

# Huntingdonshire Exercise Referral

## Health Professional Annual Update 2017



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## Welcome to the 2017 Health Professional report on the Exercise Referral Scheme delivered by the One Leisure Active Lifestyles team at Huntingdonshire District Council.

2016/17 saw the highest number of people start the Exercise Referral Scheme ever recorded - **429 people** had a twelve week free referral.

Exercise Referral is a gym based programme where patients receive one to one advice and guidance. If they do not require this level of intensive support alternatives listed on the back of this update may be suitable. Options include: free Health Walks; targeted group exercise classes; Walking Football/Netball and Cyclone Start Up (low level indoor cycling).

### IMPORTANT NOTICE

From April 2017 Cambridgeshire County Council's Public Health Team withdrew its financial support of the scheme. For the past few years the Public Health Team have contributed to the costs of the free scheme (circa £27,000 per annum), effectively funding one full time Physical Activity Officer working across the district directly with clients. We would like to thank Public Health for their contributions over the years; we very much appreciate their support and understand difficult decisions have to be taken. Following the withdrawal of this funding the Scheme is estimated to cost Huntingdonshire District Council in the region of £80k per annum.

This withdrawal of the funding support has led the Scheme to be reviewed. Initially we have introduced a two tier (high risk and low risk) musculo-skeletal referrals in conjunction with Hinchingbrooke Hospital's Physiotherapy Department.

As we move forward there are likely to be further changes if new funding support cannot be sourced. For the time being the Scheme remains free of charge but it is more important than ever that you apply the usual eligibility criteria to ensure your patients are eligible for a referral AND are at the correct stage of behaviour change.

PERFORMANCE INDICATORS	2014-15	2015-16	2016-17	Trend
Referrals Started	364	395	429	↑
Visits / Attendances	18,763	19,617	21,647	↑
Active Referring Health Professionals	140	139	118	↓
Referrals for Target Conditions	62%	64%	40%	↓
Satisfaction Levels of Referrals	98%	90%	96%	↑
Referrals Completing 12-week Scheme	63%	71%	66%	↓
HEADLINE OUTCOMES FROM 2016/2017 (Long Term Conditions - Exercise Referral)	2014-15	2015-16	2016-17	Trend
Total Weight Loss (kg)	230	134	170	↑
Total Reduction in Waistline Circumference (cm)	170	265	179	↓
Reason for Referral Improved at 6 months	45%	57%	62%	↑
% achieving 30 minutes of physical exercise 3 or more days a week at 6 months	64%	77%	80%	↑

- **5%** of all referrals were completely inactive after 12 weeks, **3%** at 6 months, compared to 36% at the start of their referral
- **83%** were achieving 3 or more days of activity after 12 weeks, with **80%** maintaining after 6 months, compared to 49% at the start of their referral
- **68%** rated themselves as feeling 'well and healthy', 4 or 5 out of a scale of 1 to 5 after 12 weeks, with **58%** maintaining after 6 months, compared to 40% at the start of their referral
- **37%** had a positive change in weight, **40%** a positive change in waist measurement, and **32%** positively improved their blood pressure (not all referrals need to improve their weight or blood pressure)
- **84%** started their referrals with their waist measurement in the high or very high ranges

## THE DIFFERENCE WE MAKE

This is what some of our clients said about the Exercise Referral Scheme, and how it has benefited them.

"Excellent motivation to get people exercising and thinking about their fitness level."

*65+ referred for Diabetes*

"Very beneficial, I would not have gained this much confidence in myself without the wonderful help and support."

*50-64 year old referred for Musculoskeletal Condition*

"The scheme was well planned, and carried out efficiently by the staff. The individual care was excellent. And the follow up excellent."

*65+ referred for Respiratory Condition*

"I think it's an excellent scheme to encourage clients with serious condition (like long-term sciatica) to improve their health. Thank you!"

*65+ referred for Musculoskeletal Condition*

"The 45 min program has helped. I still have leg pain- but it is now manageable. I would never have joined a gym without the experience within the hospital and the 3 month after. Wonderful experience."

*65+ referred for Musculoskeletal Condition*

"Very impressed as never thought I would like a gym session, but lots of middle aged people like myself!"

*50-64 year old referred for Hypertension*

"Excellent scheme, very beneficial. Wish I could have had another 12 week session."

*50-64 year old referred for Musculoskeletal Condition*

"Has helped my mobility, my back, hip and knee problems are easier. Very good scheme would highly recommend."

*50-64 year old referred for Hypertension*

"Daniel motivated me to continue with exercise especially as it dawned on me how much better it was making me feel. Thanks Dan."

*50-64 year old referred for Musculoskeletal Condition*

"Excellent way of returning to fitness and confidence after injury."

*65+ referred after Multiple Trauma / Injury*

"Very good scheme for regaining motivation to exercise and thus lose weight."

*50-64 year old referred for two or more CHD Risk Factors*



## CASE STUDIES

### **Charles, age 79**

#### **Type II diabetes, Chronic Obstructive Pulmonary Disease, Cardiac**

Charles was referred onto the 12 week exercise referral scheme with the intention of losing weight and improving his breathing ability along with his fitness levels and overall health. Charles has always been active throughout his life and has always been interested in playing sport. Upon asking Charles what sports he used to play, he replied "you name it; I've done it! Tennis, cricket, golf and football. I used to really enjoy being involved in all sports." He was very much looking forward to getting started in the gym and becoming active again.

Charles suffers with COPD, Type II diabetes and also had a pacemaker fitted in 2016. He therefore knew he would have to be vigilant when exercising and build up his fitness levels slowly. A programme was set up for him by an exercise referral instructor at the gym, aiming to achieve his goals of weight loss, improved breathing ability and improved fitness levels. Charles successfully completed the referral scheme and saw some positive results after attending 49 times over the 12 weeks. He commented that his breathing has really improved. He finds climbing stairs much easier than previously, no longer having to take one step at a time. He finds his day-to-day activities much easier and is feeling fitter and healthier in general. Along with this, he feels he has improved his fitness levels, overall physical ability in day-to-day life and muscle tone, especially in his legs which in turn has improved his walking ability.

Charles attends the gym around 5 times a week, bringing his wife for motivation - she is considering being referred onto the scheme for her medical condition as she is so pleased with how far Charles has come and the improvements he has seen!

### **Janet, age 67**

I asked to be referred to Right Start 5 because I am on the lupus spectrum and suffer with an undifferentiated connective tissue disease; I have been told my joints are degenerating and have had a few falls in the past.

Right Start 5 felt like a new start in life! Back in December I felt like a painful old age beckoned and was scared of getting old. Now I am no longer scared and feel that an improved health and fitness is just around the corner. Right Start 5 has helped me become more flexible, and I am a lot steadier and confident on my feet. I am no longer worried about falling over. I have built up an endurance which is allowing me to go on longer walks and at present I am looking forward to going back to my walking group where we go on long walks. The last walk I went on we got part way through, was in the middle of nowhere and I physically couldn't go on any longer. I am now much more confident in my ability to be able to push on further. Right Start 5 has helped towards my weight loss and at present since January I have lost 1 stone.

On the outside I looked cheerful and happy but on the inside I was down with how I felt about myself and my health. I am now not just looking cheerful but feeling it too, along with having a lot more energy. I am generally a social person but Right Start 5 gives you that in abundance, meeting different people and motivating each other. I especially enjoy the music, ranging from 60's to 80's.

### **Alan, age 72**

Prior to starting the class, I had a history of Heart Disease and subsequently osteoarthritis of the spine and hip. 2 years ago as the pain in the hip and spine worsened it was recommended that I should have a hip replacement. However due to the fact that I had had a triple heart bypass and was then diagnosed with heart failure, the consultant cardiologist and senior anaesthetist at Papworth advised against it.

After a course of physiotherapy at Papworth and Hinchingsbrooke, it was suggested that I attend RightStart 1. Since attending the class I have been advised by my physio that I'm now capable of doing a little bit of swimming and cycling on a stationary bike.

I have felt the benefit of RightStart more and more. My posture has improved. With the aid of crutches I can walk a fair distance and by doing some of the exercises at home as well, that the instructor has shown us in class, I have become more mobile and the pain in my hip and spine have reduced. I enjoy the atmosphere of the class. The instructor has created a regime that allows us to socialise whilst still performed the exercises. Friends have stated that I seem more alert and "with it" since starting the class despite the medication I have to take!

I believe, like many of the class, that we are very fortunate to have our instructor. They keep introducing fresh exercises and explain what they are doing to our body. She encourages us all and makes sure newcomers are welcome and included in all our discussions. I think the scheme is excellent and should be promoted much more. I enjoy attending the class and would recommend it to anyone who I thought would benefit.

## DEVELOPMENTS

Introduced NEW Activ8rlives Loan Scheme combining the Cardiac Rehabilitation Community Group Exercise Classes with Self Care Technology using Activ8rlives technology (smart scales, activity tracker etc.) and most importantly education sessions and peer support to help customers get the best use of the technology and enable them to take more proactive action around their health.

Introduced two tier musculo-skeletal referral system (high risk and low risk) in conjunction with Hinchingbrooke Hospital Physiotherapy Department to help fast track those who require less intensive support and reduce waiting times for high priority clients with target long term conditions.

We will be launching a new electronic referral system soon where you will be able to send referrals online in a faster, smoother way and track the progress of your clients.

## WHAT WE NEED FROM YOU

Every year we receive approximately 100 referrals for patients who are either ineligible, not at the right stage of behaviour change or we are unable to contact. Please ensure your patient is eligible for a referral and at the right stage of behaviour change. There is a cost associated with each non-starter, please help us to reduce waste and cost in delivering this valuable scheme.

Please ensure you have given us a current email address. this will ensure you receive a copy of your client's Progress Report at the end of the referral period which is a requirement for the Department of Health's National Quality Assurance Framework.

## DOES YOUR REFERRAL HAVE AT LEAST ONE OF THE FOLLOWING TARGET CONDITIONS?

- Cancer
- Cardiac Rehabilitation
- Coronary Heart Disease Risk Factor (>1 risk factor)
- Diabetes (Type 1 and 2)
- Hypertension
- Mental Health (Depressions/Anxiety)
- Obesity (BMI >30)
- Respiratory (including Asthma)

## HAVE YOU TRIED MAKING A REFERRAL ONLINE?

If not, visit [www.huntingdonshire.gov.uk/healthprofessionals](http://www.huntingdonshire.gov.uk/healthprofessionals) for everything you need to make a referral. You will find:

- Online forms that can be submitted directly and safely direct to the Exercise Referral team
- Word copy of the form where you may be able to enter patient's details from your own systems to save time,
- PDF version

With the Word or PDF versions, simply download and post to the team marked:

**Confidential, Sensitive Personal Information, Deliver Sealed**

## HAVE YOUR SAY

We actively seek feedback from referrals and health professionals to ensure the continuous development of our services. Your comments have been instrumental in improving services for patients and we would appreciate your time in completing the Health Professional Survey enclosed with this newsletter, returning it in the prepaid envelope provided.

## FOR FURTHER INFORMATION

For further information about the Exercise Referral Scheme and to register or refer online please visit [www.huntingdonshire.gov.uk/healthprofessionals](http://www.huntingdonshire.gov.uk/healthprofessionals)

For enquiries relating to Exercise Referral or other health and physical activity initiatives please contact the One Leisure Active Lifestyles Team on 01480 388469 or email [activelifestyles@huntingdonshire.gov.uk](mailto:activelifestyles@huntingdonshire.gov.uk)

## For individuals with no specific medical conditions, generally inactive and need to increase physical activity levels, then please have a look at what else we offer...

No formal referral required, unless otherwise stated

### RightStart Classes

The RightStart programme offers specialist exercise classes for older adults and those requiring additional support to exercise. Patients can access different levels to suit their abilities. All classes are taught by qualified exercise specialists.

#### Level 1 - Chair Based Exercise

All exercise takes place in the chair with no standing required. also suitable for wheelchair users.

#### Level 2 - Chair & Strength Exercise

Exercises take place in the chair, standing alternatives are available for people who wish to increase their strength and stamina.

#### Level 3 - Strength and Balance Exercise

Suitable for people progressing from Level 1 or those who can stand for short periods of time. The chair is used for support when standing.

#### Level 5 - Aerobic / Circuit Style Exercise

Classes are suitable for people who are slightly more active, with stable medical conditions and those progressing from Level 3.

Classes cost **£3.50** each, (or 10 classes for £31 with a pass), and are available all year in Brampton, Buckden, Huntingdon, Ramsey, Sawtry, St Ives, St Neots, Warboys and Yaxley.

For more information visit [www.huntingdonshire.gov.uk/rightstart](http://www.huntingdonshire.gov.uk/rightstart)

### Cardiac Rehabilitation : Community Group Exercise Classes

• (FORMAL REFERRAL REQUIRED)

There are currently 4 classes being run in Huntingdonshire. Patients who have been referred from Phase 3 hospital based programmes at hinchingsbrooke, Papworth and Addenbrookes Hospitals or from their doctors, can access specialised group exercise classes aimed to maintain and improve cardiovascular health.

Classes cost **£3.50** each, (or 10 classes for £31 with a pass), and are available all year in Huntingdon, St Ives and St Neots.

For more information visit [www.huntingdonshire.gov.uk/cardiarehab](http://www.huntingdonshire.gov.uk/cardiarehab)

### Free Huntingdonshire Health Walks

Walking is a free and easy way to get fit and healthy. The Health Walks scheme is part of the national initiative 'Walking for Health' supported by Cambridgeshire County Council's Public Health Team. the scheme is based around the hub locations Hunthgton, Ramsey, St Ives, St Neots and Yaxley.

For more information visit [www.huntingdonshire.gov.uk/healthwalks](http://www.huntingdonshire.gov.uk/healthwalks)

### Parks and Open Spaces

Huntingdonshire has a number of parks and open spaces including Hinchingsbrooke Country Park and Paxton Pits Nature Reserve. There is a great mix of play facilities, hard-surfaced and muddy paths, and secluded woodlands. Plenty of opportunities for walking the dog, exploring with children or just a gentle peaceful walk to increase physical activity levels.

For more information visit [www.huntingdonshire.gov.uk](http://www.huntingdonshire.gov.uk)

### Let's Get Moving Huntingdonshire

Did you know **17% of deaths** nationally are caused by physical inactivity (which is worse than smoking)?

Many of the leading causes of ill health could be prevented if people were to play more sport and/or increase their overall levels of physical activity.

'Lets Get Moving Huntingdonshire' is part of a new project running across Cambridgeshire to help reduce the number of inactive people across the county. If you know someone who would like to increase their activity levels to benefit their health then contact the Lets Get Moving Team.

Tel: 01480 388858 or email [activelifestyles@huntingdonshire.gov.uk](mailto:activelifestyles@huntingdonshire.gov.uk)

Further information is available at:  
[www.letsgetmovingcambridgeshire.co.uk](http://www.letsgetmovingcambridgeshire.co.uk)



For more information on the below, visit  
[www.huntingdonshire.gov.uk/activelifestyles](http://www.huntingdonshire.gov.uk/activelifestyles)

#### Walking Football

A gentler version of the beautiful game. Suitable for anyone who is looking to increase their activity levels in a fun and social environment. Sessions cost £3.00 and are available at One Leisure Huntingdon, One Leisure Ramsey, One Leisure St Ivo Outdoor and One Leisure St Neots.

#### Walking Netball

Walking Netball is now available in Huntingdonshire. There are two weekly sessions offering a sporting alternative for people wanting to be more physically active at a more relaxed pace. Please register your interest with the Active Lifestyles Team as sessions grow and develop further. Sessions cost £3.00 and are available at One Leisure Ramsey and One Leisure St Neots.

#### PEDALs

Adapted bikes are now available at Hinchingsbrooke Country Park, Huntingdon for disabled people and families. Sessions generally cost £3.00 or ad-hoc sessions are available for groups.

#### Cyclone Start-Up

Using the new Matrix Ic7 indoor cycles, these sessions are for older adults or those requiring additional support to exercise. Sessions cost **£3.50** each, (or 10 classes for £31 with a pass), and are currently available at all 5 One Leisure Centres : Huntingdon, Ramsey, Sawtry, St Ives and St Neots.

#### One Leisure Centres

The One Leisure facilities at Huntingdon, Ramsey, Sawtry, St Ives and St Neots have a packed programme of activities from swimming to badminton, ten pin bowling to carpet bowls. There are also numerous sports clubs on site offering a wide range of activities and sports.

For more information visit [www.oneleisure.net](http://www.oneleisure.net) or call 01480 388111.