice
- ◆ The Village Surgery

Jo Pollard – Health & Wellbeing Coach
Catherine Farman – PCN Manager

Harpenden Health PCN Ltd



Total Population 170,806	Proportion of Population Aged 0-18 22.2% 37,938	Proportion of Population Aged 65+ 18.7% 31,950
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HPCN Roles

Harpenden Health PCN

- ◆ Davenport House Surgery
- ◆ The Elms Medical Practice
- ◆ The Village Surgery

 Dr Bethan Rees Clinical Director	 Catherine Farman PCN Manager	 Lucy Bundy Project Coordinator	 Hayley Geurts Care Coordinator	 Emma Tamba Care Coordinator	 Vikki Psaila Care Coordinator	 Katie Cumming GP Assistant	
 Binul Chandegra Clinical Pharmacist	 Fran Bartz Clinical Pharmacist	 Melissa Karal Clinical Pharmacist	 Minal Patel Clinical Pharmacist	 Russell Foulsham Clinical Pharmacist	 Uoma Kareem Clinical Pharmacist	 Amy Scribner Pharmacy Technician	 Bethany Ryan Pharmacy Technician
 Sara Drummond Advanced Nurse Practitioner	 Jess Worthingham Specialist Nurse	 Aimee Peacock Advanced Nurse Practitioner	 Lisa Greenfield First Contact Practitioner	 Aida Mutesi Mental Health Practitioner	 Jo Pollard Health & Wellbeing Coach	 Shifa Khan Paramedic	
 Dina Usmanova Physician Associate	 Sara Randall Physician Associate	 Ansha Mhatay Physician Associate	 Jen Macarenhas Physician Associate	 Alison Walsh Physician Associate	 Sonya Chitty Social Prescriber	 Elizabeth Wilson Social Prescriber	 Matt Munt Social Prescriber

Harpenden Health PCN

- ◆ Davenport House Surgery
- ◆ The Elms Medical Practice
- ◆ The Village Surgery

Active timeline



Wellbeing hub set up from vaccination centre



Regular wellbeing meetings (MDT style)



2022 Living Well Programme; 4wk 2hr programme, Lifestyle medicine GPs, Personal trainers, Everyone Active team + Jo



Roll out and all practices involved



Chair exercises & Health Walks inc care homes + 1:1s



Active Hub pilot



HSP support for PTTL event

Jo's Activities

- EA issues
 - Parkinsons, pickleball, chair-based classes
 - Seniors' classes
 - Nuffield joint management programme
 - Community work – library, posters, advertising
 - Other gym options
 - Health walks – PCN & external opportunities; Herts Healthwalks MIND
 - Walk and talk conversations (seasonal)
 - Chair based PCN classes inc care homes for stability
 - Support by Harpenden Trust for grant towards equipment
 - Issues of the ARRS role
- 



Use of TARGET training sessions

- First one – direct with Tony & Alex
- Inter-practice fitness challenge
- Second one – HSP support
- Active Medicine programme delivered by HSP
- Importance of physical activities – practicing what we preach!
- Break out groups for practice ideas to how we cover all the RCGP Active Practice points
- Application as a PCN



“If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat.”

Active Practice application

Active Practice Charter



Royal College of
General Practitioners

Sign up to the Active Practice Charter and join the national network of practices making positive changes in their surgeries to boost staff and patient wellbeing

1. Reduce sedentary behaviour in patients
2. Reduce sedentary behaviour in staff
3. Increase physical activity in patients
4. Increase physical activity in staff
5. Partner with a local physical activity provider



Frustrations/challenges
to application status

- Practice engagement
 - Time & effort
 - Active practice champions “rewards”
 - Understanding the key points required
 - Knowing whether its “good enough”
 - Finding what would make our application stand out
 - Word count issues to answers
 - Lack of response
- 

Next steps



activehub

Active Practice Champions

HSP opportunities and Active Hub challenges

Awaiting application outcome

Presenting at HSP conference

Rothamsted Park working with HDC

Joint projects with voluntary sector





Questions



Toolkits: National and Local



www.movingmore.co.uk

Herts Sport & Physical Activity Partnership



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Resource Hub

<https://sportinherts.org.uk/active-connections-resources>

Resources for Supporting Increased Patient Activity Levels

Moving More Activity Finder

Find activities locally and to do at home. Embed the iframe onto your webpage.

Exercise Referral Schemes

View resources to help find and refer patients to their nearest scheme.

Live Longer Better in Hertfordshire

Discover local opportunities for promoting active ageing and become a champion.

We Are Undeatable

Take a look at We Are Undeatable's resources to support those living with a long term health condition.

Physical Activity Guidelines

View the national guidelines for physical activity for adults, children, disabilities etc.

Digital Screen Slides

Download the latest GP digital slides for your waiting rooms to promote movement to your patients.

Arthritis UK

Exercising with arthritis resources: workouts, advice, goal-setting and FAQs.

Hertfordshire Health Walks

A toolkit for healthcare professional and personalised care to better connect patients to local walks.

Swim England

Discover Swim England's Water Wellbeing Programme and the offers to support patients with long-term health conditions.

Nuffield Health Joint Pain Programme

Refer your patients to this free Joint Pain Programme to lead a more independent life.

Physical Activity Apps

Support your patients in finding suitable physical activity apps for their individual needs.

Resources for Staff Wellbeing and Physical Activity

Moving Medicine

Discover upcoming training, useful resources for having conversations with patients about moving.

Healthcare Physical Activity Champion

Receive a quarterly newsletter to support you embedding physical activity into your surgeries.

Becoming a Parkrun Practice

Flyers and toolkit for promoting parkrun and becoming a parkrun practice.

RCGP Physical Activity Hub

Connect physical activity and health using the RCGP's resource hub.

Active Connections Hub

An online and inclusive PCN staff movement platform with opportunities to compete for prizes against local GP surgeries.

Training

Sign-up for the latest physical activity training, appropriate for both non-clinical and clinical staff.

Swim England NHS Training

A free interactive elearning for NHS staff to upskill on aquatic activity and swimming for health.



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RCGP Physical Activity Hub



<https://elearning.rcgp.org.uk/course/view.php?id=536#section-1>

www.movingmore.co.uk

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RCGP Physical Activity Hub



Explore the Active Practice Charter Toolkit

Everything you need to sign up to the Active Practice Charter.



Waiting room posters and flyers

Three posters to display in your practice or print out as flyers to promote movement.



Social media resources

Resources to use on your practice website or on your social media channels.



Become an RCGP Active Practice

Find out more about the five simple steps to sign up.



Moving stories: case studies from Active Practices

Read case studies from other practices about how they achieved the Active Practice Charter.



parkrun practice

The RCGP partnership with parkrun UK has been a runaway success! Learn more and sign up.



Text message/SMS templates

Consider sending patients an SMS message, through AccuRx, about your physical activity initiatives.



Population searches

Population searches can help drive better health outcomes for patients.



Evaluate your impact

We have developed a template evaluation form to help your practice embed the APC's principles.



Active practice and parkrun maps

Find your local Active Practice and parkrun practices.



Why getting active matters

A brief overview of the impacts of physical activity and sedentary behaviour on health. For more...



Become a GP with an extended role in lifestyle medicine

Discover more through the RCGP extended roles framework.



Masterclass videos

View recordings of our free masterclasses on physical activity.



Physical activity resources

The resources, literature and organisations which underpin the Movement for Movement.



SMS Templates

Personalised message

Dear patient,

During our discussion today we talked about parkrun. Our nearest is [NAME OF EVENT, NAME OF PARK]. The event starts at [9am in England and Wales, or 9.30 in Scotland and Northern Ireland]. It is totally free to take part. You can spectate, volunteer, walk or jog, and can wear anything you like. Please see www.parkrun.org.uk for more details or speak to a member of practice staff.

SNOMED code: Signposting to community exercise group

Generic message

Dear patient,

If you would like to be a little more active, be outside and connect with others why not think about walking, jogging or volunteering at parkrun? The events are totally free to take part in and are open to everyone: you definitely don't need to run! Our nearest is [NAME OF EVENT, NAME OF PARK]. It starts at [9am in England and Wales, or 9.30 in Scotland and Northern Ireland]. Please see www.parkrun.org.uk for more details or speak to a member of practice staff.

Social Media Assets and Posters



RCGP Active Practice

RCGP Royal College of General Practitioners

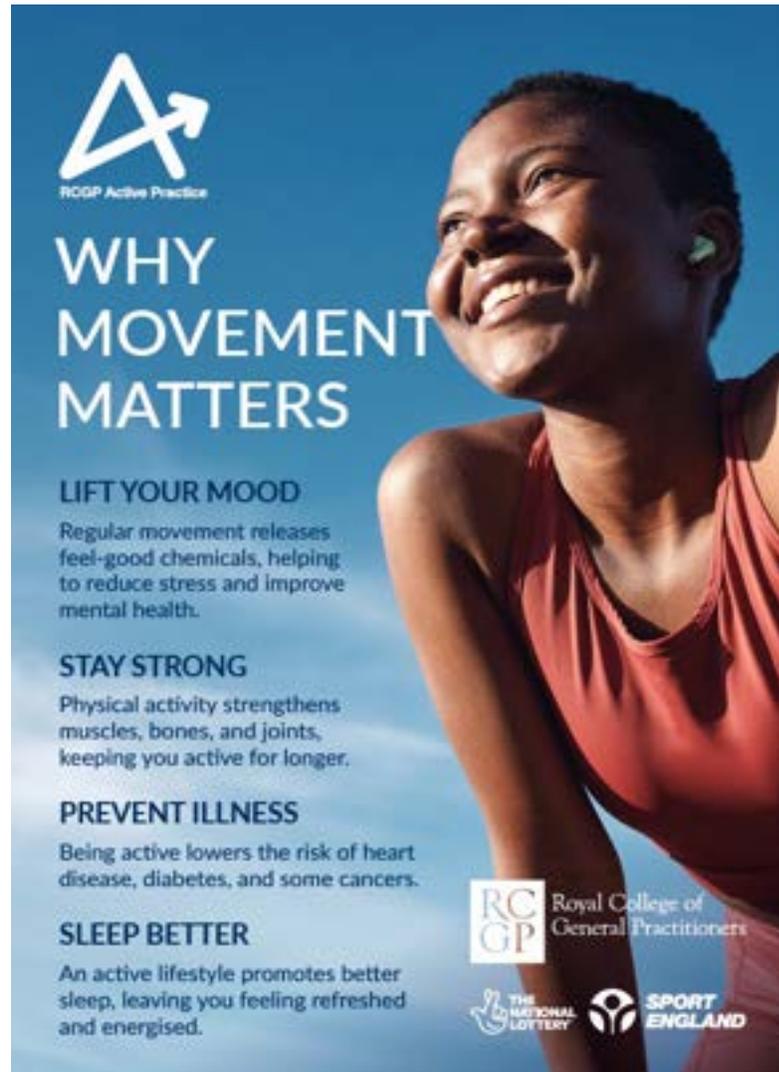
THE NATIONAL LOTTERY **SPORT ENGLAND**

WANT SUPPORT GETTING ACTIVE?

ASK A MEMBER OF STAFF ABOUT WHAT SUPPORT IS OUT THERE IN YOUR LOCAL AREA!

Becoming more active may not be easy. But with support and encouragement you can find a path to physical activity that works for you.

Herts Sport & Physical Activity Partnership



RCGP Active Practice

WHY MOVEMENT MATTERS

LIFT YOUR MOOD
Regular movement releases feel-good chemicals, helping to reduce stress and improve mental health.

STAY STRONG
Physical activity strengthens muscles, bones, and joints, keeping you active for longer.

PREVENT ILLNESS
Being active lowers the risk of heart disease, diabetes, and some cancers.

SLEEP BETTER
An active lifestyle promotes better sleep, leaving you feeling refreshed and energised.

RCGP Royal College of General Practitioners

THE NATIONAL LOTTERY **SPORT ENGLAND**



RCGP Active Practice

WE ARE AN ACTIVE PRACTICE!

THE NATIONAL LOTTERY **SPORT ENGLAND** **RCGP**



RCGP Active Practice

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Swimming, Cycling, Walking icons

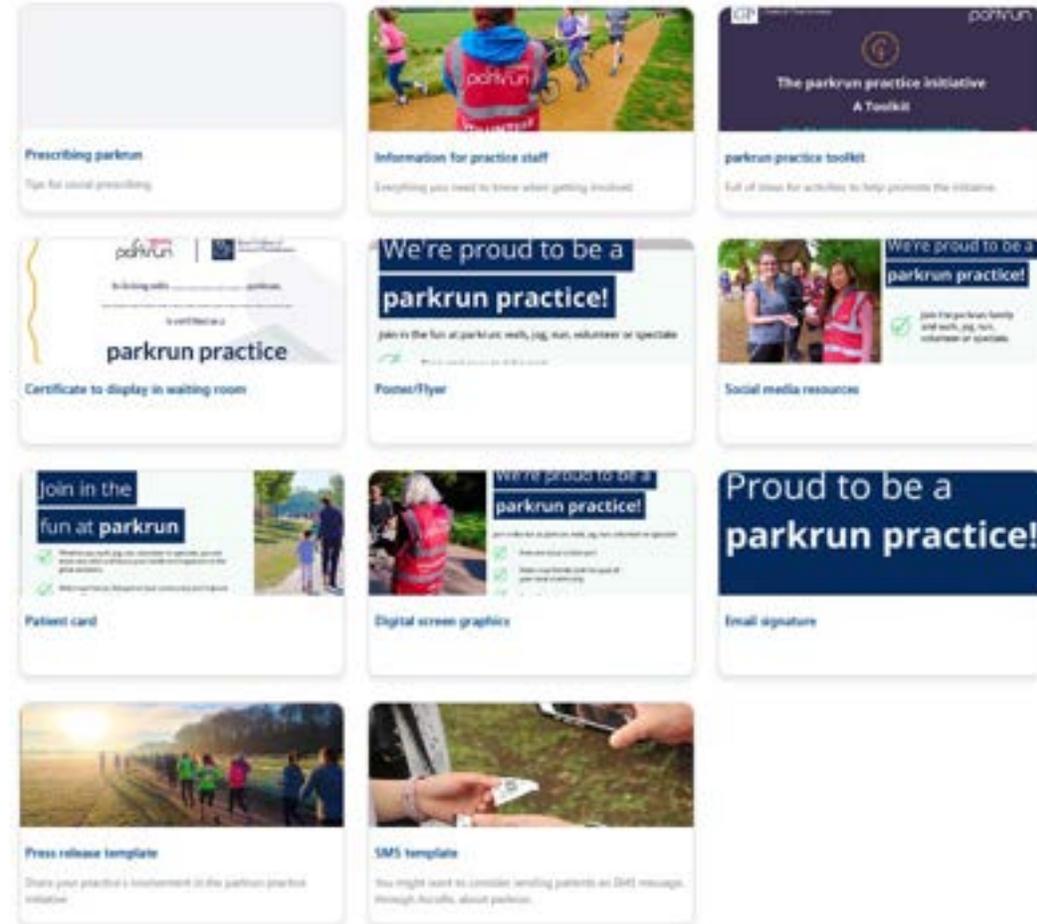


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parkrun Practice

- [Contact your local parkrun](#) and have a chat with the volunteer team
- Register your surgery as a parkrun practice
- Start signposting patients and staff to parkrun
- Take part and have fun as a walker, jogger, runner or volunteer

"We are a parkrun practice and we think it's a great thing! The name (parkrun) is a little misleading as you don't have to run, you can walk too. There is a volunteer role called a parkwalker to encourage more walkers to attend parkrun. I would urge you to go along and watch one in your local park so you can see what it's all about. As well as getting people to be more active, there is a lot to be said for volunteering and feeling part of a community. We recently did a volunteer takeover where we got lots of our staff and our PPG involved in volunteering. One of our PPG members has volunteered nearly every week at parkrun since!"



<https://movingmedicine.ac.uk/pacc/>

Moving Medicine



www.movingmore.co.uk

Herts Sport & Physical Activity Partnership

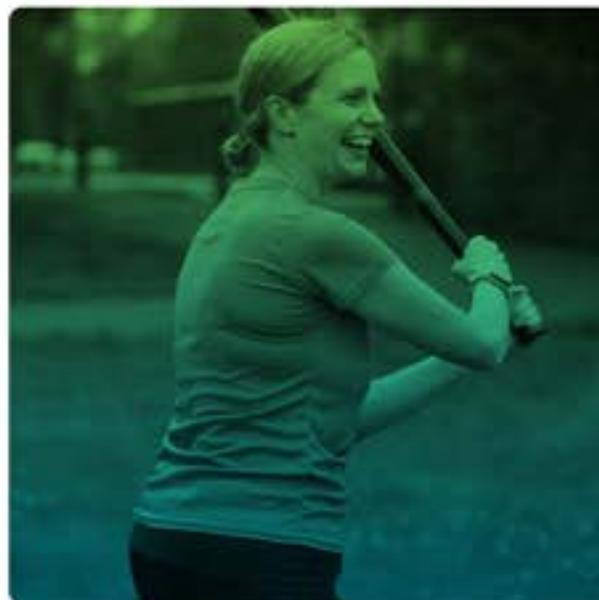




Consultation Guides

Our award-winning, step-by-step guide to physical activity conversations in clinical practice

[Find the right consultation](#)



Active Conversations

Our accredited online course, designed to teach motivational interviewing in the context of physical activity.

[Online Course](#)



Evidence

Our resources are based on evidence, and you can read and find out more in this section.

[Evidence Finder](#)



Consultation Guides

Step One: Select Age Category

Step Two: Select Health Condition(s)

Step Three: Select Conversation Length – 1 minute, 5 minute, or more minutes conversation

Guided conversation: Ask, Explain, Invite

Downloadable Information: set some goals, use a diary, workbook for an active lifestyle, step counting, condition-specific patient information leaflet



Explain

Many people with COPD find that moving more helps them manage their condition and symptoms, as well as improving their general wellbeing. I wonder what you make of that?



Patient Information Finder

Step One: Select Age Category

Step Two: Select Health Condition(s)

Downloadable Information:

1. Set some goals
2. Use a diary
3. Workbook for an active lifestyle
4. Step counting
5. Condition-specific patient information leaflet



Follow these Top Tips to keep you active:

- 1 It's never too late to start.
- 2 Strength and Cardio is important but don't forget your pelvic floor!
- 3 Do physical activity you enjoy - you are more likely to want to do it again if it was fun.
- 4 The benefits of physical activity outweigh the risks
- 5 Physical activity includes unplanned activity such as housework and walking
- 6 It's important to drink clear fluids and keep hydrated
- 7 You don't need specific sports-wear, just make sure your clothes and footwear are comfortable. Darker clothing doesn't show up wet patches if you are worried about sweating or leaking or consider protective underwear.
- 8 Remember to start slow and increase gradually, this can help you build up your confidence
- 9 Hurt doesn't always equal harm, for example, often after a good workout you can get delayed onset muscle soreness (DOMS) which is a sign of a good workout.
- 10 Try exercising in the morning or afternoon if you are finding your hot flushes are worse later in the day.

Build activity into everyday life:



Total Active hub



www.totalactivehub.com/activeconnections

Herts Sport & Physical Activity Partnership

Active Connections Hub

- Fully-funded Movement Programme
- Open to all staff across Hertfordshire PCNs
- Monthly Events & Prizes
- Friendly inter-PCN / Surgery competition
- Filler events and Flagship events

Scan QR code to register now or visit:
www.totalactivehub.com/activeconnections



www.totalactivehub.com/activeconnections



activehub



Active Connections stats



Active Hub Stats



393
days



22,417.8
miles



12,555
activities

96%

More engaged in movement



55%

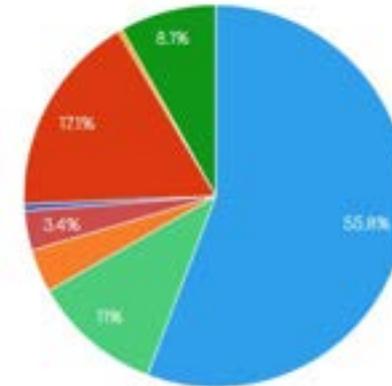
Employees walking



- 514 PCN colleagues have activated their account
- 25 Primary Care Networks actively involved
- 57 Surgeries taking part

Activities Logged

- Walk
- Run
- Cycle
- Swim
- Row
- Workout
- Winter Sport
- Other



Your Task



1. Who can lead on, and be involved in taking the Charter forward?
2. What does your surgery/healthcare setting do already? **What opportunities can your role/organisation provide to a healthcare setting?**
3. What is missing? **What physical activity initiatives would you like to see offered to patients?**
4. Choose five initiatives to kickstart across the five charter objectives
5. Think about your business case

Find Out More

[Active Connections webpage](#)

with links to Active Practices, Training Opportunities and more

Case Studies:

- **Hatfield PCN Active Practice video** – [watch here](#)
- **Alpha PCN Active Practice Case Study** – [Find out more](#)
- **Active Connections Hub** – [Total Active Hub Case Study](#)

// *"The challenge not only made us move more, but also gave us a common goal and improved the team relationships, and what's more important made us laugh a lot. Having to check the steps daily, makes you realise how sedentary your days can be when you are sitting at work all day. I will definitely think more about fitting physical activity into my day, and when I speak to the patients, this will be on my agenda every time".*

Staff Member of the Steps Challenge at Hatfield PCN

// *"This challenge came at the right time for me. Having experienced two bereavements over the holiday season, my mood was very low. The challenge motivated me to move more, which significantly improved my mental well-being. I feel more like my old self! I enjoyed pushing myself further each day and have continued exercising even after the challenge ended."*

Thank you



Contact details:

General – hsphealth@herts.ac.uk

Zoe McKeating, Project Officer Health – z.mckeating@herts.ac.uk