

# PROJECT: PATIENT WELLBEING

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## WHAT?

Wellbeing Walks from the practice for patients.  
Becoming a Park Run practice and encourage patient engagement

## WHY?

Impact of improved nature connection on mental + physical health.  
Opportunity to encourage active transport and build pro-environmental feelings.  
To encourage people to spend more time outside to boost health, support a community initiative, build social connections and use of more green routes/ methods of transport & travel.

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## HOW?

Ran the project through the organisation I work for  
Risk assessed walk (short route through nearby woods) + got first aid cert  
Engaged patients via social prescribing.  
Now there is a volunteer (a patient), and we are looking to train up to take over walk to allow it to become a standalone wellbeing walk for anyone, starting from the practice.  
I contacted the local Park Run as advised on the Park Run website, they advised that something is already set up with the PCN medical centres particularly a local Medical Centre although not much engagement currently.

## WHO?

PPG  
Local walking groups  
Volunteer organisations  
Practice staff including GPs

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## WHAT WENT WELL?

Building engagement has worked.  
It's evolving - hoping to promote and also build a team of staff volunteers to help support event

## EVEN BETTER IF?

Can become self sustaining with staff and patient involvement.

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## RESOURCES

Becoming a Park Run practice  
<https://elearning.rcgp.org.uk/course/view.php?id=723>