


PACC physical activity clinical champions training key messages

Salford City Council

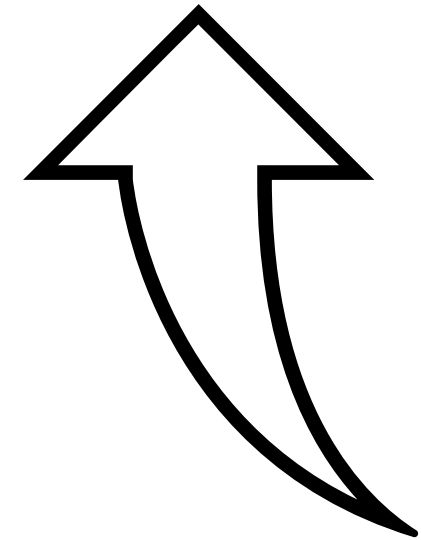


**Clinical conversations –
help change beliefs,
support change,
encourage activity**

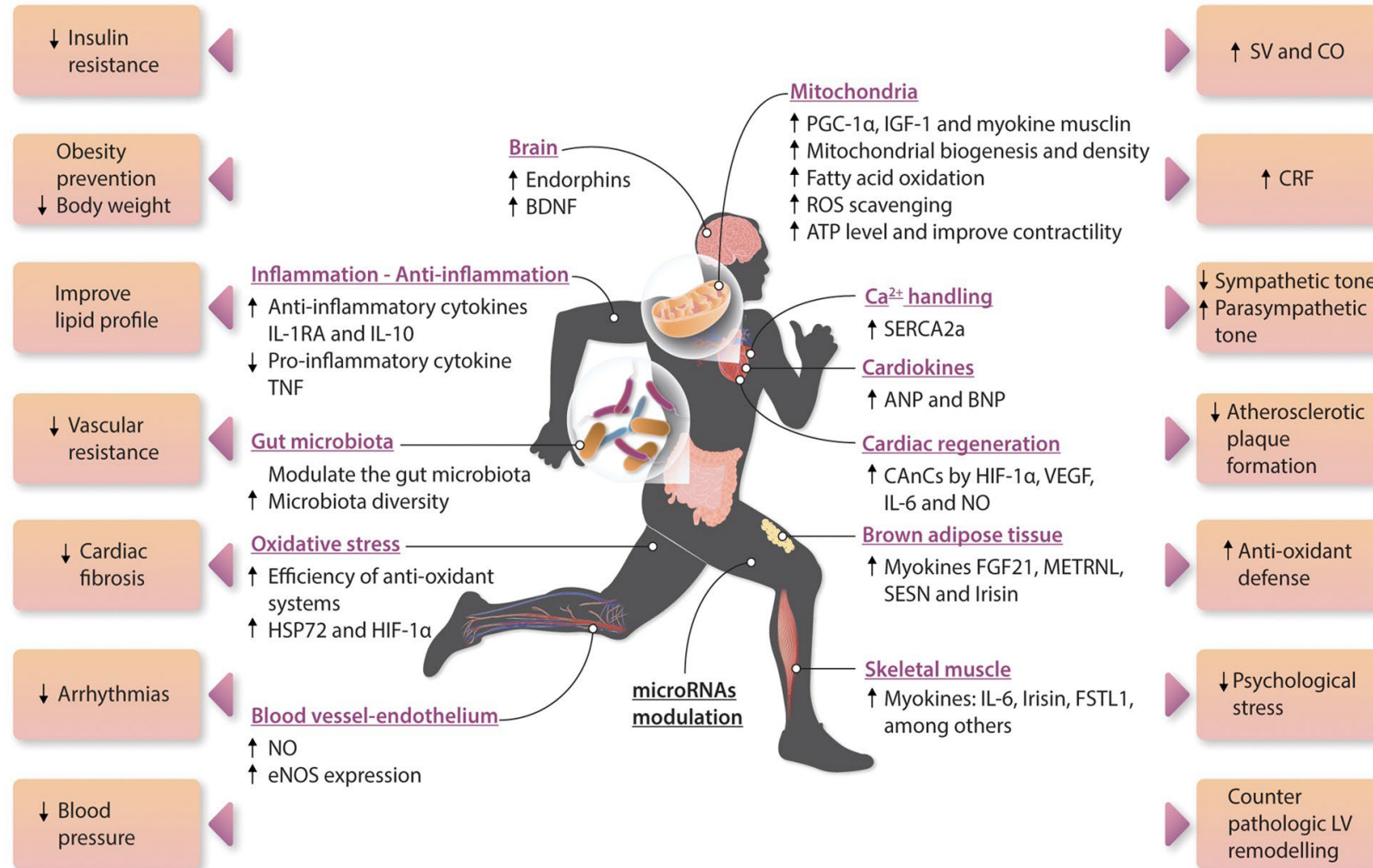


**The least active have
the most to gain**

**Any increase in
physical activity is
beneficial**

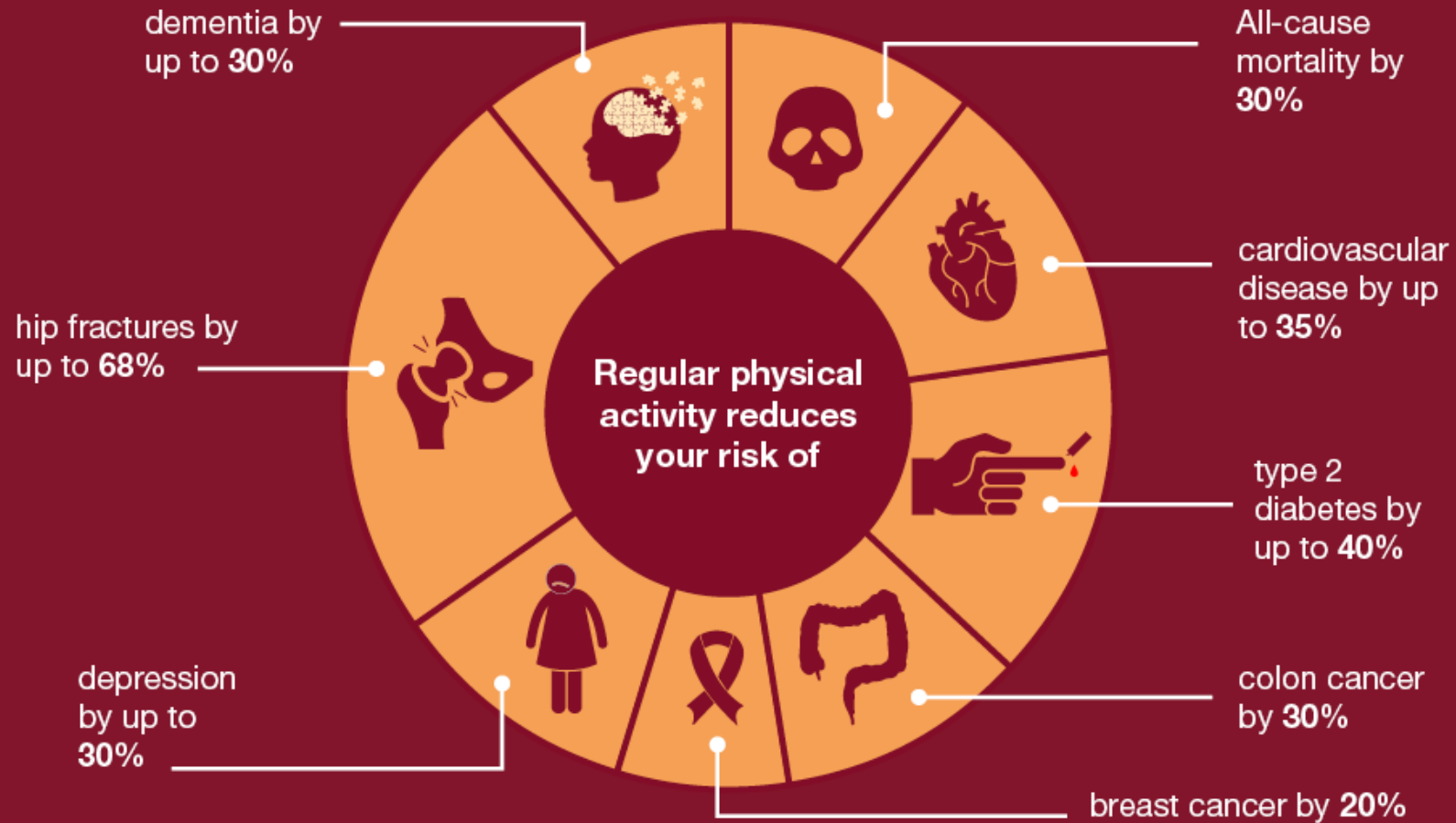


Movement medicine





What are the health benefits of physical activity?

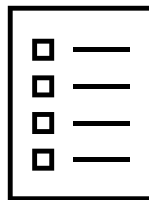


PACCs training key messages

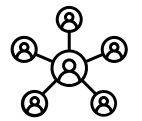
Physical activity....



can reduced all
cause mortality



Is recommended in
over 100 different
NICE documents



Improves physical,
mental and social
health

NHS CMO recommendations



Local opportunities

Salford City Council



Community
connectors and
social
prescribing

Salford - Key Info and Call to Action!

- Complete the online evaluation, this leads to the processing of certificates
 - (produced monthly by Sheffield Hallam Uni)
 - Document attendee/s name and GP Practice onto the Ardens Manager System to meet the Salford Standard KPI
 - Link for Active Practice Status can be found here – [Physical Activity Hub: Active Practice Charter | RCGP Learning](#). Help is available for this, contact is peter.locke@salford.gov.uk
 - Add the following links to your GP Practice website:-
 - [Walk, cycle, wheel, or wiggle – it all helps you feel better](#)•Salford City Council
 - [Wellbeing matters - social prescribing](#)
 - [Home - SCL](#)
 - [Salford health-improvement connect service](#)
 - [What's on in Salford | Salford CVS](#)
 - [Parks and open spaces](#)•Salford City Council
-

Greater Manchester
Moving > ^ < v

Active Practices

Guide for healthcare professionals



Active Practice

Reduce

- Reduce sedentary behaviour in staff;

Reduce

- Reduce sedentary behaviour in patient;

Increase

- Increase physical activity in staff;

Increase

- Increase physical activity in patients;

Partner

- Partner with a local physical activity provider

What is it?

The Active Practice Charter is an initiative that recognises and celebrates practices making positive changes to boost staff and patient wellbeing through physical activity and movement.

Why is it important?

- Improved mental wellbeing of patients & staff
- Improved physical health of patients & staff
- Improved confidence about movement & health
- Stronger local community relationships
- Increased influence on other practices
- Reduced pressure on NHS services
- Recognition locally, regionally, and nationally
- Level of influence on other practices & places

1 in 4 people say they would be more active if it was recommended by a healthcare professional!

What do I have to do?

Practices must demonstrate how they're meeting these areas:



GM Moving can help:

- > Set up training for staff to improve confidence
- > Gather evidence and submit your application
- > Connect you with local groups and activities
- > Promote your practice through case stories
- > Work with you to continue the work and embed a culture of moving for health

Active Partnerships

Get involved



LEARNING

Get in touch

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www.gmmoving.co.uk

Imogen Halls
Project Lead - Health

Find out more





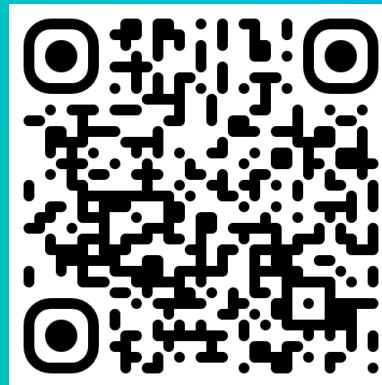
Questions?

What opportunities do YOU have to promote PA in your own clinical setting?



Training Certificate & Post Test Quiz

To access your training certificate, will be sent after you fill in the post test quiz / feedback form on the QR code.



Share good practice

Keep in touch and let us know how this training has helped you and your patients