

## Health Improvement Board - Exercise on Referral – Oxfordshire

By Oxfordshire Sport & Physical Activity

### 1. Purpose of Report

To make the Health Improvement Board aware of the various Exercise and Referral programmes running in Oxfordshire.

### 2. Information requested from the Health Improvement Board

Please see the detail below based on the brief as provided by the HIB. Further areas as requested will be presented upon in the meeting.

- An overview of all the local referral schemes in Oxfordshire
- Whether a local scheme is targeted at any particular group of people?
- How many GPs are engaged and how many referrals were made / activated?

### 3. Overview of Exercise and Referral programmes

District	Provider	Cost to participant	GPs engaged	Participants engaged	Continued membership	Particular focus groups : Additional conditions available	How is the scheme funded
Oxford City	Rosehill Community Centre (Oxford City Council)	Initial price £5.60 £1.30 per session.	No data	27	12	Supervised gym sessions	It has cost Rose Hill Community Centre £684.00 (16/17).
	Provider Comments	No outside funding has been given; Oxford City Council has supported the discounted EOR referral rate for the 12 week period.					
Oxford City	Fusion x 3 sites	Initial price £5.60 £1.20 per session	No Data	203	Many of the people on the scheme go onto bonus card scheme after	Supervised gym sessions Swimming	There is no funding available for the scheme Fusion take on all the cost to continue to deliver the scheme at a highly discounted rate.

	Provider Comments	Main issue with the scheme is qualified instructors, with the cost of the course funding support is needed to get more instructors trained to deliver the scheme. We have demand for the programme but struggle to take more as we don't have the qualified staff available. The Oxford City scheme run by Fusion is the cheapest in the county for people to take part in. We would like to develop the scheme however would need funding support to help us develop and expand the programme.					
South & Vale	Healthwise operated by GLL x 5 sites	Pay and play (£3 year 1, £4 year 2 and £4.50 year 3), direct debit (£20 year 1, £25 year 2, £30 year 3) per month	No Data	515	54%	Supervised gym sessions. Swimming. Level 4 Cardiac Rehabilitation and trained in Motivational Interviewing.	The scheme funded through the leisure management contracts. Amount undisclosed.
		Providers comments	Due to having a co-ordinator in place to take direct communications from GP's and clients, direct promotion of the scheme to GP surgeries, creating a referral form that is one A4 side of paper, and training more staff at the different leisure centre sites to take more referrals. There are no plans in place to change any of existing conditions (either adding or removing conditions) and processes associated with the scheme as numbers are increasing well. Any adding of conditions would create a cost for the leisure providers that the district council do not have funding to provide eg for training staff in extra conditions, and may potentially require systems we are unable to provide eg separate rooms for individuals to exercise in. GP Referral is an integral element of the programme of use for the new leisure contract which is due to commence 1st August for a 10 year period.				
	South Oxford Leisure x 2 sites	£2.50 a session or £48 upfront for the 12 weeks.	5	35	22	Supervised gym sessions. Swimming	As a charity this is one of the schemes they run for community objectives.

		Provider Comments	We are currently investigating projects that help adults with mental health problems and diabetes prevention to benefit from physical activity. We also run a Disability Active gym and swim session that is supported by 'Exercise & Disability' qualified staff.				
West	Healthwise operated by GLL x 5 sites	Pay and play (£3 year 1, £4 year 2 and £4.50 year 3), direct debit (£20 year 1, £25 year 2, £30 year 3) per month	11	495	61%	Supervised gym sessions Level 4 certified in Cardiac Rehabilitation and trained in Motivational Interviewing. Cardiac & Pulmonary Rehabilitation classes, Heart Failure support class, Movement & Mobility class, Nordic Walking sessions and Table Tennis	The referral programme operates as an integral component of the Leisure Facilities within Oxfordshire and is a contractual commitment from GLL as Healthwise. Amount undisclosed
		Provider Comments	GP Referral is an integral element of the programme of use for the new leisure contract which is due to commence 1st August for a 10 year period. Level 4 certified in Cardiac Rehabilitation and trained in Motivational Interviewing.  Whether a local scheme is targeted at any particular group of people. West Oxon does have a wider focus on engaging people with disabilities. However in the EOR scheme there has been no specific focus other than health conditions that are appropriate to referral, which may include people with disabilities but no more any anyone else				
Cherwell	Parkwood Community Leisure Legacy Leisure x 2 sites	£3.85 Pay As You Go	No data	222	110	Supervised gym sessions	Legacy Leisure is contractually obliged to deliver the scheme on behalf of Cherwell District Council.

		Provider Comments	Since taking on the scheme the most common issue is clients not being aware of how the scheme works. Prior to attending clients are not given any information about the scheme when they are referred (costs, number of sessions). Many patients are not told they have to pay for the scheme.
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Prescription of exercise (referrals not typically Leisure centre referral)

Countywide	Go Active, Get Healthy	No cost	133	21790 new participants have taken part in the countywide physical activity opportunities designed for the inactive  1112 participants have registered directly into the Referral and Motivational Support Pathway	Self-sustained activities after funding end	Motivational Interviewing, district community activities, Exercise on Referral forward	Sport England
		Provider Comments	Note Funding has ended and this programme is currently not running. An initiative delivered by Oxfordshire Sport & Physical Activity and partners. For inactive individuals. A mixture of informal referrals and not limited to referral pathway through a medical professional. Community, self and online referrals were also optional.				
	Go Active Get Healthy with diabetes	No Cost	22 (to date) Note all 77 practises contacts		Self-sustained activities after funding end	Motivational Interviewing, district community activities, Exercise on Referral forward	Oxfordshire CCG

		Provider Comments	A new initiative delivered by Oxfordshire Sport & Physical Activity and partners. For individuals with diabetes. A mixture of informal referrals and not limited to referral pathway through a medical professional. Community, self and online referrals were also optional.				
	Active Body Healthy Mind	No Cost			Self-sustained activities after funding end	Advice, support and community exercises	
		Provider Comments	No data	766			Sport England

#### 4. Discussion Points

- There are 5 distinct leisure clients/commissioner (the district councils) and 3 providers/deliverers (leisure providers) of Exercise on Referral. Each is delivering their national programme. Each individual arrangement is specific to the district that is operated in.
- Where there are countywide issues (for example GP Referral forms that are owned by the CGG) there is not a countywide co-ordinating mechanism at this moment in time. Oxfordshire Sport & Physical Activity can provide this role as the county wide partnership for sport and physical activity. There could also be a role for the Oxfordshire Strategic Physical Activity Group.
- With 95,000 people inactive across Oxfordshire (and the associated health dis-benefits with this) Exercise on Referral plays a part in reducing this but with the present attendance figures other initiatives will be required to allow choice of activity.
- Social prescribing may be a mechanism to increase the number of referrals but again it would need to link in with the wide variety of other referral routes to provide scale and choice for participants.
- Oxfordshire Sport & Physical Activity are currently building on the work of the Oxfordshire Sport & Physical Activity Needs Analysis to provide additional information on inactivity 'hot spots' This will enable more targeted work across all referral schemes for all inactive people.

#### 5. Recommendation

Oxfordshire Sport & Physical Activity with Health Improvement Board endorsement to bring together organisations involved in Exercise and Referral to share best practise and look to ways forward on county wide issues.