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<b>REPORT TO:</b>	<b>HOUSING &amp; COMMUNITY SERVICES COMMITTEE</b>	<b>AGENDA ITEM: 9</b>
<b>DATE OF MEETING:</b>	<b>5<sup>th</sup> JUNE, 2008</b>	<b>CATEGORY: DELEGATED</b>
<b>REPORT FROM:</b>	<b>DIRECTOR OF COMMUNITY SERVICES</b>	<b>OPEN</b>
<b>MEMBERS' CONTACT POINT:</b>	<b>AMANDA DRAKELEY (Ext. 5776)</b>	<b>DOC:</b> s:\leisure\committee reports\HEALTH\exercise-referral-june08.doc
<b>SUBJECT:</b>	<b>EXERCISE REFERRAL SCHEME- OUTREACH COMPONENT</b>	<b>REF AD</b>
<b>WARD(S) AFFECTED:</b>	<b>ALL</b>	<b>TERMS OF REFERENCE: HCS07</b>

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### **1.0 Recommendations**

- 1.1 To approve the Councils involvement in the South Derbyshire Exercise Referral Scheme - outreach component.

### **2.0 Purpose of Report**

- 2.1 To inform Members of the proposed South Derbyshire Exercise Referral Scheme - outreach component and gain their approval for the Council's involvement.

### **3.0 Detail**

- 3.1 The Active People results published late in 2006 illustrated that within Derbyshire only 20.9% of the over 16 population are regularly involved in moderate intensity sport for at least 3 times of 30 minutes a week. Over 50% of the adult population have no involvement in physical activity.
- 3.2 South Derbyshire's Exercise Referral Scheme has been operating for a number of years at Greenbank Leisure Centre, Swadlincote. However due to staff turnover and the necessary qualification needed to deliver exercise specific to health populations the scheme has required a review to meet the quality standards required in South Derbyshire.
- 3.3 South Derbyshire's Healthy Lifestyle Officer represents the District at a County Health Referral Steering Group. Derbyshire County PCT leads this group and has been working across all Derbyshire local authorities to develop a Gold Standard approach to standards of exercise referral schemes.

- 3.4 From 1<sup>st</sup> April 2008 Derbyshire Primary Care Trust has allocated all local authority areas across Derbyshire Choosing Health obesity money to develop this Gold Standard approach to Exercise Referral schemes.
- 3.5 For the South Derbyshire district £51,000 has been allocated to develop the exercise referral scheme. This money is initially for one year, but has the potential to be mainstreamed following successful evaluation.
- 3.6 Due to the geography of the District a decision has been made to split this funding to provide the gym based sessions at Greenbank Leisure Centre (80%) and to develop a new and innovative outreach component (20%). Thus, funding of £10,200 will be allocated to the outreach component.
- 3.5 The purpose of the exercise referral scheme is to provide tailor made exercise programmes for residents referred from their health professional. Referral criteria ensures participants are over 16, have one or more defined medical conditions and are currently sedentary (not active).
- 3.6 Targets within this outreach programme include:
- Referrals expected at induction session = 114
  - Completers at 20<sup>th</sup> session = 68
  - Active patients at one year post 20<sup>th</sup> session = 24.
- 3.7 The outreach component will be managed by South Derbyshires Get Active In The Forest project, with additional support from the Healthy Lifestyle Officer.
- 3.9 Outreach exercise referral sessions will be held in community venues across the district - village halls, church halls, local schools, community centres, etc. These sessions will cater for patients that would be able to access Greenbank Leisure Centre, reducing the transport and cost barriers to their participation in the scheme.
- 3.10 In terms of the district, the local Community Sports Network, South Derbyshire Sport, will work with local partners including GP Surgeries, Community Mental Health Teams, and Allied Health Professionals to promote the scheme and encourage referrals.

#### **4.0 Financial Implications**

- 4.1 Derbyshire County PCT has confirmed £10,200 for the provision of exercise referral outreach services for the period 1<sup>st</sup> April 2008 until 31<sup>st</sup> March 2009.
- 4.2 The contribution from this Council will be use of an existing 'drop in desk' within the Leisure and Community Development service.
- 4.3 The investment into the Get Active In The Forest project to run this exercise referral outreach component aids in the long-term sustainability of this council funded project.

#### **5.0 Corporate Implications**

- 5.1 The project contributes towards the corporate aim of a Safe and Healthier Community by providing physical exercise opportunities across the district.

## **6.0 Community Implications**

- 6.1 This project provides an excellent opportunity for local people to engage in physical activity in community locations, targeting those that are not active and have one or more medical conditions.

## **7.0 Conclusions**

- 7.1 The Exercise Referral Scheme's outreach component is another physical activity based project developed in Partnership which will provide innovative and cost effective services for the local community.