

## **COPY TEXT FOR ACCURX SMS**

You might want to consider sending patients an SMS message, through AccuRx, about parkrun. This can be a follow-up to a personal recommendation (with the relevant SNOWMED code inbuilt), or a more generic message to all patients. Example SMS messages for you to cut and paste are below, but feel free to come up with your own wording.

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### **Personalised message**

Dear Patient,

During our discussion today we talked about parkrun. Our nearest is [NAME OF EVENT, NAME OF PARK]. The event starts at [9am in England and Wales, or 9.30 in Scotland and Northern Ireland]. It is totally free to take part. You can spectate, volunteer, walk or jog, and can wear anything you like. Please see [www.parkrun.org.uk](http://www.parkrun.org.uk) for more details or speak to a member of practice staff.

SNOWMED code: Signposting to community exercise group

### **Generic message**

Dear Patient

If you would like to be a little more active, be outside and connect with others why not think about walking, jogging or volunteering at parkrun? The events are totally free to take part in and are open to everyone: you definitely don't need to run! Our nearest is [NAME OF EVENT, NAME OF PARK]. It starts at [9am in England and Wales, or 9.30 in Scotland and Northern Ireland]. Please see [www.parkrun.org.uk](http://www.parkrun.org.uk) for more details or speak to a member of practice staff.