

Welcome to the 3rd quarterly report for 2017/18 for Salford Community Leisure's Active Lifestyles team.

Key highlights this quarter include:

- The Healthy Hips and Hearts group held a tea dance in conjunction with Eccles Tea Dance Group with around 70 people attending
- A carol concert was held at Beesley Green Community Centre with 25 members of the choir and 40 people in the audience
- A new Active Lifestyle Support Officer has been appointed to work across the CAN-Move and Postural Stability programmes
- Two new Health Walks were launched in partnership with Broughton Trust and Salford Age UK
- A presentation was given at the Macmillan Health and Wellbeing event to promote exercise as part of a successful recovery
- A Thank You event for all Salford Community Leisure Volunteers was held at Ordsall Hall to recognise the work and commitment of the volunteers
- A new partnership has been established to improve the transport of patients attending the Fall Prevention classes

Case Studies:

Name of session: COPD

Area: Worsley

A client attended the Chronic Obstructive Pulmonary Disease (COPD) Rehab programme for 6 weeks at Worsley Leisure Centre. Prior to being referred the client wasn't doing any physical activity other than a bit of gentle housework as she found she got quite out of breath.

She attended the programme and really enjoyed it, getting into it a good routine, meeting new people and enjoying the camaraderie and support she got in the class. She finished the 6 week programme, and significantly increased her distance on the walk test. She has continued with her exercise and now attends the weekly Healthy@Heart class and has a gym induction booked in for January. The client has since been back to her consultant for a review where she was told her lung function had significantly improved. She feels amazing and can't believe what a difference it has made to her life!

Name of Session: CAN-Move

Area: Swinton

Mr J was referred through his GP after undergoing deep skin excision from his abdomen for skin cancer. When Mr J first attended he was still healing and his mobility in his core and upper body strength was limited. During the first 4 weeks the instructor worked on his cardiovascular fitness as strength work was limited due to the surgery. Mr J also expressed a desire to overcome his fatigue as he was heading back to work.

During the next 4 weeks the instructor started to introduce upper body strengthening and low level core mobility exercises. Using very light resistance but building range of movement allowed Mr J to regain movement and mobility. Over time the resistance was increased and

he started to build his strength up again.

Mr J has reported that his fatigue levels have vastly improved and that he is starting to feel like his old self again.

Forthcoming events and activities:

- The CAN-Move team are attending a seminar at The Christie to discuss implementing the recovery package and new models of aftercare in Greater Manchester
- A new 12 week block of Health Walks aimed at Council employees is to start in January from the Civic Centre, working in partnership with Transport for Greater Manchester
- New Carbon Landscape Training – Planning started to launch 2 new walks on the CL site, requiring new volunteers and walk leaders.
- Exercise for Stroke Rehabilitation course is due to start mid January with an exercise class at Worsley Leisure centre on a Thursday afternoon. This will run in 12 week courses with week 1 assessments, week 6 and week 12 assessments.

For more information please see:

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