

Need another way to improve the wellbeing of your community?

Start a parkrun partnership, become a

parkrun practice

- Free 5k events every Saturday
- Free 2k junior parkruns every Sunday
- It's not a race; walk, jog, run, volunteer or support
- Open to all regardless of health conditions, inactivity or disabilities

Visit rcgp.org.uk/parkrun to register and find out more



Royal College of
General Practitioners



What is parkrun?

- Free, weekly timed event taking place every Saturday morning at 9am.
- 5k course which you can run, jog or walk.
- Allows individuals to track their progress.
- Relies on volunteers.
- Register online and print off your barcode which you take to each event you attend.

parkrun History

- The first parkrun took place in Bushy Park on 2 October 2004.
- Not only spread over the UK but now happening in 20 countries across the world.



What is a parkrun practice?

- **RCGP** initiative aims to improve the health and wellbeing of health care staff, patients and carers, reducing the need for lifelong medication.
- Health care practitioners signposting patients and carers to parkrun, particularly those who are the least active and have long-term health conditions.

Benefits of being a parkrun practice

- Helps patients and staff become more active.
- Helps reduce social isolation.
- Allows the surgery to be part of the community.



What do we do?

- ◉ Advertise parkrun on the noticeboards and TV screens in the waiting room, as well as on social media.
- ◉ Encourage staff members to attend with family & friends.
- ◉ Signpost patients who would benefit from attending parkrun.
- ◉ Arrange regular surgery parkruns where GPs attend.
- ◉ We have been a parkrun practice for one year and taken part in several parkruns including the NHS takeover Day and GP Pledge Day.





Ethos

- Physical activity is good for both your cardiovascular system, your joints, your weight and your mental health.

**“There is no health
without
mental health.”**

Issues

- Attendance from patients continues to be low.
- How do we get people to change?

