

Training for Staff

Invite the PHE Physical Activity Champion to visit your practice

Great interactive fun education session about why we should discuss physical activity with all our patients and advise on how to raise it and remind us of the current physical activity guidelines.

Groups of 20 healthcare workers

Perfect whole team education package (reception/ admin/ HCA/ Docs/ Nurses/ Pharmacists/CPN etc.)

FREE

Session lasts for 1-2 hours tailored to your need

Contact: Louise.Williams@phe.gov.uk

Promote Walking to your patients

- Tell your patients about the 11 free local weekly volunteer led walks in Trafford. This can be via text /leaflets or posters – direct them to this website or the facebook group
- <https://www.walkingforhealth.org.uk/walkfinder/trafford-walk-for-health>
- If you want to start your own group or formally link in with an existing walk – contact us and we can help / advise
- Do you have any patients who may like to be trained and lead your walks –regular local training sessions and support.
- Great PPG project (eg Bodmin / Firsway walk)
- Make sure you have leaflets that promote walking – these can be obtained from Public Health

Physical Activity Support to GP Practices

Why Physical Activity

24.3 per cent of Trafford residents are inactive, which means they do 30 mins of activity or less a week.

CMO advises 150mins/week moderate exercise (can speak but not sing a song).

Physical activity: Our greatest defence

Physical Activity contribution to reduction in risk of mortality and long term conditions		
Disease	Risk reduction	Strength of evidence
Death	20-35%	Strong
CHD and Stroke	20-35%	Strong
Type 2 Diabetes	35-40%	Strong
Colon Cancer	30-50%	Strong
Breast Cancer	20%	Strong
Hip Fracture	36-68%	Moderate
Depression	20-30%	Moderate
Hypertension	33%	Strong
Alzheimer's Disease	20-30%	Moderate
Functional limitation, elderly	30%	Strong
Prevention of falls	30%	Strong
Osteoarthritis disability	22-80%	Moderate

Become a RCGP parkrun practice

Volunteer, Walk, Run

- We have 3 parkruns in Trafford @ Sale Water Park, Stretford parkrun, Seymour Park junior parkrun and just over the border Wythenshawe. We are working on one in Partington. <https://www.parkrun.org.uk>
- To become a parkrun practice is **EASY** we have **7** in Trafford
 1. Have a read of the information on this link <https://r1.dotdigital-pages.com/p/49LX-52M/parkrunpractice>
 2. email/ speak with your local parkrun team to ensure they are happy to link with you. See first link for contact details
 3. When you get the thumbs up from your local parkrun team register online via the second link.
 4. Think how best to promote parkrun to your patients. Fabulous slideset available for your TV screen, logo on your website, create an accrx template to send to patients with details of how to register, arrange a 'volunteer takeover' where you provide some volunteer marshals for the sat am run.

Cycle to work Scheme

Register your practice below to access online business toolkit; full of fantastic self-help guides, tips and advice to help your staff travel more sustainably and save your business money.

<https://tfgm.com/travel-choices/business/business-travel-network-registration>

Practical advice on how you can help your staff to become more active by cycling to work

Physical Activity Referral Programme

- The Trafford Leisure's Physical Activity Referral makes physical activity easily accessible and provides all inactive patients:
 - 8 weeks subscription to gym,
- It's suitable for patients with long term conditions. Referrals can be made on the F12 –'Lifestyle'
<https://traffordleisure.co.uk/physical-activity-referral>
- Also use this referral for the falls prevention. (8 weeks 2sessions/week)
- Great for mental health too

Trafford contacts

For more information on any of these offers please contact

Dr Yvonne Burke (BOUNDARY HOUSE MEDICAL CENTRE) yvonne.burke1@nhs.net

Dr Donna Sager Public Health Consultant
donna.sager@trafford.gov.uk

Any other ideas please let us know!