

Reaching Out To Older People, Supporting Those Living With Chronic Health Conditions

**Wokingham Borough Council
Sport and Leisure Team**



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Agenda

- Public Health
- SHINE – Over 60's Physical Activity Programme
- Planning and Delivering Dementia Friendly Physical Activities
- Exercise programmes to assist with effects of a Stroke, COPD, MS and Parkinson's





Public Health



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SHINE



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SHINE

Slide show...

https://youtu.be/i_BFxpLAemc



What is SHINE?

- **SHINE** is our over 60's physical activity programme open to residents living in the Wokingham Borough.
- There are over 60 classes running each week and they take place in various locations in the Wokingham Borough.



What is on offer?

Pilates Nordic Walking Tai Chi

Line Dance Walking Football

Stretch & Relax Supple & Strong

Forever Jhoom Fit Steps

Outdoor Cycling Core Strength

Tennis Aquacise

Latino Dance Pure Stretch



Benefits of SHINE

- Helps to increase mobility and strength
- Helps with weight loss and maintenance
- Improves mood
- Reduces risk of heart disease
- Increased social interaction
- Meeting people with similar interests



Information

- Currently there are 1750 active members of SHINE.
- Currently there are 69 classes taking place each week.
- Flexible membership options.. Coupon card, DD or annual
- The class sizes range from 10 to 30 people.



Positive Case Study

- “In the water there is no body hindrance, this is all eliminated and I can even stand on one leg! Something I certainly cannot do when on the ground. After Aqua I feel rejuvenated and my mind is positive”.



Positive Case Study

- “The Shine classes are so friendly. I was so nervous before my first class with Shine but took comfort in the fact that I knew everyone else there would be in similar age group to me. I did wonder how I was going to cope but I loved it.”
- “Shine is now part of my life and I would be lost without it”





DEMENTIA FRIENDLY



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Dementia Friendly Activity Sessions

Who we are...

- Provide physical activity sessions for people living with dementia and their carers
- We work closely with the Memory Clinic at Barkham Hospital to promote sessions
- Close links with Wokingham Dementia Action Alliance
- Delivered 10 month programme with Young People with Dementia



Dementia Friendly Activity Sessions

Sessions include...

- Indoor Bowls
- Steady Steps Falls Prevention classes
- Old Time Dancing classes
- Dementia Friendly Health Walks
- Swimming



Dementia Friendly Activity Sessions

- Sessions cost £2.50 for participants
- Funding is provided by Public Health department
- Instructors attend Dementia Friends training
- Sessions are tailored to individual needs





LONG TERM HEALTH



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Long Term Health Conditions

Who we are...

- Sport and Leisure Team within Wokingham Borough Council.
- Our Health prevention team consists of the GP Referral Physical Activity Scheme, Steady Steps (Falls Prevention), Mindful Health and Wellbeing, Cardiac Rehab Phase 4 and Long Term Health Conditions Programme



Long Term Health Conditions

Slide show...

<https://youtu.be/7EpoXcEcOe8>



Where we are...

Specialised Long Term Conditions Gym based in one of our leisure centres (Loddon Valley, Lower Earley)



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Referral Process

- 1 generic referral form – signed and completed
- Referral by a Doctor or any Health Professional completing an Exercise Referral Form
- Sent to S&L team to make contact with patient
- Patient invited to an induction with the programme coordinator for an initial consultation and show round of equipment to test physical ability
- Individuals have the opportunity to book into available time slots in which they will join others in a group gym setting (time slots are up to 1 hour).



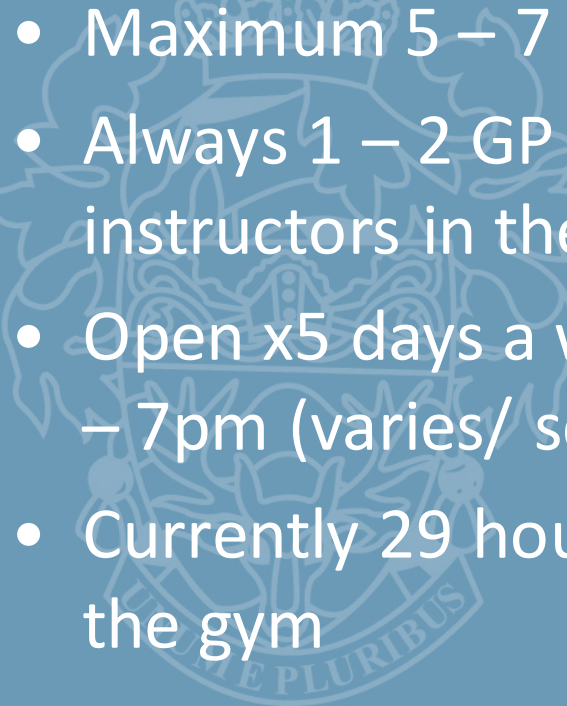
What we do...

- Facilitate group sessions for people with a variety of Long Term Health Conditions.
- Individuals will have a varying degree of ability ranging from mild to severe
- Target Group - Parkinson's, MS, Stroke, Physical Disability, COPD. 16 years + (attracts 60 + age group)
- During sessions, the individual will complete their own exercise programme whilst being in the company of others, all who have a LTH condition.



- Specific classes for individuals who have suffered a Stroke, living with a respiratory condition and Multiple Sclerosis.
- Stroke class – working on functional ability (sitting to standing/ balance exercises)
- Respiratory class – working aerobic fitness and strength in circuit style session
- MS Class – a yoga style class focusing on flexibility and core strength



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- Maximum 5 – 7 patients in a session
 - Always 1 – 2 GP Referral / Level 4 Neuro qualified instructors in the gym
 - Open x5 days a week, Monday – Friday from 8.30am – 7pm (varies/ scheduled hours)
 - Currently 29 hours dedicated for LTHC programme in the gym
 - Cost - Coupon card £35.00 for 10 weeks



What we have...

- We have a range of mainstream and rehab orientated gym equipment.
- All of the equipment can be adjusted in some way to accommodate the individual; such as our treadmill's starting at a slower speed of 0.3mph for those with walking difficulties.
- Our room is laid out with equipment located to the edges, so that we have a large floor space for mat based exercises and ease of transferring to equipment.
- Exit routes – continue in LTHC gym, GP Referral Scheme, classes



How many...

- Currently over 140 on the database with a comfortable 100-120 attending each week.
- Stroke 31
- COPD/ Respiratory 33
- Parkinson's 10
- Multiple Sclerosis 18
- Physical disability (various) 17
- Other



Positive Case Studies

P.M

“I wanted to write to thank your team for their help in getting me back to fitness after my serious cycling injury. I remember when I first walked into the gym a year or so ago. I could only walk short distances and serious exercise seemed a long way off. The advice and guidance given in the Long Term Health Conditions Programme run by Wokingham BC has made an enormous difference to my ability to get back to leading a normal life. Here I am a year later and I have joined the local gym so that I can maintain and further improve my current fitness. Without the LTHC gym, this just wouldn't have happened.”



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Positive Case Studies

M.H

“What I particularly like about the gym is that the trainers actually “care” about the therapy they are offering! They go out of their way to help attendees, no matter the disability. The gym is run in a warm and friendly atmosphere, and everybody really gets along so well with each other. Friendships have been developed, that will last forever”.



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The Future



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Future Developments

Two new leisure centres..

- Bulmershe
- Carnival Pool





For more information:

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Phone: 0118 974 3728



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Thank you for listening

Any Questions?



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