

Grove Medical Centre has teamed up with **Southwark** parkrun to become a **parkrun practice**

What is parkrun?

Parkrun is a free, weekly 5km event. You can run, jog, walk or volunteer and it is held in parks all over the UK. It is organised by local volunteer teams. Parkrun is open to all, including those who are inactive or have health conditions.

Why have we become a parkrun practice?

Parkrun has something for everyone from improving your fitness, meeting new people or coping with health conditions. It has been shown to have a positive impact on physical and mental health and change lives. By making changes to your lifestyle, you can dramatically improve your health for the future.

When and where is it?

Every Saturday at Southwark Park at **9:00am**. Aim to get there for 8:50 to the meeting point near the Gallery in the West of the park (see map). Other local parkruns include Burgess Park, Mile End, Hilly Fields, Peckam Rye.

How do I take part?

Taking part is easy, register on the parkrun website www.parkrun.org.uk/southwark/ print off your barcode then you are ready. (you can run without a barcode but you will not get a time). Children aged 4+ can come along and over 11's can attend unaccompanied. The local 2k junior parkrun are at Eltham or Burgess. Wear a pair of trainers and clothes to jog in and keep warm.

Do I need to be a runner?

No, you can take part at your own level and pace, whether you plan to jog, run or walk or volunteer to help the event – just come along and enjoy!

Not ready for 5km?

You do not have to complete the full course or if you would like to start smaller, why not try the couch 2 5K app or podcast. www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week

Health Champions

At the practice we have team of Health Champions who run a couch 2 5K scheme, meditation and coffee mornings for smoking and diabetes. They can support you in making changes to your lifestyle.

If you need further information or are unsure whether it will be safe for you to take part, please speak to your GP or admin staff at the practice.

