

PERFORMANCE REPORT

Active Lifestyles Team

October – March 2019



Enhancing the lives of people in Salford

Performance Report for the Active Lifestyles Team October – March 2019

Key highlights include:

- Funding secured for new GM Active Cancer programme with SCL as the central hub for Greater Manchester. This is an 18 month contract till September 2020. 5 new officers have been recruited to the team ready for launch on the 25th April 2019. This is following the creation of pre-op pathway to allow patients with Upper GI or Colorectal cancers to be referred into CAN-Move at the point of diagnosis, and being part of pilot phase of the programme across Greater Manchester
- High referral numbers – 1200 referrals over 12 months. Each week delivering 50+ classes which support people with long term health conditions
- All candidates put forward for level 4 Cardiac rehab qualifications have now completed and additional Healthy@Heart classes added to the programme on the results achieved by staff
- Continued delivery of Change Your Weigh tier 2 adult weight management service aimed at residents of a particular body weight mass (BMI)
- Recruited to second cohort for additional 10 people to support them to manage their arthritic pain through the bespoke exercise programme pilot
- A bespoke Mental Health training course was delivered for the team
- New Trim Your Weigh sessions launched in January at Eccles and Worsley Leisure Centres offering advice and support to clients and members looking for nutrition advice and losing weight
- Team Planning objectives have been set for 2019

Case Study

Anne was referred from her GP to take part in the Active Lifestyles Exercise Referral programme, at first she was very nervous and wasn't looking forward to getting started. Now, she attends 3-4 times per week and has noticed multiple benefits:

“My Doctor recommended that I go to the Gym as I am over 70 and he said it would improve the quality of my life. I was a bit nervous, but Lauren soon put me at my ease. She showed me how to use the various machines, and didn't push me further than I was comfortable with. Lauren encouraged me to keep trying until I felt more confident, particularly on the Treadmill, where I was very wobbly. She came with me a few times, and I soon overcame my early difficulties. The other ladies at the Gym are very friendly and helpful, and now I am also able to encourage new people who come. Recently, my husband has felt inspired to go to the Gym too, so we are both feeling the benefit of regular exercise.”

Case Study

LD is a 71 year old female who was referred to the Active Lifestyles weight management programme to reduce her weight, increase her activity levels and reduce her HbA1c level to below the pre-diabetes threshold.

As part of the programme LD's food diary was assessed and suggested changes were discussed. As the weeks progressed LD kept a food diary every week and developed a new

eating pattern. She was trying new foods and by the end of the programme she was eating a much wider variety of foods and noted how much she was enjoying her new diet. Over the course of the programme LD made considerable positive changes to her diet and achieved a total weight loss of 10.3Kg. At the end of the twelve weeks her Body Mass Index (BMI) had dropped to 31Kg/m². She had also reduced her waist size by 5cm. LD continues with her exercise classes at the gym and has adopted a new healthier eating plan. She intends to continue with this new lifestyle and aims to achieve her longer term weight loss goal to bring her BMI closer to the healthy weight range.

Forthcoming events and activities:

- Launch of Greater Manchester Prehab4Cancer programme
- Members of staff recently gained Level 4 BACPR qualification to support healthy@heart sessions
- Continued development of Trim Your Weigh drop in sessions, and also Mindfulness course to support the CAN-Move programme
- Aquatics sessions to be developed to enhance active lifestyles services and encourage swimming participation

For more information please see:

<http://www.salfordcommunityleisure.co.uk>