

# PERFORMANCE REPORT

## Active Lifestyles Team

April - September 2018



*Enhancing the lives of people in Salford*

## Performance Report for the Active Lifestyles Team April – September 2018

### Key highlights include:

- 2 new members of staff have joined the team to strengthen the offer and service to clients
- The Postural Stability team attended the EU Falls Conference to develop and network with the Falls Prevention community
- Launch of the Adult Weight Management service for Salford residents with a BMI of 30-34.9
- Up-skilling of existing team members and leisure centre staff in a Cardiac rehabilitation qualification
- CAN-Move created a Pre-Op pathway to develop a better patient pathway. Patients diagnosed with Upper GI or Colorectal cancers are now referred at point of diagnosis
- CAN-Move team presented at the Lung, Colorectal and the Endometrial cancer support groups as well as the Macmillan Health and Wellbeing events
- Planning for the delivery of additional Healthy at Heart classes
- A CAN-Move client won the Salford Changing Lifestyles Recognition Award at the Salford Sports Awards
- MacMillan Coffee Morning held at SSV raising almost £200

### Spotlight – General Exercise Referral

A lady was referred to the team via her GP as she needed some help increasing her activity levels and fitness. She started with a gentle Healthy at Heart class which she found a little daunting at first but she soon got used to the exercises and made some new friends. Through her new social circle she found the confidence to attend the gym on her own as an independent exerciser.

The lady has lost weight and has been able to reduce her blood pressure medication and says she feels fantastic! She claims this is all down to her new found love of exercise. She has now finished her 12 weeks with the team and has joined the Aspire membership, she still attends a weekly class but now uses the centre everyday whether it be the gym, swimming or a class.

### Spotlight – Can – Move

Mr D was referred to Can-Move 6 months ago after having surgery for Colorectal cancer. He had surgery but no further treatment was required. At Mr D's initial appointment he also presented with a number of other medical conditions, including Type 2 Diabetes, COPD, and high blood pressure and had a pacemaker. Mr D used to be very active and he was previously employed in the special forces which required him to be physically fit, so exercise and physical training were part of his daily routine. However since retiring and with diagnosis of different medical conditions his physical activity levels declined. However being aware of the benefits of exercise through previous experience gave him a good motivation to start up again. He hoped that by joining the Can-Move Programme he would achieve a good level of fitness, improve his core strength and achieve a good level of mental well being. He started attending supervised gym sessions and also a Can-Move. Six months later not only does he

still attend these sessions but he now is very confident going to the gym by himself and is very motivated and keen. He has progressed with the frequency of his sessions and now also attends the gym at weekends as well as in the week.

**Customer Feedback:**

*“The programme has been great in helping me get back to fitness after surgery. I felt very unfit and very short of breath before coming on to the programme and weak in the core area. I feel a lot fitter now, less short of breath and stronger all over. I have also lost some weight and have more energy. I now do 4 sessions a week and miss it when I haven’t been”*

*“The programme is very enjoyable. The trainers are really nice and supportive”*

*“Programme has really helped me to build my strength back up and get back to playing golf. The instructors are really good at motivating you and making your programme very relevant for you”*

**Forthcoming events and activities:**

- CAN-Move: Prehab launch and more development with GM Cancer
- Postural Stability: Development of presentation to consultants and local GP’s
- Developing relationship with pharmacists in local area to allow more community services in one place for the client to access with more ease. This would allow for medication reviews and advice to be given to an at need group

**For more information please see:**

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