

# PERFORMANCE REPORT

## Active Lifestyles Team

April - September 2019



*Enhancing the lives of people in Salford*

## Performance Report for the Active Lifestyles Team April to September 2019

### Key highlights include:

- Healthy at Heart classes have been renamed as 'Easy Does It' classes, transferred to the leisure centre class programme and opened up to existing leisure centre members. The classes are aimed at people wishing to get back into exercise or take part in low level circuit sessions
- New Active Lifestyles Classes set up to support new clients build confidence and provide an opportunity to discuss physical activity / exercise opportunities available
- A second Can-Move circuit class started at Worsley Leisure Centre
- A Can-Move participant won the Changing Lifestyles award for her commitment to the Can-Move programme and continuing improvement to her health
- The second cohort of Escape pain sessions commenced at Eccles and Swinton and Pendlebury Leisure Centres
- Recruitment of a new part time Active Lifestyles Support Officer (Nutritionist) to help with the delivery of the Weight Management Service
- Attendance at the World Obesity Day event at Salford Reds Rugby stadium on match day with other partners to promote the importance of a health weight
- Team completed Aquatics For Health Qualification and new Exercise Class commenced at Eccles Leisure Centre, and Water Wellbeing session at Irlam Leisure Centre
- Postural Stability staff members attended Pharmacy Training to prompt medication reviews for clients at risk of falls
- An additional home exercise booklet has been created for falls prevention initiative
- A member of staff commenced Level 4 Postural Stability Instructor Course

### Case Studies:

#### Programme Name: Can-Move

AP was referred to the Can-Move programme after having treatment for Non –Small Cell Lung cancer. AP's range of movement in the surgery area was limited, she struggled with her breathing and she had lost her appetite since diagnosis and lost over a stone. AP hadn't left the house much since diagnosis and treatment and she wanted this to change. AP began 2 exercise sessions a week which helped increase her range of movement and improve her lung capacity which in turn helped improve her breathing capacity. After a few weeks she increased her exercise and started to attend an extra session of tai chi. At the end of the 12 week programme AP said:

*"I feel stronger in my muscles since using the weights and I am putting on some of the weight I have lost. My energy levels are slowly increasing. The programme has been manageable as I have tried to do a little more each week depending on how my breathing has been .I feel a lot more mobile too. I love the classes and enjoy the company of others that attend. I hope to continue on the programme. It has helped me more than words can say"*

### **Programme Name: Postural Stability**

JJ started attending Postural Stability classes at Wardley in May 2019. When she first attended she was able to do 7 sit to stands in 30 seconds, and hold a semi tandem stance for 10 seconds. She attended regularly and formed lots of close friendships with various members of the group. Her confidence continuously increased throughout the duration of the course and at week 12 she completed 11 sit to stands in 30 seconds and was able to hold a single leg stance for 30 seconds. She was offered a fast track to attend Step Up classes but requested to continue with the Postural Stability course until the end of the 24 week course.

### **Programme Name: Postural Stability**

DW is one of the oldest members of the class at Wardley Community Centre, however his character far from reflects this. DW was initially a quiet gentleman and it was clear that he still tried to rush despite his balance not allowing for this. At week one DW completed 9 sit to stands but used his hands to push up; by week 12 he completed 8 with no hands. His four test balance went from a semi tandem stance to a full tandem stance and his balance awareness also seems to have improved. DW attends the class every week, he is always enthusiastic and attentive and is very sociable with the other group members. He reported to the instructor that someone from bowling had approached him the previous week to comment on how much better and more stable he looked. DW doesn't use his stick as much as he previously did and also now insists on helping with the washing up at the end of the class while the other class members get to the minibus.

### **Programme Name: Exercise on Referral**

Two clients were referred through to the GP referral service both with high blood pressure, high cholesterol and high BMI. After 12 weeks of using the gym and pool both had lost a significant amount of weight and both were extremely happy with the outcome. They admitted to being couch potatoes and did very minimal activity before being joining the programme. They now both attend the gym 5 times a week including the pool.

### **Forthcoming events and activities:**

- Afternoon Health and Well-being clinic event (Salford Royal) – Oct 2019
- Attendance at 2 Greater Manchester Cancer Events  
2<sup>ND</sup>-Greater Manchester cancer conference - Nov 2019
- Can-move team to present at Salford Practice Nurse Forum-Oct 2019
- New marketing literature to aid the promotion of Can-move within GP surgeries and other potential referring agencies
- Attendance and delivery of workshop at the Big Health Day in October
- Delivery of a '90min Informal Walking Workshop' to help people/ clients/ staff think about walking more and helping to build confidence and enable people to just do it in small groups informally
- New Carbon Landscape Walk starting in October in the Walkden area

**For more information please see:**

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