

**Supporting Integrated Care
through Leisure and Culture**
**An Offer from Leisure
& Culture Trusts**

**CASE
STUDIES**



**We all have a responsibility for
our nation's health and wellbeing.**

While our NHS does an incredible job, it falls to all of us – local authorities, Integrated Care Systems and the wider public health sector, as well as the private, public and voluntary sectors – to support the health and wellbeing of our communities.

Great work is already happening across our nation, with public leisure and culture increasingly recognised as catalysts for change.

Leisure and culture trusts offer a person-centred approach to health and social care considering personal preferences, needs and ability to engage. They aim to reduce inequalities in ill health by providing access to tailored and supervised physical activity and cultural activity at the right time in the optimal care setting. Their work influences both the medical and social determinants of health.

The network across England is vast, with leisure and culture trusts operating in nearly every region of Integrated Care Systems as shown here, and therefore providing accessible and social spaces in both urban and rural areas.

We encourage you, therefore, to:



Connect

Connect with your local leisure and culture providers to understand their work;



Visit

Visit your local leisure and culture venues and programmes to see the impact they have on local communities and their health and wellbeing;



Collaborate

Collaborate with your local leisure and culture providers to implement a plan for leisure and culture to support health and wellbeing.

Integrated Care Through Public Leisure and Culture

The new Health and Care Act 2022 says that NHS organisations need to work together to make health and wellbeing better for people. The establishment of Integrated Care Systems (ICS) forms the perfect framework for engagement with leisure and culture trusts. The statutory guidance for NHS England on *Working in partnership with people and communities* recognises that working with charitable organisations “helps address health inequalities by understanding communities’ needs and developing solutions with them”¹.

CASE STUDY

Health and Wellbeing Delivery, Kirklees

Kirklees Active Leisure in partnership with the University of Huddersfield

OVERVIEW

Kirklees Active Leisure (KAL) have introduced a new approach to service delivery to further highlight their role as a preventative health service, reflecting local, regional and national insight and focus, and to support addressing increasing local health inequalities post Covid. KAL's new Vision is Improving Health & Wellbeing, with the aim to engage people across Kirklees that are the most inactive, encouraging and supporting them to get and then stay active.

In achieving this aim KAL will focus upon:

- Providing programmes which provide targeted and specialist provision and support
- Working with new partners to better engage with target groups and develop services that are appealing to a range of people
- Demonstrating the positive impact of service delivery on key health outcomes.

Actions taken

KAL appointed a Health Partnership Manager to drive forward this change in focus. Actions to date have included reshaping the service model to encompass Universal, Targeted and Specialist delivery and, within these areas, starting to work with key partners to develop specific programmes.

Alongside this service delivery model, KAL have worked with the University of Huddersfield to develop an evidenced based evaluation framework. As part of the framework we will evaluate clear health outcomes related to each area of service delivery, using this evaluation both with commissioners and to improve the programme's design and delivery.

The key to engaging with these target groups is through the partnerships developed locally, working with and alongside key services that can support people to access provision.

Universal offer

The universal offer is targeted at those who may not necessarily require any support to take up activity. In effect, KAL's mainstream delivery to the general population, collectively promoted under our “Yeah! Days Out” brand and developed to encourage a “health by stealth” approach to getting people active in a leisure setting.

Targeted Offer

The targeted offer was developed to support those people who wouldn't readily access KAL's universal offer, may lack confidence, are new to activity and those who may be in contact with community services but predominantly inactive.

As part of these offers we have developed products such as “Moving Mums” for pre and post natal women, “Keep Active with KAL” programme aimed at older adults, and the “First Steps to Fitness” self-referral programme, for those who have been inactive for a period and need a more supportive, longer term induction.

Specialist Offer

The development of specialist exercise programmes for people with specific conditions, referred by services or a healthcare professional, with the aim to encourage active lifestyles long-term through the provision of safe, condition-specific exercise that contributes to supporting improved quality of life outcomes.

KAL have 2 programmes which fall under the specialist exercise delivery: “Fitness for Health”, which is a level 3 exercise referral programme, and “Live Well” which is Level 4 condition specific delivery, initially for cardiac patients, with the view to expand this to additional conditions over time, working with key local health partners.

¹ england.nhs.uk/publication/working-in-partnership-with-people-and-communities-statutory-guidance

Outcomes

As of July 2022, KAL are starting to see an improved uptake of activity from target groups on the programmes launched as summarised below:

Targeted provision

Moving Mums – over 200 new self-referrals to the programme since we started to work with key maternity services and partnerships across Kirklees in August 2021.

First Steps to Fitness – over 400 self-referrals from previously inactive people since it launched in August 2021.

KAL are now working with a wide range of partners, from the community health checks programme, specific mental health services and Third Sector Leaders (the local VCSE infrastructure organisation), in terms of engaging refugees and asylum seekers. These partnerships are key in initially engaging and supporting people to take the first step towards becoming more active.

Specialist Provision

Exercise Referral Scheme – Joint approach with Kirklees Council's Wellness Service, working with local health services. Since launching in December 2021, we are now starting to see an average of 15-20 referrals coming through every week and the need to expand the service.

KAL are already looking to develop further condition specific pathways, working closely with secondary care services to embed these as part of the patient pathway.

Results from the targeted provision for refugees and asylum seekers

“ We approached Kirklees Active Leisure with the view of working together to be able to offer support to our Asylum Seekers, Refugees and Migrants.

We had several meetings with KAL, and we all agreed that supporting them to access First Steps to Fitness which is a new programme which delivers four sessions covering nutrition, sleep, wellbeing, physical activity etc would be a great taster for them, we wanted to be able to then provide them with a gym membership following on from this if they had found the sessions beneficial.

The offer has been so popular that KAL have given us our own TSL session once a week, the sessions are full, and referrals have been constant. The KAL staff delivering the sessions have been fantastic with our participants and we have been in regular contact with them to ensure everything worked as well as it could do.

It has been an absolute joy to speak to them all and see how happy they are now that they have gym memberships, working in partnership with other services and organisations is so important to be able to address the needs of people in our community and work together to come up with a plan to break down barriers and get them this kind of essential support. ”

Third Sector Leaders Kirklees

What the participants said:

“ I have taught myself to swim in the last 5 weeks – I have never had the opportunity before and now I am going to teach my young child to swim, I am so excited – I just love it!

Chunyan

“ KAL have given me a plan to support me with nutrition as I was really struggling since moving to the UK, I feel so much better for it.

Nelson

“ I feel full of energy, I never knew there was a ladies only swimming session, it is my favourite, and I made a new friend here.

Rama

“ I really needed something that was just for me, life has been stressful as a new Refugee, and I love to go to the gym to get away from everything.

Fnan

...working with charitable organisations “helps address health inequalities by understanding communities’ needs and developing solutions with them”

Results from the specialist Fitness For Health programmes:

“ Fitness for health has been a really good, non-judgemental programme.

There is a good choice of activities within the programme and always alternative exercises to meet the needs of the group, for example some exercises I could do seated and some stood depending on my pain management and ability on the day. This made it really easy to come back after I'd had covid, knowing that there would be a form of each exercise for me to do. The instructors were very encouraging. Small successes were given immediate feedback which helped when things were getting hard.

The programme also addressed confidence issue, I started out with a view of I'm never going to be able to do this but left with a can do attitude and this I have applied to other activities, constantly reminding myself that if I did this in the class on Tuesday, I can do it now.

I liked the way the instructors did a more thorough check of your health and well being at the start of sessions and were mindful of all the medical conditions in the class. There was always an air of positivity in the whole room and good group dynamics as with people who shared struggles with their physical and mental health. 🧡

Participant X

Health scores of Participant X:

Measurement	Initial Consultation	Exit Consultation
Weight	122.8 kg	111.6 kg
Waist	139 cm	125 cm
Hip	149 cm	137 cm
Waist:Hip ratio	0.9	0.9
Blood pressure	118/97 mmHg	121/84 mmHg
Resting Heart Rate	93 bpm	79 bpm

“ I feel healthier, I’ve lost weight, I’m more confident and it’s boosted my self esteem. I’ve also noticed I’m not taking my pain medication as much so I must be able to managing my pain better and its reduced my dependency on pain medication.

When I first arrived I was really dubious of coming. I was petrified of exercising with a male instructor after having Hannah for my consultation and programme but I now feel confident and this has helped me to come to the gym more often and exercising around males.

The programme was tailored around me Hannah and yourself were fantastic. I didn't feel stupid and the programme started light and was gradually increased. I had assumptions that the gym was all weight based but my programme included stretching, cardio and new exercises that suited my needs.

I also met new people, really clicked with another client and we've attended the gym and swimming together.

No, you've both been fantastic in encouraging and giving praise which has boosted my confidence. Praise and little ques in the gym sort of on the spot have kept me motivated and focussed during my session in the gym.

Gym and swimming has become a part of my life and daily routine. I'm now putting me and my health first, making it a priority which I've not done for a long time. ”

Participant Y

Health scores of Participant Y:

Measurement	Initial Consultation	Exit Consultation
Weight	108.2 kg	99.2 kg
Waist	115 cm	106 cm
Hip	122 cm	118 cm
Waist:Hip ratio	0.9	0.9
Blood pressure	114/88 mmHg	124/92 mmHg
Resting Heart Rate	74 bpm	76 bpm

Facilities, Infrastructure & Community Assets

Trusts manage a wide range of community assets, but most commonly these include leisure facilities (leisure centres, sports halls, swimming pools, outdoor courts), green spaces (parks and playgrounds), and cultural facilities (town and community halls, cinemas, theatres, museums and libraries).

These assets are located across communities, both urban and rural, providing reliable infrastructure across England. The facilities and green spaces are accessible and welcoming places providing care at the right time in the optimal care setting.

CASE STUDY

BeActive Urmston Community Hub co-location, Manchester

Be Active Urmston Community Hub in partnership with Manchester Foundation NHS Trust

OVERVIEW

BeActive Urmston enable Manchester Foundation NHS Trust to integrate their services into the local community by subletting offices and other facilities at their Community Hub in Urmston.

Actions Taken

The services using these areas include the Pulmonary Rehab Team and Community Rehab Team for the local area. They primarily use the space for offices, and use the hub's rehab gym and hire their spaces for group sessions with patients.

Results and benefits

At the moment the hub offers four of these types of classes per week, and they are available to anyone. They will be working with the local CCG to start to deliver more targeted programmes and hope to introduce a GP Referral scheme.

“ Currently Trafford Pulmonary Rehabilitation use the small hall on a twice weekly basis for an exercise and education programme with Trafford patients suffering chronic lung conditions. Being located within the hub has enabled us to utilise the gym facilities with suitable patients who may have never used a gym before, with a therapist's support.

At completion of the programme, patients are encouraged to continue into long term exercise options, including those in the Hub. Development of these services into a referral system for health to access, utilising the level 4 qualifications is a massive benefit to our population. ”

Helen Blake, Occupational Therapists

Community Rehab Team based at the centre

Outcomes

As a result the George Carnall Community Hub receives a number of their patients upon exiting Manchester Foundation NHS Trust's services. The hub offers a number of chair based and low-impact classes that are suitable for their clients to go on, to assist in their rehabilitation following their treatment. All of their staff have a GP Referral qualification and a collection of other level 4 qualifications among them (Diabetes and Obesity, chair based exercise, pulmonary rehab, etc).

“ I wanted to get a referral from my GP some time ago from my doctor, but gave up after trying for so long. My health deteriorated and I ended up getting referred to the Community Pulmonary Rehab team. I started to attend their sessions at Be Active Urmston on an 8 week course. During this time I explained that I felt vulnerable when out and about and walking outside. They then gave me access to the gym and I had a go on the treadmill, which gave me some confidence. At the end of the course the team then introduced me to the staff at the gym. I had an induction and was given a programme to follow, which gave me the confidence to do some exercise by myself. I started walking for 10 minutes at 0.8mph and am now up to walking for 30 minutes at 2.5 mph and doing some other resistance exercises. I am really pleased with the progress and how I am feeling generally overall. I am now a regular and try to attend the gym at least 3 times per week. ”

Neville Black

suffers with spinal problems and breathing issues

CASE STUDY

Pulmonary Rehab co-location, Cheshire East

Everybody Health and Leisure with Central Cheshire Integrated Partnership

OVERVIEW

Everybody Health and Leisure have Phase III Cardiac Rehab running out of several of their facilities across the borough and have done so for many years, with Everybody delivering the exercise component of the service.

Actions taken

They have also been working with Central Cheshire Integrated Partnership to relocate the Pulmonary Rehab service in the south of their borough into one of their leisure facilities and they deliver the exercise element of the service.

Outcomes

Co-locating the Pulmonary Rehab Service and Phase III Cardiac Rehab has increased provision, delivery, improved patient access.

Co-locating Pulmonary Rehab Services has also provided a robust exit pathway from the NHS service into their exercise referral scheme, ensuring patients have exercise maintenance and long term support. While co-locating Phase III Cardiac Rehab has provided a robust exit pathway from the NHS service into Phase IV Cardiac Rehab which Everybody delivers, aiding progression and long term support.

The trust has also secured a contract to deliver Long Covid Rehabilitation Exercise, across Cheshire East, which forms part of the Long COVID hub run at place base level by health and the exercise and education element delivered in their centres and by them. They are also working with patients who have been clinically diagnosed with COPD and have a MRC Grade 1 and 2, providing exercise and education due to not being eligible for the Pulmonary Rehab service, but needing health intervention.

Results and benefits

Current referral rate from Pulmonary Rehab is 77%

Current referral rate from Phase III Cardiac Rehab is 77%

“We are delighted to partner with CCICP Pulmonary Rehabilitation service, supporting the expansion of the Pulmonary Rehabilitation service into our leisure facility and supporting programme delivery.

We have worked with Jane Wilmer and the team for many years and this new partnership development will enable the service to cope with patient demand in numbers through increasing provision and access to the programme, whilst offering patients long-term exercise and lifestyle support in coping and managing their condition all under the same roof.”

Donna Williamson

Senior Manager
Health Innovation at Everybody Sport and Recreation

“The Pulmonary Rehabilitation service is delighted to be working in partnership with Everybody Sport and Recreation’s Health Innovations Service and moving the programme to Crewe Lifestyle Centre.

It is a much bigger venue for us [the NHS] so we can see more patients more quickly and having the delivery support of Everybody’s Specialist Health Instructors at the centre working alongside us during the sessions allows us to share our expertise, all of which will benefit our patients.”

Jane Wilmer

British Lung Foundation Advanced Clinical Specialist Respiratory Physiotherapist,
Pulmonary Rehabilitation Team

CASE STUDY

Wellness hub, Grimsby, Lincolnshire

Lincs Inspire with Sport England
and North East Lincolnshire Council

OVERVIEW

Grimsby's Health & Wellbeing Centre opened in 2021 after a £180,000 investment. The ground floor facility includes three rooms for power assisted equipment, both chairs and recumbent beds, along with a Lifestyle studio for low impact classes such as Tai Chi and chair-based classes. The facility also features an improved accessible toilet facility and a private space for one-to-one discussions and support. The unique exercise machines, central to the Wellness Hub, are manufactured in the UK by Shapemaster and are designed to provide a 'helping hand' in a low impact, full-body workout circuit. Customers can work passively or actively depending on their physical condition or ability.

Actions Taken

Supporting members who have been referred from a health care professional, or by those who have made direct contact with Lincs Inspire's wellbeing team, the Wellness Hub is used for rehabilitation, those not used to intensive regular exercise, and people who are living with long-term medical conditions such as a stroke, Multiple Sclerosis, Parkinson's, arthritis and Fibromyalgia, as well as those recovering from joint surgery to name but a few.

Outcomes

Over 2021 Lincs Inspire had:

6,732 attendance
on their toning
equipment

209 social
prescribing referrals

173 free trials

Results and benefits

The following video shares users feedback on the Wellness hub: [youtube.com/watch?v=F35fpx2Ubz4](https://www.youtube.com/watch?v=F35fpx2Ubz4)

“ I'm really pleased to see the wellness hub opening at a time when many need it more than ever. It's been great to see the work progressing on what will be an incredibly valuable resource for our local residents. The impact that a facility like this can have is difficult to put into words and I'm really glad that we could help make this vision become a reality. ”

CLLr Callum Proctor

Portfolio holder for economic development, housing, and tourism from North East Lincolnshire Council



Working together
to improve England's
health & wellbeing

Workforce, Skills & Knowledge

With experience of managing a broad range of facilities and services, the workforce of leisure and culture trusts are highly skilled and offer specialised knowledge across mental health and wellbeing, social care, rehabilitation and recovery including cancer rehabilitation, coaching healthy lifestyles, weight management, and ill health management and prevention.

CASE STUDY

Acute Cancer Recovery Centre, Eastbourne

Freedom Leisure with University of Brighton

in consultation with Cancer United's CU Filter™ initiative.

Funding was supplied by the Macmillan Community charity and University of Brighton ECHO grant.

OVERVIEW

Leading a physically active lifestyle both during and after cancer is linked to an improvement in many of the adverse effects of cancer and its treatments. An active lifestyle helps overcome fatigue, anxiety and depression, whilst protecting the heart, lungs and bones. In some cases, being physically active has shown to slow disease progression, improve survival and reduce the chance of recurrence. Despite these benefits, only 23% of people living with cancer are active to recommended levels.

Actions taken

Active Recovery was developed by experts from the University of Brighton and Freedom Leisure in consultation with Cancer United's CU Filter™ initiative. Classes were run weekly by Stephanie Wadlow from Freedom Leisure and Harrison Collier-Bain, an Applied Exercise Physiology MSc student at the university. The group sessions focused on cardiovascular, strength and mobility exercises. The class provided a fun, social setting with group support and specialist advice.

Outcomes

A large number of men recovering from prostate cancer became the main attendees of the classes. Since 2018 16-20 participants attended each class and contributed to the funding of the project by paying £5 per session, with an initial consultation cost of £15, the first class was free.



It's amazing to see so many men coming forward now for support.

Steph Wadlow

Health Projects Manager.

Results and benefits

- New class in Eastbourne following request from CCG
- Greater working relations with cancer consultants, nurses and hospital
- More men coming forward
- Collaboration with Brighton University allows for ongoing assistance from MA level students to assist at sessions

CASE STUDY

Weight Management, Referral Programmes, London Borough of Redbridge

Vision Redbridge Culture & Leisure (Vision)

OVERVIEW

The scheme is available to Redbridge residents aged 16 yrs+ who suffer with physical or mental health conditions which would benefit from increasing their physical activity levels. Residents are referred by their GP with health conditions, including diabetes, obesity, asthma, hypertension, depressions, stress, anxiety and musculoskeletal conditions. Vision also offers specialist pathways for Cancer, Cardiac, Stroke Rehabilitation and Long COVID as well as a 12 week pre diabetes pilot nutrition course.

Actions taken

The scheme supports individuals to achieve and maintain long term health goals and aids the preventative agenda through reduce the risk of coronary heart disease, assist with weight loss, reduce stress and anxiety, controls blood sugar levels, improve mobility and posture, and strengthen muscles and assists with improving overall health and wellbeing.

The scheme offers 12 gym sessions for £12 with specialist instructors, and a subsidised membership to our leisure facilities for a 2 year period to assist residents with long term behaviour change and achieving sustainable health goals.

The scheme offers over 50 supervised specialist sessions including cardiac rehabilitation, cancer rehabilitation, stroke rehabilitation, chair based exercise, gym sessions and weight management (BMI restrictions).

Outcomes

Between April 2021 and March 2022 Vision received 1395 referrals for all pathways with 88% attending their initial assessment. 509 (36%) completed all 12 supervised sessions and 40% of patients that completed the sessions were still active at the six month stage.

The pilot pre diabetes nutrition course proved to be a success with 77% of patients completing the programme losing weight and 73% reducing their Hba1c levels.

Results and Benefits

Due to the success of the pre diabetes programme Vision secured further funding to offer weight management courses throughout Redbridge, via online platforms as well as being able to offer 121 assessments. Vision is also developing a pathway to assist patients with learning disabilities.

The various referral pathways have proved to assist patients in long term behaviour change, increasing physical activity levels, weight loss, and reduction in Hba1c levels and improve general wellbeing.

“The scheme has been amazing, I have lost over a stone and I have more energy. I can now play with my children without having to catch my breath.”

“I have loved everything about the nutrition sessions. I have learnt so much and it has made a big difference in my life. I have already lost over a stone.”

The pilot pre diabetes nutrition course proved to be a success with 77% of patients completing the programme losing weight and 73% reducing their Hba1c levels.

Reach Into Communities

Being located and rooted in their community, trusts can detect changes in people's life and health early through their personal and continuous interaction with customers. In response, they can provide preventative activities, rehabilitation, treatment, and ongoing care as close to home as possible.

CASE STUDY

Thriving Communities, Luton

Active Luton, Luton Libraries and Luton Borough Council

supported by the Thriving Communities Fund

OVERVIEW

Thriving Communities is a series of creative, health and wellbeing and physical activities designed to connect people in their local communities.

One of the project's key aims was to help Luton and its most deprived communities to recover from the pandemic, focusing on the most pressing needs of the individual as well as the role that the arts, physical activity and horticulture can play in recovery.

Actions taken

Activities provided through Thriving Communities have included fitness activities in library settings such as yoga, pilates and Ramblers Walk Leaders training. Horticulture in Luton Parks including conservation and volunteer gardeners. Art in library settings such as mosaic, glass painting, crafts inspired by nature, drawing, puppet making, interactive portraits and more.

Outcomes

The programme is now supporting 70 clients on a weekly basis across 10 different activities.

Key demographics of those attending include:

- 84% female
- 58% from culturally diverse communities
- 55% direct referrals from Link Workers
- 14% from promotional material
- 31% from other library services.

Numbers engaging are now growing quickly as awareness of the programme has become established and confidence within Social Prescription services has grown.

Benefits and results

What Thriving Communities clients say:

“To me, all of you have been so supportive, gentle, it was so lovely, I feel like I am being listened to and understood, there is help there, there is hope there.

“I love it, I go to all the classes, this is a creative, healing and safe space.

“Today's workshop was fun, relaxing and therapeutic.

youtube.com/watch?v=Zk_MEto7Cyk

CASE STUDY

FRAT Onward Referral Service, Warrington

LiveWire Warrington in partnership with the Warrington healthcare professionals network

OVERVIEW

Early identification and support to those who are at risk of having a fall in Warrington can be inconsistent and there are some clear gaps in the system. The Falls Multifactorial Assessment Tool (FRAT) recommended by NICE has been established for several years but is very detailed. Consequently GP's, clinicians, and other healthcare professionals across systems in Warrington sometimes struggle to complete it due to the length of time required.

Aims & objectives of the service:

- Early access to a supportive service
- Increase the number and proportion of those at risk of a fall that have a full FRAT
- Reduced risk of falls
- Reduced risk of admission to hospital following an injury related fall
- Ensure patients are supported with shared decision making when making treatment decisions.

Actions taken

The way FRAT was utilised across the Warrington system needed to change. This led to the development of a Falls Risk Initial Screening Tool for use across the system and a FRAT onward referral service embedded within the Lifestyles Service at LiveWire Warrington that would carry out a full FRAT assessment.

The service will, on receipt of an initial screening tool referral, contact the patient and organise an appointment to complete a full Multifactorial Falls Risk Assessment (FRAT) after which the patient will be referred onward to strength based exercise classes and other partner organisations and services in the town as appropriate depending on the assessment results with a goal to reduce the risk of the patient having a fall.

Outcomes

Between November 2021 and June 2022 the FRAT Onward Referral Service received 224 referrals for various health professional in the town with 92% attending their initial assessment. 69% of patients were invited to LiveWire's 'Stay On Your Feet' falls prevention 8 week exercise class.

Complimenting this, those who decided or preferred to exercise at home were sent an exercise at home booklet and resistance band to safety exercise at home.

Separate from referring patients for exercise support other modes/onward referrals included the following services in the town:

- Community Falls & Rehabilitation Service
- Frailty Assessment Unit – Warrington Hospital
- Warrington Disability Partnership
- Warrington Home Improvement Agency
- Good Neighbours - Warrington Voluntary Action
- First Response – Adult Social Care

Results and benefits

One particular lady who was referred by her GP was contacted by The FRAT onward Referral team and based on the assessment results 'Moderate risk of having a fall' the following support was implemented:

- Completed the Stay On Your Feet Exercise programme demonstrating improvements in balance on completion of the programme.
- An onward referral to the Warrington Home Improvement Agency was made and the patient has been successful in a grant to provide handrails at the front/back door at their property and also in the bathroom.
- Contact details to a free community bus service in her local area which she has used to take them to medical appointments.

The patient commented:

“ I am so grateful for the support the FRAT service has provided for me. I have completed an exercise class, now waiting for some home improvements to be made to my house to help with little things like getting in and out of the bath and I am using a community bus service that I didn't know about which is fantastic and getting me out and about. ”

Programmes and activities

Providing an accessible and people-centred way to stay well close or at home, the wider activities provided by leisure and culture trusts address some of our nation's most pressing health challenges, including recovering from the Covid-19 pandemic, sustaining good mental health, healthy ageing, addressing inequalities, and preventing loneliness and social isolation.

Social prescribing

CASE STUDY

Acute/Rehabilitation Programmes, Bromley

MyTime Active in partnership with NHS Bromley Clinical Commissioning Group

OVERVIEW

MyTime Active offer a range of Acute/ Rehabilitation Programmes:

HeartSmart: a programme of exercise for those with heart disease

Fresh Start: for those with defined medical conditions that could be improved with an increase in their physical activity

Escape Pain: NICE approved rehabilitation programme helps those living with Chronic Pain due to Osteoarthritis of the Knees and/or Hips.

Fresh Start Friendly: on-going programme of classes designed for those completing any of our Referral programmes or for those referred with low risk medical conditions.

Below is a case study of a patient journey through the Fresh Start programme as told by Gloria, her MyTime Active Exercise Adviser:

Actions taken

“ This lady was nervous about starting Fresh Start as she never used a gym before. She was referred by her GP because of her low mood and back pain but was reluctant to attend as her family were telling her that exercise is too hard for her and she shouldn't do it. She attended the initial assessment to see what it was all about. We discussed that the programme will be tailor made to her requirements.

The gym induction was a difficult one, as nerves had taken over and she found it hard to do anything. We just sat down and did some basic sit to stand, and walking around the gym. However simple that may sound, to her it gave her confidence and she returned for her next session and was more open minded.

The lady went on to complete her Fresh Start programme - she used some of the resistance equipment to increase all over strength which helped improve her posture. Her main achievement was walking on the treadmill, which was trial and error as she found it difficult to use, but this is now her favourite piece of equipment and she goes on it for about 20mins. ”

Outcomes

“ She was thrilled to lose nearly two and a half kilos in weight and 5.5cm off her girth. Her general health has improved and her physical activity has increased to 340 mins of light and moderate PA a week. She is now planning to take out a health membership and try other classes as well as the gym. ”

Results and benefits

73% of completers increase their general health score by 5+ points.

50% of completers now meet the government guidelines of 150 minutes of moderate exercise per week.

CASE STUDY

Social Prescribing Participant August 2021, Balham, Tooting, Furzedown.

Enable Leisure and Culture with Social Prescriber Catherine Mutula from Balham, Tooting, Furzedown Primary Care Network

OVERVIEW

Miss S (57 years old) was referred to her GP Practice Social Prescribing Link Worker in January 2020 for mental health issues and social needs. She had four meetings with her Link Worker over 4 months.

Miss S lives alone and suffers from multiple long term health conditions. She doesn't go out much and struggles with motivation to do so. She had ambitions and wishes in her head, but she hadn't had much opportunity to discuss these ambitions and wishes with anyone before.

She was keen to do more with her life and was surprised by how much the Social Prescribing Link Worker could help with that.

Actions Taken

Can you remember why you were put in touch with the GP Practice Social Prescribing Link Worker?

“ I've got multiple health issues and I'm indoors a lot, at home most of the day and sometimes all of the day. But that's really not what I'm about. I love to be out, about and doing something. I used to do volunteering 10 years ago and I love to help the community. I think in having conversations like that with the GP, they must have said to me 'there's someone who could actually help with that and help me to be more active.' And then they referred me to the Social Prescribing Link Worker so I could start the day with something to look forward to. ”

Outcomes

Can you describe how your Social Prescribing Link Worker helped you?

“ I remember having an initial introduction to social prescribing. We discussed the things that I liked doing and the interests that I have. Would I like to be working again, volunteering again or doing something? The Social Prescribing Link Worker was asking me what I would like to do. She asked me about my ambitions and we put together an action plan. I wrote down that I'd like to do something more active like going to the gym or hydrotherapy. I also wanted to meet others. She put me in touch with a coffee morning and walking group. I was also in desperate need of financial advice and she referred me to an individual at Citizen's Advice Bureau in Wandsworth for help with my PIP benefit application. ”

Results and benefits

Have you benefited from speaking to your Social Prescribing Link Worker?

“ I signed up with my local Leisure Centre and I was really pleased and proud of doing that. That was all down to discussions with the Social Prescribing Link Worker who gave me good advice and motivation, and a reason to get up in the morning. I signed up with some 55+ aerobic exercise classes in the swimming pool which helped with the pain of arthritis as well.

I have to say that the two or three times that I met with the Social Prescribing Link Worker, I just got this sense that 'wow, this person really cares about me as an individual and cares about helping me to make some sense of my otherwise pointless life'. Up until that point, it was just awful. Just being here day to day, inside. I've always wanted to work again but I couldn't because of my health conditions deteriorating. It feels like I've been robbed of that and the Social Prescribing Link Worker was someone that really helped.

I found it useful because it helped me to feel motivated. It enabled me to put something into practice. A lot of the time, for me personally, I had dreams and wishes and ambitions in my head 'I'd like to do this, I'd like to do that.' And that's where they remained. In my head. I would get up in the morning and I wouldn't even want to get up because there was nothing to get up for. I wouldn't have anything to get up for. Social Prescribing actually made me take action! For one of the first times really. ”

CASE STUDY

Stand Tall™, Emotional Resilience programme for 11-18 year olds, West Suffolk

Abbeycroft Leisure

OVERVIEW

Stand Tall™ is a programme which develops emotional resilience in 11- 18 years olds across West Suffolk.

Actions taken

A series of workshops provide wellbeing education and practical support alongside physical activity to keep young people healthy, physically and mentally. Stand Tall™ was developed by Abbeycroft Leisure and has evolved into a model based on the Suffolk Mind Emotional Needs and Resources Tool, specifically adapted for young people.

Stand Tall™ is designed to help young people to:

- Understand more about keeping a healthy mind
- Experience the benefits of being active in a small social group
- Help improve low feelings, anxiety, stress or lack of motivation
- Improve concentration, confidence and self-esteem

Results and benefits

IES Breckland School received two courses which 22 young people attended, almost 3 months after completing the courses they reported the following feedback

"Those who participated from IES (bar 1) have not visited the Student Support Centre with emotional, sleep or friendship issues since participating in the project. It feels they can self-regulate and self sooth with little adult intervention and we have seen a huge growth in their self-confidence and self esteem."

Young people said:

- I'm feeling happy, I feel more confident with my body.
- It's just made me happy and enjoy life more.
- I feel like I can now control myself in all or most situations.
- How it made me recognise how I am and what I am doing.
- I would definitely recommend this programme and it's good for people who can't afford it.
- Having since completed the course (I am) having more sleep, and I feel more prepared to go to school now because before I always used to rush to do homework on the night or the lesson before but now I plan before.

Parents said:

- I feel it's given her more incentive to live a healthier life and that has also encouraged me to be more active.
- More focused and a lot more aware of the actual support he has and how he can access it.
- He has certainly improved at home.

“ Stand Tall™ has shown it has a significant impact on the wellbeing of young people, sharing knowledge, tools and information devised in partnership with Suffolk Mind with support with content specifically devised for teenagers. The programme is delivered in a community, school or leisure setting, bringing together the benefits of physical activity with Suffolk Mind's Emotional Needs Met Approach which has been powerful in improving feelings of wellbeing in the young people, as well as giving them tools to understand and use to improve their resilience and mental health. ”

Jon Neal, CEO Suffolk MIND

Outcomes

- 84% of students completed the course
- 87% said that the physical activity had had a positive impact on them
- 55% of those that took part were more active
- 30% experienced improvements to sleep
- 87% felt able to take more control over their own wellbeing
- 90% experienced improvements with feelings of anxiety and Depression by 13%

Return on Investment
for 8 courses
£58,002 per annum
from 2020

CASE STUDY

The Life Hacks Programme (Young Person's Social Prescription), Luton

Active Luton with CAMHs (Child And Adolescent Mental Health Services), youth offending teams, looked-after children's services, school nurses and Luton's Early Help team

OVERVIEW

The programme aims to help young people make valuable connections that they cannot make for themselves, whether this might be access to counselling or something sporty, arty or social, or perhaps volunteering or literacy support to build confidence and life skills.

Its success was recognised at the Social Prescribing Network Awards 2021, run jointly by the Social Prescribing Network and the College of Medicine, with the award for best children and young people Social Prescribing Project. The awards panel praised the way the winners had risen to the challenge and found creative ways to continue to reach people who were even more isolated, lonely or anxious as a result of the pandemic.

Below is a participant case study:

Actions taken

Sam* was referred to Life Hacks by the local Child and Adolescent Mental Health Services team. He suffered from panic attacks and had gained a lot of weight due to comfort eating. He had been bullied at school and was being home schooled which had made his weight problem even worse.

Outcomes

Sam joined the healthy lifestyles programme with 29 other children. During the first sessions he was too nervous and anxious to join in. However, during the 10-week programme, he gained confidence. Through the programme Sam was also referred to CHUMs to help him deal with the death of his grandfather.

Results and benefits

Since finishing the programme Sam has enjoyed using his gym pass. His family, including his sibling and parents, have been going with him and also really enjoying it. Sam's experience has had a positive impact on the whole family – with other family members also offered support in getting more active to improve their health problems too.

**names have been changed to respect privacy*

Participant quotes:

“

I think this service offers a great opportunity, and I would like to thank you for the opportunity to go swimming again.

“

I didn't realise I could get support with things like getting my bike fixed.

CASE STUDY:

Get Up & Go! Northampton

Northampton Leisure Trust with Northamptonshire Public Health and Northamptonshire Sport

OVERVIEW

Get Up & Go! is part of a Northamptonshire wide falls prevention programme providing strength and balance exercise sessions for older adults to improve their mobility and confidence. Programmes are supported by Northamptonshire Public Health and Northamptonshire Sport.

Northampton Leisure Trust trading as Trilogy Wellbeing have recently completed two, 24-week programmes and observed some excellent outcomes. Below is a case study from one of the recent participants. Whilst the programme has primarily been developed for older adults, they are open to anyone who would benefit from the intervention.

Actions taken

Person A is 38 years old and was diagnosed with a cyst on her hip which required surgery. Following surgery, she is undergoing regular physiotherapy alongside attending Trilogy Gym to help improve her strength, mobility and range of movement. When Person A started the programme, she was very unsteady and lacked confidence.

“ Whilst in the gym at Trilogy Lings Forum I spoke to an instructor about my programme. They suggested a new class that was delivered on a Monday at Trilogy Lings Forum called Get Up & Go designed to help with strength and balance.

I decided to attend because I was keen to extend my rehabilitation and this sounded perfect as it was specifically designed to help prevent falls, something I have been concerned about, especially having two children running around the house!

The setting was private, quiet and convenient for me as I use the gym following the class. The ability to work on my technique and chair-based exercise and then extend this by working in the gym has been beneficial.”

Outcomes

“ In combination with my other training with my physio and Trilogy Gym it has been great! It's really helped with my balance and provided me with good technique. Knowing I have the right technique has given me confidence knowing that I am working on my rehab correctly.”

Post Covid-19 Walking Scores:

	Ass't Sep-21	Diff from 1	Ass't Dec-21	Diff from 1	Notes
Person A	11.62	1st ass't	8.05	-3.57	Continual progress. Now walking without stick as aid

Results and benefits

“ The class has helped me with my strength and balance, but it has also helped with my confidence. In the past I have been worried that with a busy household at home and two children running about that suddenly stopping in my tracks would lead me to a fall, however since attending the classes I have become much more confident that I can control my balance in situations like that.

It's been great for me following my surgery and I have seen how it can benefit others who are attending due to a variety of reasons. Sally the instructor is great and does brilliantly to address us all individually and understands our individual circumstances and needs.

The Get Up & Go programme is an integral part of the Northamptonshire Falls Prevention Pathway commissioned by Public Health. We are delighted with how the programme has developed over the past 4 years and particularly following the recovery post-covid. Northampton Leisure Trust have been involved in the programme and running classes at the their centres since it started and is one of exemplar organisations. We have seen some excellent results which has been life changing for many of the individuals taking part. Next month we will be working with the Trust to introduce our first ICAN Get Up & Go class, which will be an enhanced class targeting older adults referred from the health system.”

Jackie Browne
Northamptonshire Sport (Active Partnership),
Strategic Director for Communities and Health

ASE STUDY

Bramley Apple, Leeds

Bramley Baths

OVERVIEW

Patients referred to Bramley Baths' scheme receive gentle exercise, dedicated swim sessions and social get togethers. Through this the scheme aims to reduce isolation, improve resilience, improve mental wellbeing, reverse effects of low mobility and muscle waste due to lockdown and inactivity and reverse health issues which have worsened during pandemic.

Below is a case study from one of the recent participants.

Actions taken

When project staff first contacted x they were initially very reluctant to engage on the project due to fears that as a result of their limited mobility they would be physically unable to carry out the most gentle of exercises; this uncertainty was compounded by their caution/anxiety surrounding social situations.

x stated that being forced to isolate for the last 18 months as a result of the pandemic they have been unable to partake in any exercise or social activity, and have thus lost a tremendous amount of confidence going outside independently. x was also uncertain about travelling to Bramley Baths, stressing that they are heavily dependent upon accessible transportation, which over the past year has proved a debilitating additional barrier to their daily activity.

Project staff alleviated x's concerns assuring them that Bramley Elderly Action, a local service with whom x was familiar with, would take good care transporting them to and from project activity.

During the first week of their engagement x completed the project monitoring tool 'The Warwick-Edinburgh Mental Wellbeing Scale'. Here they scored 21/35, the lowest score amongst all participants engaged thus far. They reported "rarely" feeling optimistic about the future and "rarely" feeling relaxed. Similarly, they stated they only "felt close to others", "felt useful" or "thought clearly" "some of the time". They scored their physical health 3/10. Additionally, in response to the question "Overall, using a scale where 1 is "Not at all" and 10 is "Completely", how happy did you feel yesterday?" they scored 3/10; again providing one of the lowest scores collected.

Outcomes

x has attended every gentle exercise class since their engagement began on 13th December 2021. They have since encouraged their friend, who lives with them in a supported living facility, to participate also; stating "it will do us both some good".

Since attending a workshop led by Bramley Elderly Action during one of the social sessions x has engaged with several of BEA's external day trips and communal sunday dinners; becoming an 'advocate' of these local services amongst the group.

The participant has recently reported that both their physical health and mental wellbeing has dramatically improved. At a recent social session when reflecting on the course activity they shared: "it's really doing me some good this...I'm enjoying getting out and talking to people, it's just fun isn't it!"... "My motto is do what you can while you still can!".

Results and benefits

x's confidence, self-motivation and willingness to engage has clearly improved, most evident in them requesting to attend the swimming session in addition to their regular gentle exercise class.

They also asked if an instructor could be present to assist them entering/exiting the pool and to deliver a short lesson. x's friend also agreed to join the swimming class and transport was arranged to facilitate this.

Prior to their first swimming lesson x stated "I've lost all my confidence in the water, I've not been in a pool in 30 years. I am genuinely terrified but want to do it as it will be good for me and it's good exercise to do". Afterwards x was clearly empowered by the swimming activity; "I did better than I expected. I came a long way today...I got both feet off the floor and moved a bit...I didn't go very far though but it's doing me some good".

CASE STUDY

Active Northumberland's Mams on the Move programme – helping support ante and post natal mums with their physical and emotional health through exercise, Northumberland.

Active Northumberland with Northumbria Midwives Trust, Supported by Sport England funding 2018-2022

OVERVIEW

The Mams on the Move programme is a community based physical activity programme funded by Sport England. The programme was initially funded by Sport England from 2018 to 2022. A variety of classes are available under the programme for ante and post natal women including Mamas Yoga, Core Stability, Buggy Walks, Aqua natal swim classes led by Northumbria healthcare midwives as well as Pilates and Birth Preparation Classes.

Actions taken:

The classes are especially designed to help support ante and post natal ladies to:

- Improve physical health through exercise delivered by specially qualified ante and post-natal instructors.
- Help improve emotional health including feelings of anxiety, stress and low mood.
- Experience the benefits of group exercise with other mums and mums-to-be to help reduce feelings of loneliness.
- Provide the opportunity to bond with their baby.
- Help feel more energised and refreshed.

Outcomes:

- Over 1,700 'Mams on the Move' Facebook members
- 95% of our customers would be likely to recommend the 'Mams on the Move' programme to a friend (results from June 2021 Customer survey)
- 97% are likely to likely or very likely to continue being active (results from June 2021 Customer survey)
- 88% are likely to return to 'Mams on the Move' if they have another child (results from June 2021 Customer survey)
- Giving knowledge and understanding on appropriate physical activity for post natal women to healthcare professionals increased their confidence and likelihood to refer them to the Mams on the Move programme.
- 85% of those who said they were referred by a healthcare professional from the Facebook survey indicated that had impacted on their decision to attend.

The Mams on the Move programme also helped Healthcare Professionals including midwives and Health Visitors to understand the benefits exercise can have on ante and post natal ladies physical and emotional health encouraging them to sign post ladies to the Mams on the Move programme. This was achieved providing free training seminars for Healthcare Professionals to educate them about the benefits of exercise for post-natal ladies. Mams on the Move also worked in partnership with Northumbria Midwives Trust to deliver aqua natal classes for mums to be which were all midwife led sessions.

Benefits and results:

Mums and mums-to-be said:

- Rachel was a calm and knowledgeable influence and the antenatal yoga course was probably what helped me most during birth
- The instructors were so lovely, welcoming and encouraging
- Classes are adapted for all fitness levels; I don't feel judged if I need to stop
- Felt like a safe place with other new mums.
- Fun classes and feel like I've achieved something afterwards
- Great to be able to have baby with me too!
- How friendly and open everyone is about life and being a new mum takes the pressure off for just a minute

The funding from Sport England finished in 2022 but the programme is now being supported by Active Northumberland as part of their wider offering – All Mams on the Move classes are available under their standard fitness membership as well as being available on a Pay as you go basis. Mams on the Move specific classes continue to evolve and expand to different locations across the county.

CASE STUDY

The Virtual Big Game Dementia Friendly Sports Day, Lincolnshire

Magna Vitae with funding from the National Lottery Coronavirus Community Support Fund

OVERVIEW

Since May 2017, the Still Me team have been planning, organising, and delivering an Annual Dementia Friendly Sports Day, and 2019 was the first year to see two sports days held in one year. Previously, Big Games, held at Meridian Leisure Centre, have been attended by up to 80 individuals, from people living with Dementia, to local firefighters, referral partners and young people from Lacey Gardens Junior School. The Big Game Dementia Friendly Sports Day has become a highlight of the year, a highlight in participants calendars and has continued to grow in numbers.

Actions taken

Due to the ongoing Coronavirus Pandemic, 2020 was the first year that passed by without a sports day since the initiation of the Still Me project. In 2021 to ensure there was not another year without a sports day they decided to go virtual and stream the event Live to the homes of our participants.

Streaming online had its disadvantages, some of the participants did not have access to the internet or a computer device. Fortunately, Magna Vitae were able to obtain some extra funding from the National Lottery Coronavirus Community Support Fund to purchase some Amazon Tablet computer devices along with a data card to access to the internet, free of charge to individuals in need. These tablets have been a great asset to participants at this difficult time, allowing individuals to join in with regular online content, video call loved ones, access online shopping, games, and NHS online services.

The Virtual Big Game Dementia Friendly Sports Day was promoted via social media, through networking meetings, to referral partners, to Lincolnshire County Council Day Opportunities Service, to our participants and the information pack was emailed to every care home in the district.

The event was streamed live from The Embassy Theatre to Facebook and YouTube. To take part, the participants needed an information pack, which contained all the details needed to take part in the events and information packs were distributed via the community team. The Sports Day itself, consisted of four events, Teabag Toss, Rebound, Toilet Roll Tower and Welly/Shoe Flip as well as other informative, helpful... and silly content! It was important that participants registered as certificates and prizes were presented to everyone who took part and Winners were announced at our Virtual Ceremony which followed two weeks later.

Outcomes

A virtual Sports Day had its advantages, in recent years our sports day's have been fully booked as our capacity for the event has been limited to 80 participants. Delivering our Sports Day virtually meant that our event had no limits on capacity, location or even time, as the sports day video is available for anyone to enjoy at their leisure.

To watch the full Virtual Big Game – Dementia Friendly Sports Day please click on this link:
youtube.com/watch?v=jBRvZH1Fmws

To Watch the Full Ceremony please click on this link:
youtube.com/watch?v=n1UXr19BaB8&t=19s

Benefits and results

“ We had fun watching the YouTube sports day...well done on putting that together! The videos were particularly entertaining! Your finale was brilliant.

Still Me Carer

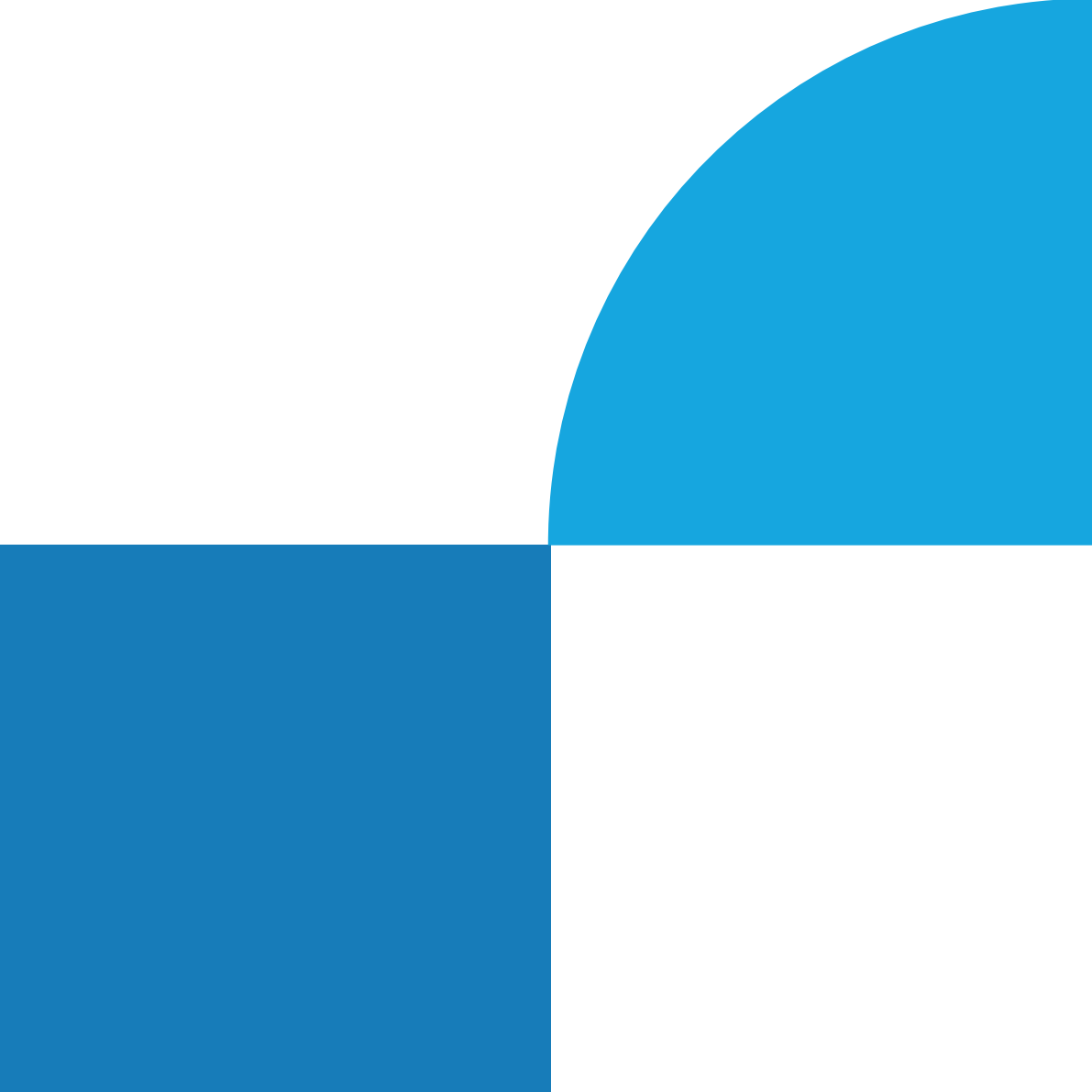
“ We have been joining in with the games, lots of fun and lots of laughter with great photograph opportunities.

The Wolds Care Home, Louth

Commenting on a video by Lacey Garden Junior School

“ Wow this is fabulous.

Facebook participant



communityleisureuk.org

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 Community Leisure UK