

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>

Dr Matt Sawyer



Doing what we do, but a bit greener