Calling from the UK?
Please dial: 0800 121 4113
Enter participant pass code: 246 288 29 #

Calling from outside the UK?
Please check the email sent with your log in details to access our global
dial in codes and enter: 246 288 29 #

Don’t see your country on the global list?
Please dial: +44 1296 480 180.
Enter the participant passcode: 246 288 29 #

Please check with your provider to confirm call charges.

***Press *0 to speak to an operator if you are having any technical
difficulties***
Use the **chat box** to ask questions and get involved in discussions.

If you’re having technical difficulties message the BT Call Manager via the WebEx chat function, or press *0 on your telephone.
If you want to get involved in the conversation, please click on the Chat icon circled in red.

Select all participants from the drop down menu, type your message then click send!
Where are you joining us from?

Please click on the pen icon, circled in red above....
Where are you joining us from?

Please click on the arrow icon, circled in red....
CLICK ON YOUR LOCATION....
QI Connect: Our Reach

February 2019

1046 organisations

@HISQIConnect
Competition Time
OUR GLOBAL REACH
Congratulations!
NEW ORGANISATIONS…

- Chartered Society of Physiotherapy
- Active Scotland
- Health Informatics Unit
- Highland alcohol & drugs partnership
- Cycling UK
- Central and North West London NHS Foundation Trust
- Bradford City Clinical Commissioning Group
NEW ORGANISATIONS (CONT)…

Royal Brompton & Harefield NHS Foundation Trust

CHOC
Cumbria Health on Call

Scotland Deanery
Home of Medical and Dental Excellence

University Hospital Southampton NHS Foundation Trust

Keech Hospice Care

Healthier Scotland Scottish Government
All territorial NHS Boards across Scotland are now linking in!
LEARNING TOGETHER...AGAIN AND AGAIN...

View recordings of previous QI Connect sessions
You can find information on our previous speakers and view recordings of sessions at the links below.

2018

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http://www.healthcareimprovementscotland.org/our_work/clinical_engagement/qi_connect.aspx
The QI Connect series now features as an approved resource within ISQua’s Fellowship Programme
QI CONNECT TEAM

Series Chair:
Dr Brian Robson
Medical Director

Series Manager:
Jennifer Graham
Programme Manager

Twitter analytics:
Alex Stirling

Guest Chair:
Gregor Smith
Deputy Chief Medical Officer
for Scotland
Scottish Government

Project Officer
Jessica Yuill

Admin/Certification:
Carmen Forrest

Registration:
Michelle De Felice
Alex Stirling
Consultant in Public Health Medicine
NHS National Shared Services
REMEMBER TO TWEET AS YOU LEARN!

#HISQIConnect

Follow us: @HISQIConnect
Chrissie Wellington
Global Head of Health and Wellbeing
Parkrun

@chrissiesmiles
parkrun: healthier, happier, for everyone, for free, forever.

Chrissie Wellington
Global Head of Health and Wellbeing, parkrun
“I love this photo of me at parkrun. For someone with low confidence to love a photo of them where there are jiggly bits, sweat, no makeup and no posing is highly unusual – but this is now my Facebook profile picture and I share it with pride.

It shows the joy and sheer happiness that I have discovered thanks to parkrun, and it shows Jarrod, my Tail Walker that day who stayed with me the whole time and who I now consider a friend.”
Who's heard of parkrun?
parkrun in a nutshell

- Charity
- Weekly events in areas of open space
- 5k on Saturday
- 2k junior parkruns on Sunday
- Organised by volunteers
- Bottom up = demand driven
- Free and easy to take part
parkrun UK’s growth

- 595 5k events
- 265 2k (junior parkrun) events
- 13,000 registrations every week
- 170,000 runners/walkers per week
- 17,000 weekly volunteers
- 2 million taken part since 2004
A global phenomenon

- 1,700 events every weekend across 20 countries
- 40 new events launching every month
- 5 million people signed up
- 300,000 weekly participants
Open to all

Walk
Run
Volunteer
Spectate
“The parkrun community is like a village where everyone knows one another. You look out for one another, and support each other”

“I attend not because it's a run, but because it's a community”
Who's heard of parkrun?

Social and health inequalities

A healthier, happier planet
# Strategies for engaging the least active

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## Strategies for engaging the least active

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Over 400,000 parkruns were completed in the UK in 2018 by participants who were previously inactive. The share of total walks, jogs and runs completed is steadily rising and stood at 5.9% in 2018.
Almost 700,000 parkruns were completed by participants from the most deprived quartile of the UK in 2018.
There has been a sharp increase in the number of walks (50 mins +) completed at 5k parkrun events in the UK, with close to 100,000 in 2018.
“Throughout my life I've never had any friends and I find socialising really difficult. I probably have aspergers. I run most days now as it's good for my mental health, stress and anxiety. Thanks to parkrun for helping me lead a fitter and healthier life and giving me the courage to try volunteering something I've never done in my life before”
parkrun practice initiative

- Joint initiative between parkrun & RCGP
- Launched June 2018 in UK
- Partnership between practice and parkrun event/s
- Commitment to promoting parkrun
- Self-declared
- Toolkit provided, but creativity encouraged
Benefits of being a parkrun practice

- Improve health & wellbeing of practice staff
- Improve health & wellbeing of patients
- Raise awareness of services that practices provide
- Develop local community centred around wellness
- Support growth of social prescribing activities
Helping to create a healthier, happier planet

- Walk the talk - become a parkrunner yourself
- Encourage family, friends, colleagues to take part
- Signpost patients & service users
- GP practices in UK can become a ‘parkrun practice’
- Share stories and case studies

Website: www.parkrun.com and www.parkrun.org.uk

Find parkrun on Facebook, Instagram, Twitter @chrissiesmiles on Twitter
www.parkrun.com
Alex Stirling
Consultant in Public Health Medicine
NHS National Shared Services
Any Questions?

@HISQIConnect
Next Time...

Frank Federico
Executive Director
Institute for Healthcare Improvement (IHI)
Thursday 25 April 2019
QI CONNECT 2019: INNOVATION & INTEGRATION

Professor Bas Bloem
Medical Director & Consultant Neurologist
Radboud University Medical Center
31 January

Chrissie Wellington
Global Lead for ParkRun & Former Ironman Champion
28 February

Frank Federico
Executive Director
Institute for Healthcare Improvement
25 April

Brené Brown
Scholar, author, and research professor
University of Houston Graduate College of Social Work
28 May

Jennifer Dixon
Chief Executive
The Health Foundation
27 June

Dan Heath
Author, speaker & professor
Duke University
29 August

David Marquet
Leadership consultant & US Navy veteran
26 September

Ross Barker
Professor in Institute of Health Policy
University of Toronto
TBC

Tejal Gandhi
Chief Clinical & Safety Officer
Institute for Healthcare Improvement
TBC
QI CONNECT 2019: INNOVATION & INTEGRATION

Follow us on Twitter: @HISQiConnect to stay up to date!

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