



Creating a NHS Forest Site @ Frithwood Surgery, Stroud, Gloucestershire

Dr Will Nattrass GP Registrar

GP Surgery 6000 patients

Rural location

Centre of community with shop and pharmacy

5.5 miles from town facilities

Building improvements

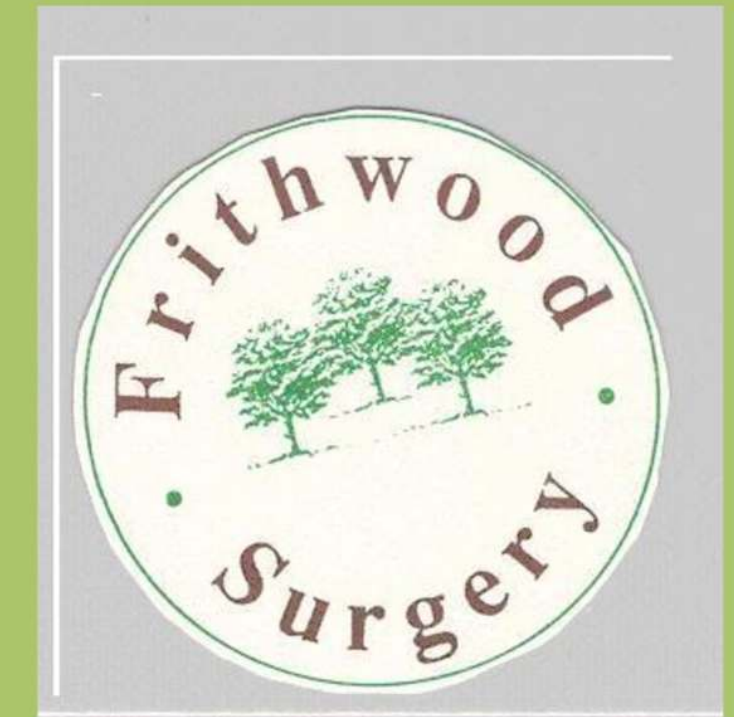
Plan

GP and nurse led

NICE guidance – Physical Exercise

Health Route 1.5miles

Tree planting



Permissions and Community Involvement

Practice Partners

Parish Council

Highways

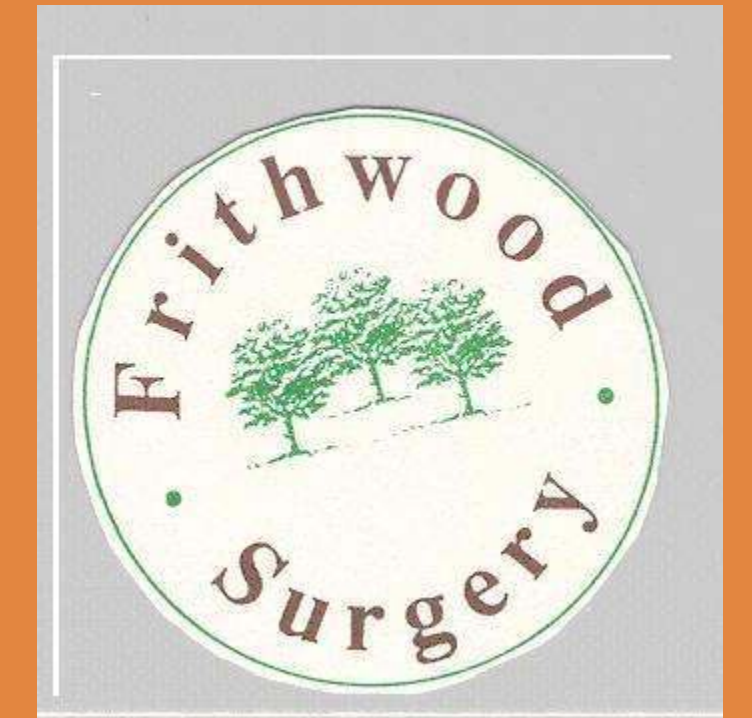
Robert Hitchins

Local residents

PPG

Scouts

Staff



Costs

Trees	£160
Waymarkers	£200
Stakes	£40
Posters & Leaflets	£50
Volunteer labour	£0
<u>Total</u>	<u>£450</u>



Fundraising

Patient Participation Group	£500+
Fundraising and sponsorship	£410



Frithwood Surgery Circular Walk - Route Map 1.5 miles



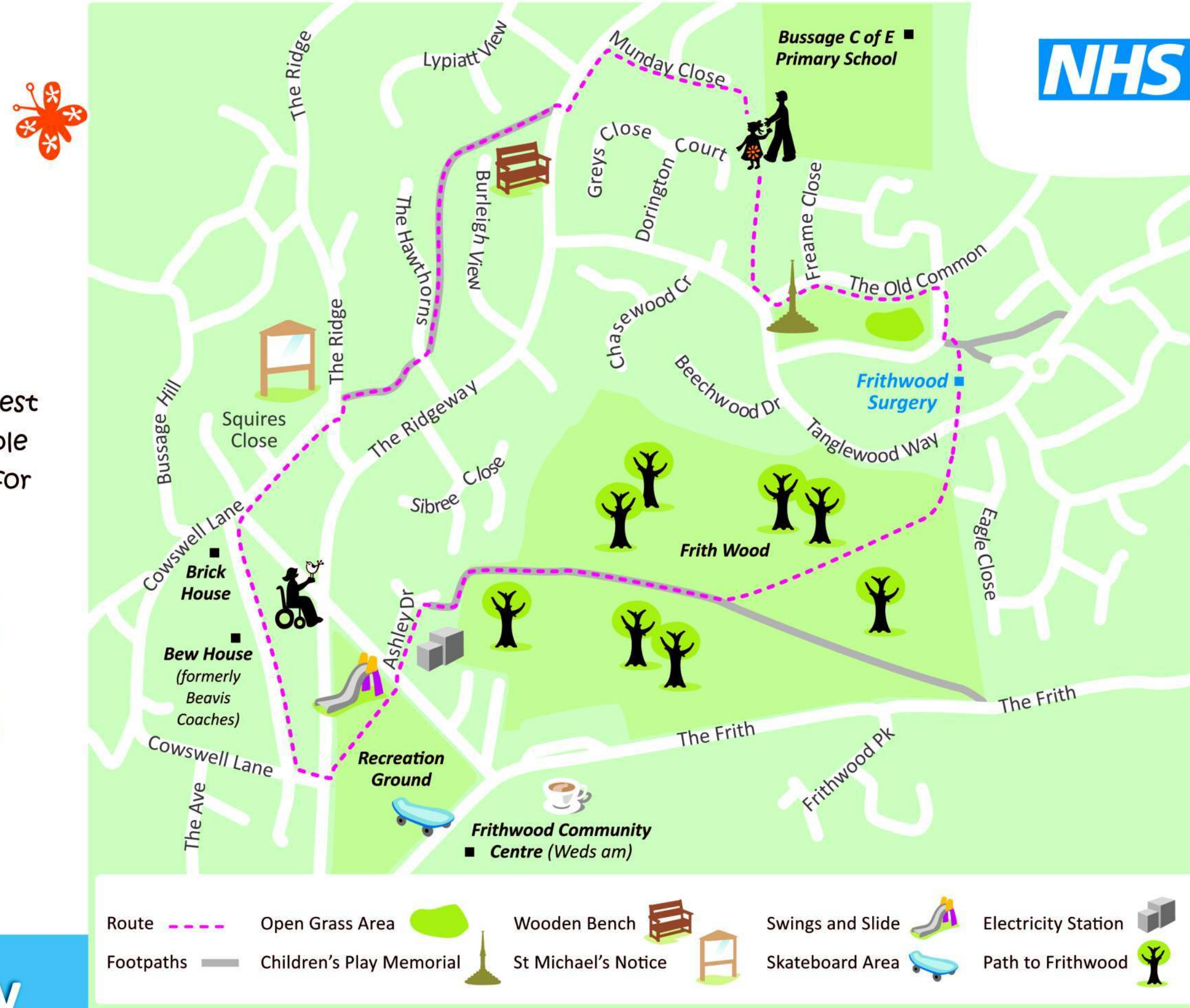
Frithwood Surgery is part of NHS Forest an exciting project to encourage people to get involved in using Green Space for Health activities.

Walking has so many health benefits - you can lose weight, lower your blood pressure and improve your mood.
- All for FREE!



Information leaflet and map available from Surgery Reception.

www.frithwoodsurgery.nhs.uk



Frithwood Surgery



Project legacy

Health Benefits through nurse led clinic reviews

- Personal aims, circuits recorded

Liason with local community walking groups

Trees producing fruit

Plan for raised beds in future

Raising awareness of greenspace and health

