



ADDITIONAL INFORMATION

Useful websites:

- www.doncasterpct.nhs.uk
- www.carcroftandskellow.org.uk
- www.dh.gov.uk/obesity
- www.nhs.uk/change4life

HIGHLIGHTS

- A local community venue was seen as paramount to its success rather than a gym environment which some people find intimidating.
- Pilot program was received well and many participants liked not having to be referred on to such a scheme through their GP.

“I thoroughly enjoyed the exercise session.”

“I am thinking carefully about my choice of food, and walking and riding my bike more, rather than using public transport.”

“I do the exercises at home now.”

“Meeting people trying to achieve the same goal of doing more exercise was a great help”

“I’ve made new friends which helped motivate me”

Quotes from participants

Quit and Fit pilot programme Doncaster

AIMS AND OBJECTIVES

- To promote increased levels of physical activity within the community of Carcroft and Skellow.**

The programme followed on from the successful Quit and Fit- smoking cessation programme already established in local community centres. The aim was to extend this programme by offering a Quit and Fit programme that covers issues relating to inactivity.

The program had a strong emphasis on raising the importance of regular physical activity and the need to build more of it into our lives.

- To dispel myths and fears relating to physical activity and exercise programmes.**

The main objective (through highlighting the benefits of physical activity) was to promote the Exercise for Health scheme and in doing so create a new referral pathway using a local community venue as opposed to a Leisure Centre.

WHERE?

Carcroft and Skellow areas, North of Doncaster.

WHO WAS INVOLVED?

- DMBC Active Recreation
- Doncaster Primary Care Trust (Choosing Health Project)

HOW?

Programme content

The programme covered 6 sessions on 6 separate days. The topics were followed by a 30-min taster exercise session.

The programme included:

- | | |
|------------------|--|
| Session 1 | PARQ / Measures (Weight/height, BMI, Blood Pressure, Hip/Waist Ratio)
The Benefits of Physical Activity (Presentation)
Low-Level exercise taster session (30 mins) |
| Session 2 | Physical Activity and Weight Management (Presentation)
Low-Level exercise taster session (30 mins) |
| Session 3 | Physical Activity and Chronic Diseases (Presentation)
Low-Level exercise taster session (30 mins) |
| Session 4 | Dispel the Myths (Q&A Presentation)
Low-Level exercise taster session (30 mins) |
| Session 5 | Visit a local Exercise for Health venue |
| Session 6 | Exercise for Health (Presentation)
Measures – Weight/height, BMI, Blood Pressure, Hip/Waist Ratio
Low-Level exercise taster session (30 mins) |

The rationale

Three major barriers exist within the Exercise for Health referral process.

Firstly, whilst providing an ideal venue for a referral programme in respects of staffing and equipment, large leisure centres can be intimidating for a population who may have no previous experience of such facilities.

Secondly, although benefits to be accrued from regular physical activity are continually being promoted through academic research, for some GP's (who themselves may not be practising behaviours consistent with a healthy lifestyle) exercise referral schemes are not seen as a priority in relation to a prescribed course of action.

HOW? (continued)

Finally, there exists a population that requires help and support before they reach the need to visit health professionals. Quit and Fit offers participants 5 educational topics, a visit to a local Leisure Centre (dispelling perceived fears), and encourages individuals to make an appointment with their GP/Practice Nurse for referral onto our Exercise For Health programme.

An exercise referral instructor was used and screening forms were completed prior to starting.

WHAT HAS BEEN ACHIEVED?

The pilot program was well received and many participants found having exercise referral sessions in a local venue other than at the leisure centre worked well, and they liked the fact they didn't have to be referred on to such schemes through their GP. The local Choosing Health Development Worker promoted the programme locally.

The programme also achieved working towards the overarching objectives of the Choosing Health White Paper including both reducing obesity and improving diet and nutrition and increasing exercise.

LEARNING POINTS

Feedback suggested there were a few things that could be improved. Some participants found the mix of theory to in-depth at times and enjoyed the practical session best, and others thought that the thera-bands (used for the exercises) should have been loaned out so they could do the exercises at home.

PROGRESS AND NOTES

After the pilot quit and fit programme there have not been any developments regarding repeated programmes of this nature over the past year. However as part of NHS Doncaster's on going commitment to addressing Health Inequalities across the Borough the results of this programme will feed into the Enhanced Public Health Programme, which is identifying new ways to commission services to improve the local population's health. Successful programmes such as this will form part of a wider strategy across Doncaster to roll out further programmes with a particular emphasis on Physical Activity.

FURTHER INFORMATION

For more information about this programme contact:

Andrew Picken

andrewpicken@nhs.net

01302 726633