

Active Wellbeing service

Active Suffolk

Functional Fitness MOT brief overview May 2020



1. Introduction

This report provides an overview of the previous 24 months of the Active Wellbeing Service delivery, including the impact of the intervention service and key stats from the Functional Fitness MOT (FFMOT) testing.

The content of this report includes progress of the Active Wellbeing service between June 2018 and May 2020.

2. Overview

The Babergh and Mid Suffolk project is a three year project between Babergh and Mid Suffolk District Councils and our Active Wellbeing service; a service that supports older adults who are physically inactive to become more active.

Over the three years, our Active Wellbeing service will be working closely with separate surgeries in each district to support patients to improve their physical activity levels. The locations we will be working in include: Fressingfield & Stradbroke, Long Melford & Lavenham, Bildeston, Debenham, East Bergholt & Capel St Mary, Eye, Glemsford & Holbrook & Shotley.

With the support of one of our Physical Activity Advisors, clients will be able to discuss their motivations to get active, different options that are available locally to them and overcome any barriers, issues or concerns they might have. The service is focused on the individual, and the Advisor will support clients through consultations, phone calls and on-going reviews to provide support, motivation, advice as well as inviting them to complete a FFMOT.

Clients will be signposted to local physical activity opportunities which have been checked by our team to ensure they are safe and appropriate. These range from health walks to gentle exercise classes, falls prevention, Fit Villages projects and even adapted sports. Our Advisors will help people to find the right option for them, taking into account their interests, location, transport issues, any additional needs, budget and other concerns.

We will be working closely with the local GP Surgeries to help identify any patients that need our support. We also want to celebrate and link to the great work already taking place within the communities of Babergh and Mid Suffolk as well as support the development of any new activities where local people feel that they are needed and would benefit from to help older people to become and stay physically active.

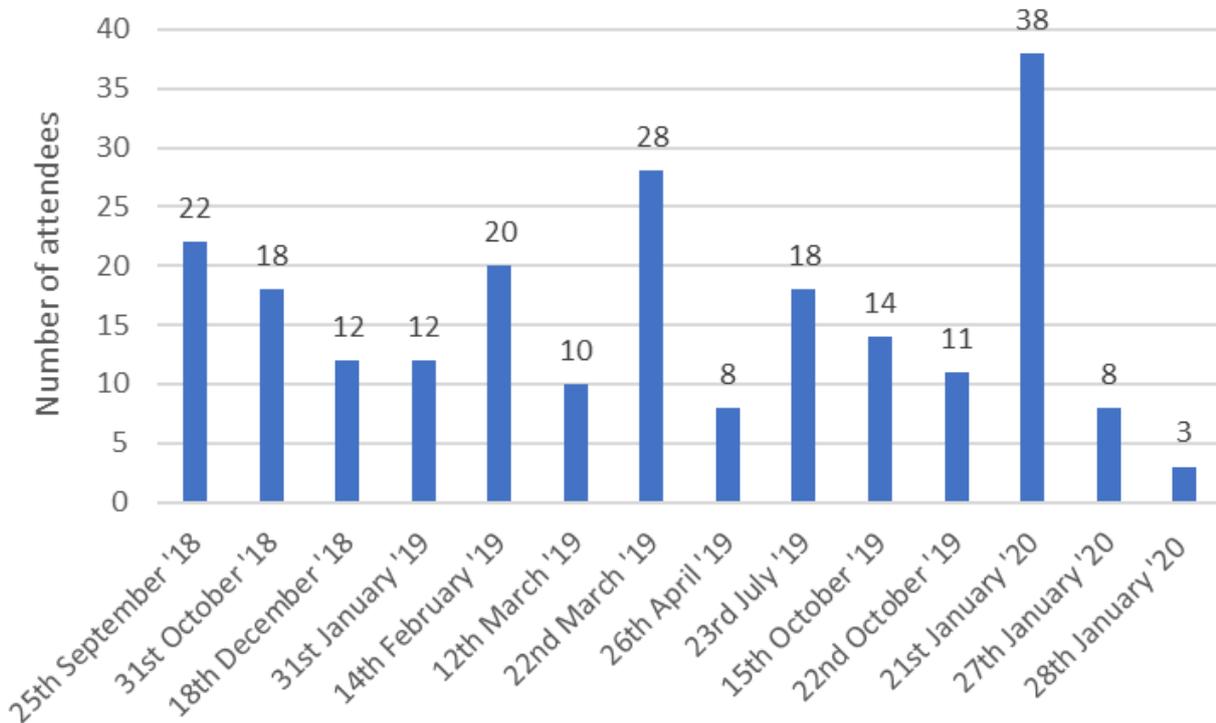
3. Progress against FFMOT test objectives

Please find below the table to show progress against the specific service objectives.

Objective Detail the project's objectives	Measurement How will you measure success	Progress
<p>Engage and deliver a behaviour change intervention for inactive, older people</p> <p>Deliver FFMOT testing.</p>	<p>20% of inactive people engaged with the intervention service and on the pathway to becoming more physically active.</p> <p>Evaluation reports to demonstrate impact.</p> <p>* Also quantified via Active Lives Survey</p>	<p><u>FFMOT testing:</u></p> <p>25th September 2018 – 22 attendees</p> <p>31st October 2018 – 18 attendees</p> <p>18th December 2018 – 12 attendees</p> <p>31st January 2019 – 12 attendees</p> <p>14th February 2019 – 20 attendees</p> <p>12th March 2019 – 10 attendees</p> <p>22nd March 2019 – 28 attendees</p> <p>26th April 2019 – 8 attendees</p> <p>23rd July 2019 – 18 attendees</p> <p>15th October – 14 attendees</p> <p>22nd October 2019 – 11 attendees</p> <p>21st January 2020 – 38 attendees</p> <p>27th January 2020 – 8 attendees</p> <p>28th January 2020 – 3 attendees</p> <p><i>21st April 2020 – postponed</i></p> <p><i>23rd April 2020 – postponed</i></p>

4. Client engagement / profile:

The following table provide information on the number of clients attending the FFMOT



Total attendees: 222

Average number attendees per session: 16

The following tables show the information from the clients who accessed the service. Please note, that this data reflects all areas of the service, and not just the FFMOT.

Age Range	Total	%
18-24	1	0%
25-39	2	1%
40-54	16	6%
55-64	58	21%
65+	198	72%
Total	275	100.0%

Age Range	%
I am not in employment (e.g. retired, retired for health reasons, unemployed, fulltime carer etc)	78%
I spend most of my time at work sitting (e.g. such as an office)	11%
I spend most of my time at work standing or walking. However, my work does not require much intense physical effort (e.g. shop assistant, hairdresser, security guard, childminder, etc.)	7%
My work involves definite physical effort including handling of heavy objects and use of tools (e.g. plumber, electrician, carpenter, cleaner, hospital nurse, gardener, postal delivery workers etc.)	4%

My work involves vigorous physical activity including handling of very heavy objects (e.g. scaffolder, construction worker, refuse collector, etc.)	0%
Total	100.0%

*Not all clients provide their age and employment hence the discrepancy.

The average age of clients accessing the service is 62 years old.

ACTIVE WELLBEING SCALE	
BMI (30+)	30%
Male	26%
Female	74%
Smoke (yes)	6%
Less than 14 units of alcohol each week?	82%

5. Three month reviews

The following tables show the physical activity levels and whether there has been any changes to mental wellbeing scores of our clients at the 3 month stage.

Moderate physical activity minutes a week	Total
At least 60 minutes	75%
At least 150 minutes	49%

Warwick–Edinburgh Mental Well-being Scale* changes at three months	Total
% of clients whose wellbeing improved	76%

The SWEMWBS is a short version of the Warwick–Edinburgh Mental Well-being Scale (WEMWBS). The WEMWBS was developed to enable the monitoring of mental wellbeing in the general population and the evaluation of projects, programmes and policies which aim to improve mental wellbeing. The SWEMWBS uses seven of the WEMWBS's 14 statements about thoughts and feelings. The seven statements are positively worded with five response categories from 'none of the time' to 'all of the time'.

6. Case studies



"I'm really glad I came along to the fitness MOT session in Capel St Mary.

I have benefited because I now know what my weaknesses are but I also learnt what I was quite good at.

I'm 82 but I want to keep as active as I can and this has been brilliant."



"I'm so glad I came along to the Fitness MOT session, provided by the Active Wellbeing team from Active Suffolk. I have found out how unfit I am but it has motivated me to keep monitoring myself, where hopefully I will see improvements.

I have an active background and I still ride horses, but at one time I could run a mile in 5 minutes and I was very fit. As you get older I think it's important to monitor your health and make improvements and this project helps you to do that!"





"I am so pleased I came along to the Fitness MOT session which was put on by the Active Wellbeing team from Active Suffolk.

It was excellent and I can't wait for the next session so I can review my results."

