

OADBY & WIGSTON

Investment: Total funding secured to support local delivery: £165,422



Active Practice Charter – Bushloe Surgery

In August 2022, Bushloe Surgery in Wigston became the fifth surgery to achieve the Active Practice Charter in Leicestershire, Leicester and Rutland. To achieve the charter from the Royal College of General Practitioners, the surgery worked in partnership with Active Together and Active Oadby & Wigston to reduce sedentary behaviour and increase physical activity levels in staff and patients.

Promotional material highlighting ways to be active locally was advertised in the waiting room and staff room. Staff have been encouraged to be active by building physical activity into their working day. To support this, the surgery has introduced desk cycles, group walks and walk leader opportunities for staff.

In early summer, the surgery launched a patient led walking group. The walk offers much more than just physical activity, it is a great opportunity to meet, make friends and help tackle social isolation. The walk has provided a sense of belonging for all the walkers, many who experience long term health conditions. The reliability of this weekly walk has helped the patients to improve both their physical and mental health. Feedback from the group leader suggested it has been an effective way of boosting their mood and reducing anxiety and stress.

active-together.org/activepractices

“There are so many ways that being a walk leader has helped me; some are beyond words, a sense of purpose, belonging and friendship, it has helped with my grieving, loneliness, and mobility. Walking and walk leadership has made a big difference to my life, had it not been prescribed I think I would have just remained inactive.”

Volunteer Walk Leader

www.activeoadbywigston.org.uk



**LET'S
GET
MOVING**