



Subject:	Six monthly Healthwise and Physical Activity Referral Programmes update
Date:	13 June 2023
Reporting Officer:	David Sales, Director of Neighbourhood Services
Contact Officer:	Noel Munnis, Partnership Manager

Restricted Reports	
Is this report restricted?	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>
If Yes, when will the report become unrestricted?	
After Committee Decision	<input type="checkbox"/>
After Council Decision	<input type="checkbox"/>
Some time in the future	<input type="checkbox"/>
Never	<input type="checkbox"/>

Call-in	
Is the decision eligible for Call-in?	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>

1.0	Purpose of Report or Summary of main Issues
1.1	To provide Board members with a six monthly progress update on the exercise and health referral programmes managed by GLL in Belfast.
2.0	Recommendations
2.1	The Committee is requested to: <ul style="list-style-type: none">• Consider the information below and record receipt of the report.
3.0	Main report
	<u>Background</u>
3.1	GLL currently delivers the following health related contracts and services: <ul style="list-style-type: none">• Healthwise/PARS – 12-week exercise referral programme – Commissioned by Public Health Agency via Belfast City Council. Annual rolling contract value of £91,478.

- **Cardiac Rehabilitation** – 12-week cardiac rehab programme – Commissioned by Belfast Health Development Unit via Belfast City Council. Annual contract value of £39,910.
- **Cancer Rehabilitation** – 12-week cancer rehab programme – Commissioned by Belfast Health Development Unit via Belfast City Council. Annual contract value of £22,600.
- **Pulmonary/Long Covid** – 12 week rehabilitation programme for pulmonary conditions as well as people diagnosed with long covid syndrome – Commissioned by Belfast Health Development Unit via Belfast City. **Annual contract value of £25,000.**

Total for 4 health pathways: £178,988

- **Move More Belfast** - Commissioned by MacMillan Cancer Support and jointly supported by GLL and BCC (25% each). Contract due to complete in March 2024. Contract value of £40K per year with GLL and BCC each contributing £10K.

3.2 Programmes provide a 12-week physical activity programme, which adheres to regional standards and guidelines.

3.3 A team of dedicated health related exercise professionals delivers the above programmes. All staff are qualified to a minimum of Level III exercise referral. GLL currently employs 9 dedicated Health staff including the Health Referral Manager who is directly managed the by the Regional Business Manager.

3.4 All chronic conditions (cardiac, cancer and pulmonary) pathways are delivered by dedicated staff qualified to Level IV in the relevant chronic condition. In the past 12 months GLL have ensured more coaches are Level IV qualified so to create a multi-disciplinary team.

3.5 The aim is to promote and increase long-term adherence to physical activity and lifestyle changes designed to improve the physical and mental health of clients who are sedentary and who are otherwise healthy or who have an existing health condition or other risk factors for disease.

3.6 Staff supports clients in meeting the Chief Medical Officer physical activity recommendations for adults and older people.

3.7	<p>Strategic partnerships and working groups established around chronic conditions pathways to ensure collaboration with key organisations such as Public Health Agency, Belfast Health & Social Care Trust and charitable partners.</p> <p><u>Outcomes and proposals</u></p>
3.8	<p>Healthwise KPIs 2022/23 - please refer to Table 1 in Appendix 1.</p> <p>Public Health Agency confirmed payment to BCC in full for Q1, Q2, Q3 and Q4. 696 participants completed the programme which represented 100% compliance of the target set. The Belfast programme was the only one of its kind in Northern Ireland to achieve target.</p> <p>From the start of April 2022, the health coaches have been implementing the hybrid model adopted from the previous contractual year. They have supported and delivered the programme face to face in centres in both group and 1-1 sessions, outdoor walking groups and virtual sessions. The virtual sessions have had a reduction in participation levels due to more people attending in centre activities following the easing of Covid restrictions.</p>
3.9	<p>Cardiac Rehabilitation KPIs 2022/23 - please refer to Table 2 in Appendix 1.</p> <p>The KPI for cardiac rehabilitation and chronic conditions pilot is 256 clients to complete the 12 week intervention. In total cardiac rehab had 69 complete the 12 week programme.</p> <p>The number of referrals is still low for cardiac and is an issue that continues throughout this contractual year. Referrals from the BHSCCT are limited as per phase III as they are still following Covid-19 restrictions. This has impacted heavily on referral numbers received.</p> <p>In Q3 it was agreed that any underspend will be used on staff CPD and development of other condition specific pathways.</p>
3.10	<p>Cancer Rehabilitation KPIs 2022/23 - please refer to Table 3 in Appendix 1.</p> <p>The cancer rehabilitation programme is delivered in partnership with the MacMillan 'Move More' Belfast pathway for physical activity. The focus is establishing the service and group exercise programme to ensure that clients referred have a local and safe programme to attend.</p>

For Q4 cancer rehabilitation has received 157 referrals onto the programme. A total of 102 clients have completed the programme in Q1- Q4. 44 are currently active on the programme. The KPI for the programme is 150 for the contractual year.

3.11

Pulmonary / Long Covid

GLL received a service enhancement on their Chronic Conditions contract for a pulmonary rehabilitation pathway in addition to a Long Covid pathway.

At the end of Q4 (Jan 22-March 22) the pathway still had no official service specification or guidelines on the structure of the delivery model. GLL have been proactive in creating their own service specification in relation to the contract and researching best practices for this condition.

GLL developed a bespoke document setting out the pathway for the referral journey from clinical setting, to the community delivery and through to exit strategy.

GLL coaches attends the following contact days:

- Assessment Clinic at Knockbreda Health Centre: 2pm-5pm (when clinic is on)
- Assessment Clinic at Royal Victoria Hospital: 130pm-4pm
- Pulmonary Rehabilitation classes at Girdwood Community Hub Mondays and Wednesdays to help support the respiratory physiotherapy team.

GLL have regular meetings with BHSCT regarding this programme and share the necessary data collected as it is still in its infancy.

To date the pulmonary and long Covid pathway has had 109 clients referred onto the programme. 33 completed the programme, 10 are currently active, 30 did not start and 36 did not complete.

To bridge the gap between pulmonary rehabilitation and the maintenance classes delivered by GLL staff. GLL support the delivery of the 2 x pulmonary rehabilitations sessions per week in Girdwood Community Hub.

A change to the research on long Covid has allowed the coaches to be upskilled in Pilates Mat based exercise. This will hopefully reduce the number of client drop-outs due to Post Exercise Malaise.

The group classes are as follows:

- Tuesday- Low level Circuit 12.30pm-1.30pm- Girdwood
- Thursday- Low Level Circuit 1pm-2pm- Girdwood
- Friday- Pilates Style Class 11am-12pm- Olympia

3.12

'Move More' Belfast KPIs 2022/23 - please refer to Table 4 in Appendix 1.

The KPI for Move More is 125 to complete the 12 week intervention which was achieved within the contract year.

The prehabilitation programme works with clients after they have received their cancer diagnosis up to the post of surgery. During this prehabilitation period the cancer coach works with the client to build fitness levels so that they can better cope with their surgery and subsequent recovery.

When clients are ready to return to exercise post-surgery the coach will commence a rehabilitation programme as part of their overall recovery and support.

3.13

Further Expansion of the Health Programmes

Monthly review and performance management meetings are in place to ensure that performance is closely monitored and the required outputs delivered.

As per contract compliance, monthly and quarterly returns are completed for all commissioners.

GLL were successful in securing additional funding from BHDU to deliver a Winter Wellness programme across the city. After the pilot, delivered in Girdwood Community Hub in December 2022, GLL realised that a two-week scheme was too much of a time commitment for participants. The decision was made to condense the scheme to three one-week programmes across the city. The winter wellness scheme was held in three locations across the city (East, West and South). The physical activity sessions were delivered along with social elements such as board games and arts and crafts. Additional

support was provided by the Belfast Health and Social Care Trust Health Improvement Team in the form of food demonstrations. Funding for the Winter Wellness Scheme was £6,000.

It has been agreed by Active Belfast to support the facilitation and delivery of the Active Aging step down classes. Funding of £10,000 was awarded to GLL. GLL have used this fund to recruit a 20 hour part time coach to deliver classes in the main centres across the city. These step down classes have been rolled out in the main centres that facilitate the Strength Balance programme (Avoniel, Girdwood, Olympia and Lisnasharragh). Classes are inclusive for all and are suitable for those that have graduated from any of the health programmes, all ages including the 55+ demographic and those that wish to take part in lower intensity exercise.

GLL have also been given the opportunity to expand their health programmes by helping BHDU develop and design different pathways in the absence of their Physical Activity Referral Coordinator. Including diabetes and musculoskeletal conditions.

3.14

Additional Support

Public Health Agency continue to promote a regional exercise referral model for Level III Healthwise programmes. Emphasis remains on providing group based classes to increase volume and social interaction.

GLL deliver 13 specific classes to support participants currently enrolled in Healthwise programmes. The centres provide 4 Trust Physio sessions, 4 Strength and Balance classes, 2 Water Classes with support of Trust physios, 2 Cardiac Phase 3 classes delivered by Trust staff and 3 Pulmonary/Covid classes with the Trust.

Currently GLL deliver 13 basic classes, 17 aqua aerobics classes and 3 walking groups that can all be attended by participants that have graduated from any Healthwise programme.

3.15

Issues impacting on delivery/performance

Currently all contracts commissioned by Belfast Health Development Unit and Public Health Agency are based on one year rolling contracts. This creates challenges around staff

	<p>recruitment and retention. It is anticipated that this will be addressed in the new regional model with longer-term contracts providing improved job security and stability of service.</p>
	<p><u>Communications & Public Relations</u></p>
3.16	None
	<p><u>Financial & Resource Implications</u></p>
3.17	None
	<p><u>Equality or Good Relations Implications/Rural Needs Assessment</u></p>
3.18	None
	<p><u>Report abbreviations</u></p>
3.19	<p>BHDU - Belfast Health Development Unit PARS - Physical Activity Referral Scheme PHA - Public Health Agency</p>
4.0	Appendices – Documents Attached
	Appendix 1: KPI Report Tables (Restricted)