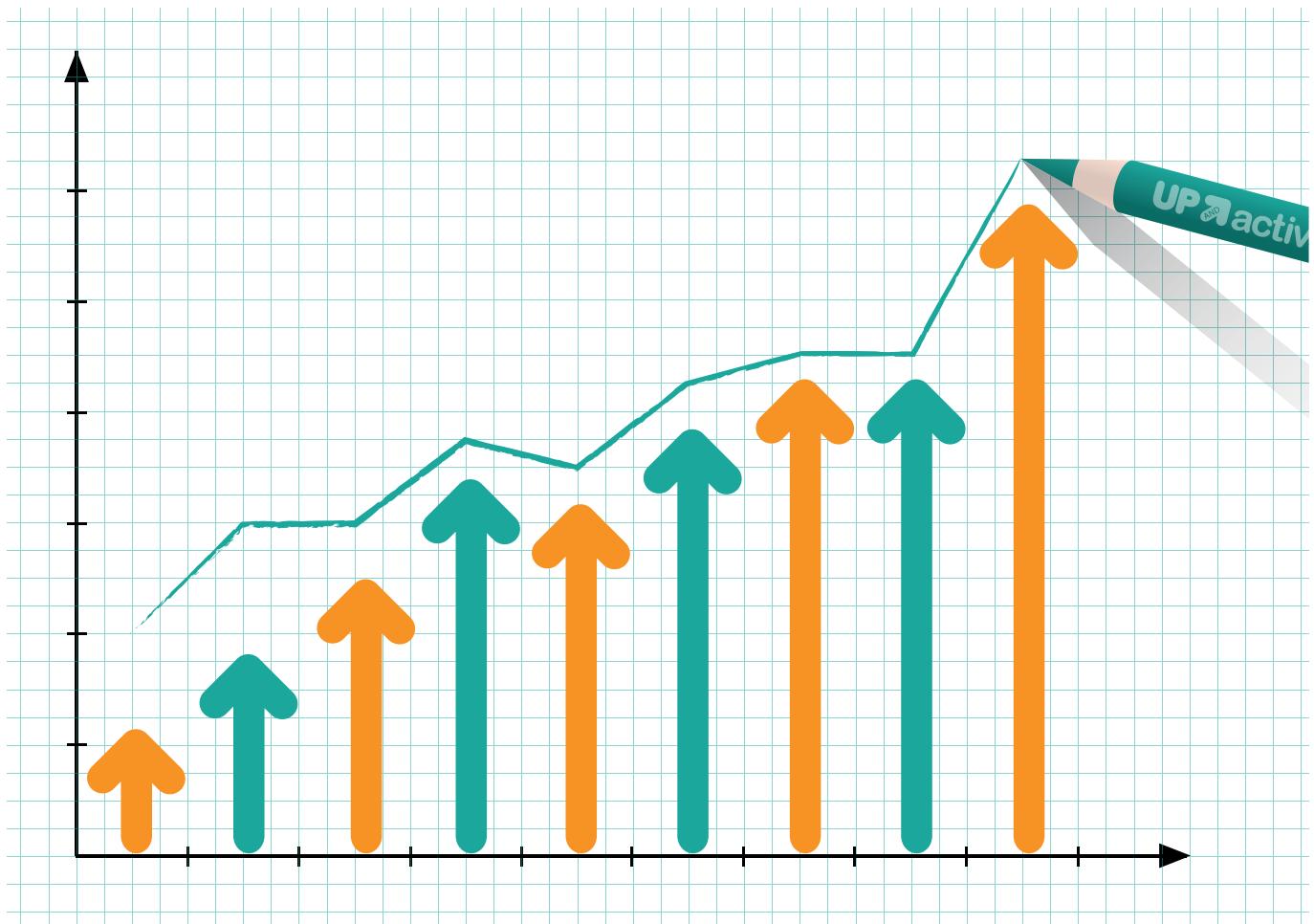


# UP AND active East Lancashire

## End of Year Report 2016-17



# About Up and Active

**Up and Active is the East Lancashire Consortium led by a partnership of four Trusts and one Local Authority, formed in 2015 to deliver the Lancashire County Council Public Health agenda-Active Lives and Healthy Weight (ALHW)-across five districts: Burnley/Pendle/ Rossendale/Hyndburn/Ribble Valley.**



Ribble Valley  
Borough Council

[www.ribblevalley.gov.uk](http://www.ribblevalley.gov.uk)

The Active lives and Healthy weight (ALHW) programme was introduced to replace a wide variety of Lancashire County Council (LCC) commissioned programmes across Lancashire, of which the Up and Active consortium members previously delivered the weight management, exercise on prescription and cardiac rehabilitation elements. These were mainly adult based interventions dealing with the conditions via specialist activity.

The Lancashire County Council area comprises of twelve districts and five health economy footprints based on the flow of people using the hospitals, GPs and other health services. The new service is delivered in 5 district areas which are broadly aligned with the five health footprints.

- ↗ Lancaster: aligned to NHS Lancashire North CCG
- ↗ Fylde and Wyre: aligned to NHS Fylde and Wyre CCG
- ↗ Burnley, Hyndburn, Pendle, Ribble Valley and Rossendale: aligned to NHS East Lancashire CCG:
- ↗ Preston, Chorley and South Ribble: aligned to NHS Greater Preston CCG and NHS Chorley and South Ribble CCG:
- ↗ West Lancashire: aligned to NHS West Lancashire CCG.

The Up and Active consortium were successful in securing the tender for the East Lancashire ALHW at the end of March 2016 and the service went live on 1st April 2016.

The Up and Active service includes a whole population approach and comprises of obesity prevention, opportunities for physical activity and weight management, focusing on dietary change and behavioural components. It provides coordinated information, assessment and support programmes to the people of Lancashire who meet the eligibility criteria as outlined in the Active Lives and Healthy Weight Service for The Lancashire Pathway Overview, as well as early intervention and mass participation events and activities

Please see short promotional Video <https://youtu.be/zzUz9X5aaWE>

# Aims of the Project

This is an innovative service which identifies, engages and supports people who are inactive and/or are overweight to lead a healthier lifestyle with a programme designed by the community on local need and sustainable behaviour change.

There is a unique, web based, single point of access and monitoring system which also provides a comprehensive list of activities and services across East Lancashire for service users and partners.



We have worked with key partners to:-

- ↗ Provide targeted community Up and Active Service interventions for obesity prevention, opportunities for physical activity and weight management.
- ↗ Bring together external partners and providers to provide a joined up approach and ensure seamless referrals.
- ↗ Develop new partnerships, ie Children's Centres/School Games Organisers/Lancashire MIND/Universities/Colleges/Disability Services/Health Professionals/Voluntary Services/Intergrated Neighbourhood Teams.
- ↗ Maximise the use of available digital technology and social media to ensure that the service is well promoted within Lancashire, enabling mass participation and to provide innovative ways of reaching out to communities.
- ↗ Promote partners' services through the Up and Active Website.
- ↗ Provide a co-ordinated approach to health improvement and provision of services by implementing a variety of behavioural programmes to encourage better self-management of individuals and peer support to sustain behaviour change.
- ↗ Form a network of Chief Executives who meet every quarter and act as 'Service Champions' to strengthen links.
- ↗ Adopt a single unique promotional brand.

**UP ↑ AND active**

# Meet the Team

The Up and Active team operates across 5 Boroughs who work closely together. Pendle Leisure Trust, Burnley Leisure Trust, Hyndburn Leisure Trust, Rossendale Leisure Trust and Ribble Valley Borough Council. The 5 Boroughs are led by a newly formed East Lancashire consortium who are overseen by a management team, made up of Chief Executives, who then oversee the work of the operational teams.

## Structure of the Team



Lead Organisation  
**Pendle Leisure Trust**

Lead Contact  
**Clive Escreat**

### Consortium Partnership Management Board

Role - to oversee the effective delivery & management of the Project  
Made up of CEOs or Senior Management from all consortium members

Burnley | Hyndburn | Pendle | Rossendale | Ribble Valley  
**Gerard Vinton** | **Steve Tanti** | **Alison Goode** | **Ken Masser** | **Mark Beveridge**

### Up and Active Operational Board

Consortium Team Leaders

Borough:

Burnley



Hyndburn



Pendle



Rossendale



Ribble Valley



Lead Manager:

L. Searle

Specific areas of Responsibility:

Operations  
Schools  
TCWM

Budgeted number of staff:

7

7

7

6

6

### Up and Active Delivery Team Roles

Cardiac Rehabilitation

Community Development

Specialist Referral

Workplace

Children & Young People Schools

Targeted Physical Activity

Walking & Cycling

Family

Weight Management

Growing & Cooking

Administration

Up & Active Network

Marketing & Communications

Education & Training

# How are we achieving our goals?

A unique brand and digital platform across the East Lancashire footprint has been created and linked to social media, providing a single point of access. This provides a stand-alone platform which does not impact on partners' individual systems, but links together monitoring activity information with a proven bar code concept as well as other methods such as leaflets, posters, face to face, focus groups, consultation engagements and social groups. The system is based around technology, that is the users do not need IT skills or equipment as these will be provided and support given for all participation.



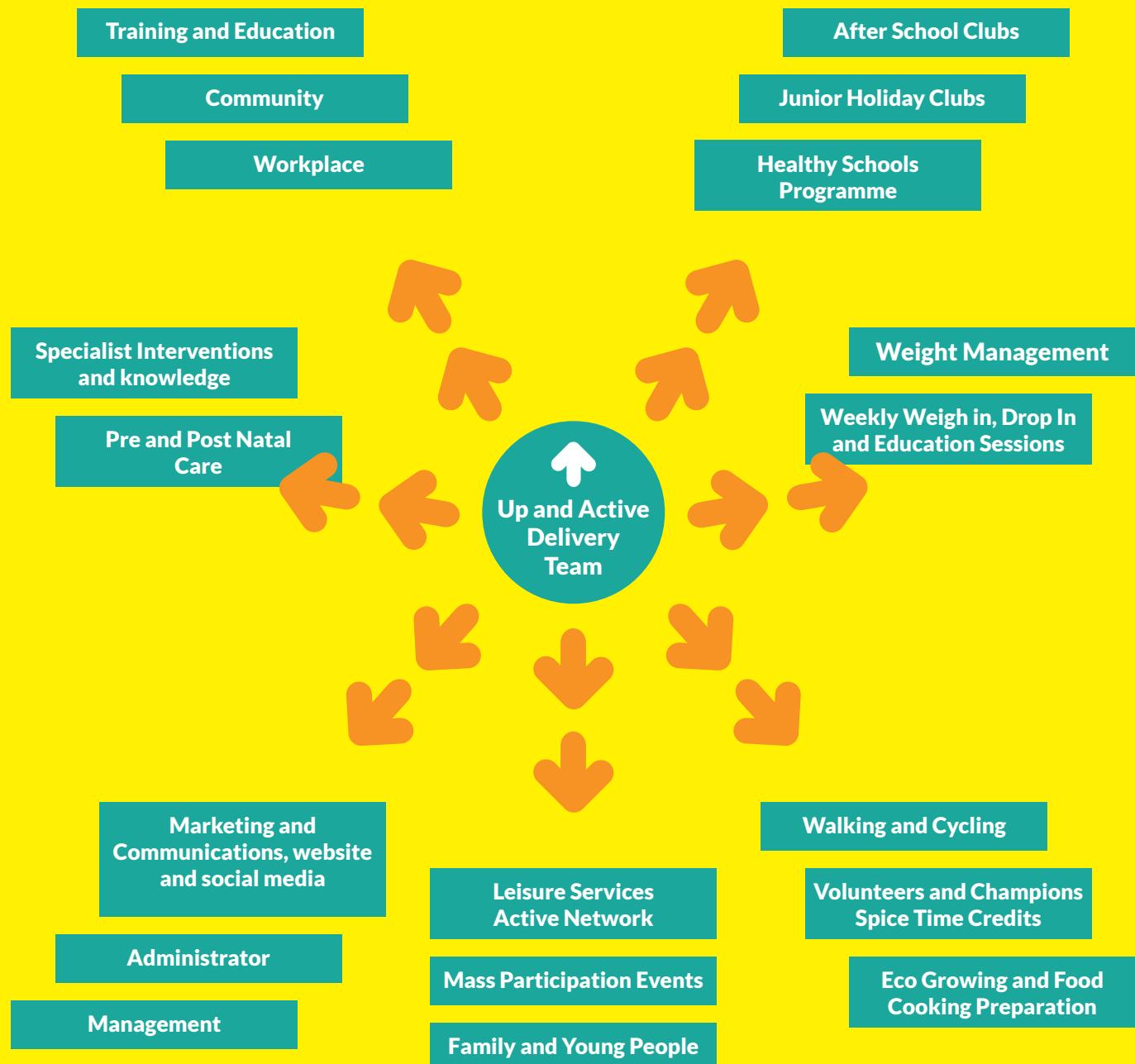
An established Up and Active network exists with all partners which allows cross Borough usage of leisure facilities and services for everyone, no matter where they are based, with one single membership.

There are a range of programmes for families, young people and older people: **Family activities, Schools Project, Weight Management Courses, Weekly Weigh Ins, Workplace Wellness Charter, Community Engagement Workers, Volunteers/Buddies Programme, Walking and Cycling Activities, Specialist Referrals (Multiple co-morbidities), Pre and Post Natal Activities, Food Growing and Cooking, Active Network** (allows cross-borough usage of services).

The service uses a variety of community venues; **community centres/church halls/local mosques/children's centres/schools/colleges/universities/leisure centres/work places/Job Centre Plus/GP's/parks/open spaces**, taking into account public transport/parking/access on foot or by bicycle. Partnership working is integral to the success of the service and seamless integration of programmes. Integrated, clear pathways are promoted and partner agencies are made fully aware of the pathways to ensure seamless access to services across East Lancashire. All interventions are standardised across all areas and create a consistent, clear model albeit with room for different local requirements.

Seamless integration of services across East Lancashire now exists through this model. This single point of access has allowed partners a platform to promote their activities and, therefore, users do not have to search for the information. It is user friendly, comprehensive and reactive to the individual providers and users, whilst also allowing an individual to monitor their participation across a wide range of activities and providers. Partnership working with the Health Authority via Lancashire County Council has provided the ideal opportunity to bring health and physical activity together and show the links and cross overs and build further partnerships.

# Activities and Services



# What Differences are we Making?

In terms of weight management and physical activity interventions, targets are being over exceeded in some areas. The actual number of interventions from April 2016 – March 2017 across East Lancashire was **310,682** against a target of 149,756.

This figure is broken down into

- ↗ 59,070 Community and Early Interventions
- ↗ 23,820 Targeted Interventions
- ↗ 227,792 Digital Interventions

The Up and Active programme has in the first year achieved:-

- ↗ 9,730 members registered to the website with barcodes <http://www.upandactive.co.uk/>.
- ↗ 803 activities on the website, of which 601 are currently live.
- ↗ 205 different types of community activity.
- ↗ 87,848 individuals involved in the community activities, of which :-
  - 41,809 scanned attendances for activities on the website.
  - 46,039 non-scanned activities like walks/schools/events, (see below for some examples).
- ↗ 4,971 community activity sessions.
- ↗ 50 mass participation events.
- ↗ 362 people referred to our Cardiac Rehabilitation courses.
- ↗ 130 volunteers working across East Lancashire for the programme.
- ↗ 33 highlighted case studies on the website <http://www.upandactive.co.uk/case-studies/>.



Some of the Types of Events and Activities for Early intervention figures

Activity	Attendances
↗ 24 different schools and 1092 sessions	28,950
↗ Children's Holiday programme = 50 sessions	5,335
↗ 17 Kids Community Clubs per week = 509 sessions	5,061
↗ 2 Cycling sessions per week = 60 sessions	331
↗ C25K beginners running programme sessions = 234	2,763
↗ Weigh in and drop in = 597 sessions	1,531
↗ General walks sessions = 1,127 walks	15,125
↗ Family sessions x 96	2,057
↗ Health centres and GP Surgeries visits x 56	1,021
↗ Workplaces x 8	150
↗ Open day and health promotional event = 74 sessions	2,690
↗ Eco, growing, residential visits, food prep and planning x 44	276

Please also see examples of some of the activities in our photo gallery of activities  
<http://www.upandactive.co.uk/gallery/>

# Case Studies

This is just a small sample of the clients who have benefited from the East Lancashire Up and Active programme. To see a full list of case studies or to read their full stories, please follow the links below. These stories demonstrate the difference that we are making to real people's lives.

## From Thyroid Cancer to London Marathon

Paul needed to get fit following his recovery from Thyroid Cancer. He joined the Up & Active Couch 2 5k and worked with one of our exercise consultants to eventually run the London Marathon. Paul said, "When I first started to get fit I never, in my wildest dreams, imagined I would be running the London Marathon!" [Click here](#)



## From Heart Attack to Healthy Living

Bob lost confidence in his physical abilities following a heart attack. With the support of the Community Cardiac Rehab team, he now enjoys regular exercise and has transformed his diet and lifestyle. [Click here](#)

## From Workaholic to Fighting Fit

Salim's doctor recommended Up and Active to him when he complained of low energy levels and weight gain. Salim has noticed his fitness levels have increased significantly and he plans to go back to boxing soon. Salim said, "coming on the programme has been the difference between getting back into exercise or just staying as I was. If I hadn't come on the course, I would never have got back on track and lost 2 stone 4 pounds and be leading a healthier lifestyle." [Click here](#)

## Weight Loss has lots of positive outcomes

David K from Burnley was encouraged to contact the Up and Active team by his GP to help manage his stress and anxiety levels. He has found that not only has he lost 2 stone in weight, but has also increased his mobility, fitness and mental wellbeing whilst now being pain free. David has also now encouraged his wife and daughter to become more active. [Click here](#)

## Walking back to fitness

Nanette joined Ribble Valley's Up and Active walks following the loss of her husband. It has helped her to recover from her loss. "I am known as little Nan, but now I am so fit I can keep up with anyone. We walk, we chat we laugh. If tragedy happens, as it did for me a while back, you have so many friends there for you." [Click here](#)

## It's easier when you do it together/ A Family Affair

When Diane discovered she was pre-diabetic and needed to lose weight, she persuaded her husband Daniel to join her at the Up and Active sessions. As well as losing weight and getting fitter together, it has helped both of them improve their mental wellbeing and they have improved their children's lifestyles too. Diane said, "I have totally changed my lifestyle as a result of coming on to the Weight Management programme." [Click here](#)

## Walking back to health

Mike originally joined our volunteer-led walks to help with his anxiety and depression but now leads a weekly Nordic walk and has taken up running to help with his mental and physical health.

[Click here](#)



# Up and Active Healthy Schools

The Up and Active team have been working with school children to teach them about a healthy diet and lifestyle. Teachers quote “the children have thoroughly enjoyed practical activities within the sessions. They have taken ownership of the tasks assigned to them outside of the sessions and retained a clear understanding of the benefits of physical activity”. [Click here](#)

The Healthy Schools programme is also a great example of Partnership Working as well as providing some great case studies and quotes. The project works closely with School Games Organisers who provided the Change4life workbooks, which encourage children to make informed choices around their food and activity levels. It is an obesity prevention programme that makes specific links to key Stage 2 national curriculum subjects. Lesson plans have been developed to compliment taught subjects such as PE, science & PSHE. A resource pack with 7 detailed Up & Active lesson plans (including 1 follow up plan) are left with teaching staff for them to use as a resource for future classes in order to provide fun, interactive and innovative ways of delivery for theme/topics of work relating to Health & Wellbeing.

The Schools programme adopts an inclusive approach by working with all the children regardless of their weight and by delivering key learning elements such as improved knowledge and guidance on nutritional information, how to read food labels, a healthy lunchbox, getting active using the Change4life ‘get going’ wrist band and encouraging the recommended 60 minutes of daily activity, using creative ways to bring important health messages to life and encouraging children and their parents to make more informed choices around their food habits, i.e. to swap unhealthy snacks for healthy snacks. The hope is to maintain optimum health in childhood and prevent adult ill health.

## Quotes from teachers

- ↗ “100% of teachers would recommend the programme to other schools.”
- ↗ “The children have enjoyed the sessions immensely. The programme pitches concepts at just the right level for the children to appreciate the value of exercise and healthy eating.”
- ↗ “Children have been motivated to improve their health and looked to partake in more exercise purely as a result of the programme.”
- ↗ “As a whole, I think the programme worked well and was structured perfectly for our children. I wouldn’t change anything. I would 100% recommend the programme to other schools.”

## Quotes from pupils and parents

- ↗ “I have lost 6 lbs over the programme. I now go to the leisure centre swimming and can swim 12 lengths now. I am also eating less sweets and more fruit.”
- ↗ “I play out for longer and don’t play on the Xbox as much.”
- ↗ “As a result of the programme, our shopping habits have changed and my child has taken on board what she should eat as part of a healthy diet.”
- ↗ “My family now have a treats cupboard that the whole family can only enjoy once a week.”

This year we ran - 3 Family programmes, 1 After Schools programme and 17 Curriculum programmes

## Some Results from the Healthy Schools Programme

	Week 1	Week 6
60 minutes Physical Activity/Day	49%	75%
Increased 5-a-day	27%	67%



# Finance

The table below shows the split between how the grant has been used to deliver the Up and Active programme across East Lancashire.

Breakdown of Finance	Budget %	Actual %
<b>Salaries &amp; Wages, Indirect Employee Costs</b> (Management, front line delivery staff for ALHW and cardiac, recruitment/training/DBS) & TUPE related costs	<b>83.2%</b>	<b>91.7%</b>
<b>Delivery Related Expenditure</b> (Facility hire/rent, travel, equipment, website/technology, stationery/phone, uniform/first-aid, marketing & publicity, events)	<b>16.8%</b>	<b>8.3%</b>
<b>Income &amp; Grants</b>	<b>100%</b>	<b>100%</b>
<b>Cost per Up and Active intervention across East Lancashire</b>	<b>£6.32</b>	<b>£0.03</b>

The increase in the Salaries & Wages, Indirect Employee Costs is mainly due to the effects of the TUPE staff and extra costs related to this. This did mean that a re-profile of the expenditure budget was needed to accommodate this extra spending.

