

Ipswich and East Suffolk Alliance



Case Study:

PARKRUN

NHS Ipswich and East Suffolk Clinical Commissioning Group has joined the call to action from the Royal College of General Practitioners to promote the health and wellbeing of staff and patients.

GP practices across the UK have been encouraged to develop close links with their local parkrun organisers to become 'parkrun practices'.

Since August 2018 we have supported 14 GP practices to sign up as 'parkrun practices'. We also organised an 'NHS takeover day' with the Ipswich parkrun in March 2019. The event saw staff taking on volunteering roles as well as running themselves. The aim of the takeover was to show how parkrun can help to boost fitness, create new friendships, help combat health problems and enhance socialising in an outdoor environment.

