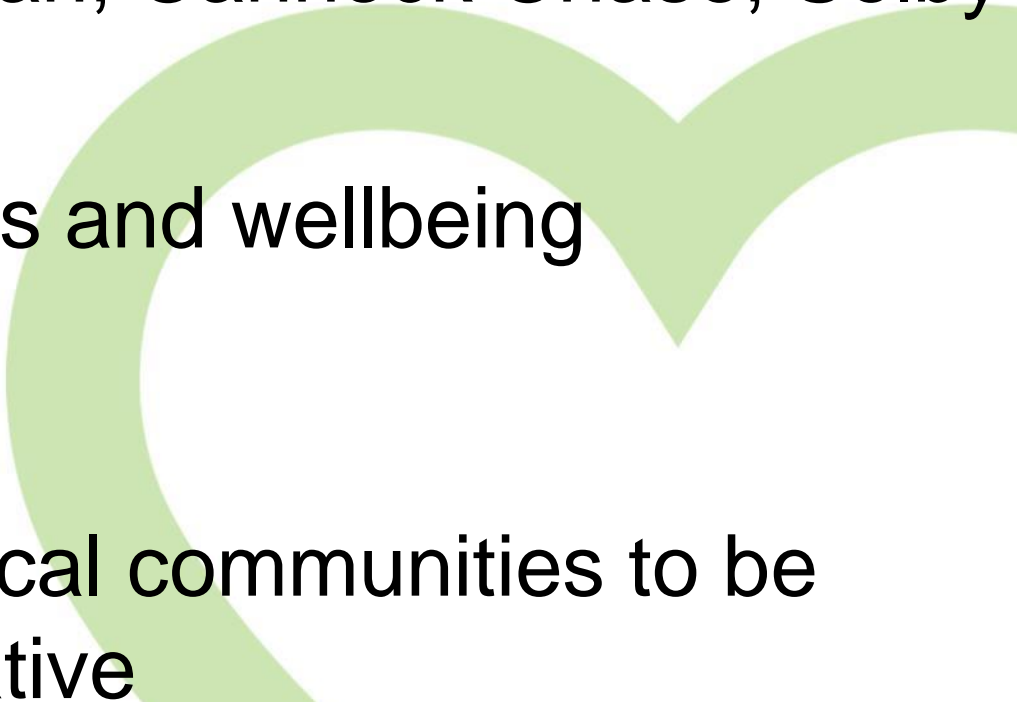


Healthy Bodies, Healthy Minds

Rachael Dashouri-Darling
Disability Lead

Inspiring healthy lifestyles

- Delivery in Wigan, Cannock Chase, Selby
 - Leisure services and wellbeing programmes
 - Encouraging local communities to be active and creative
- 

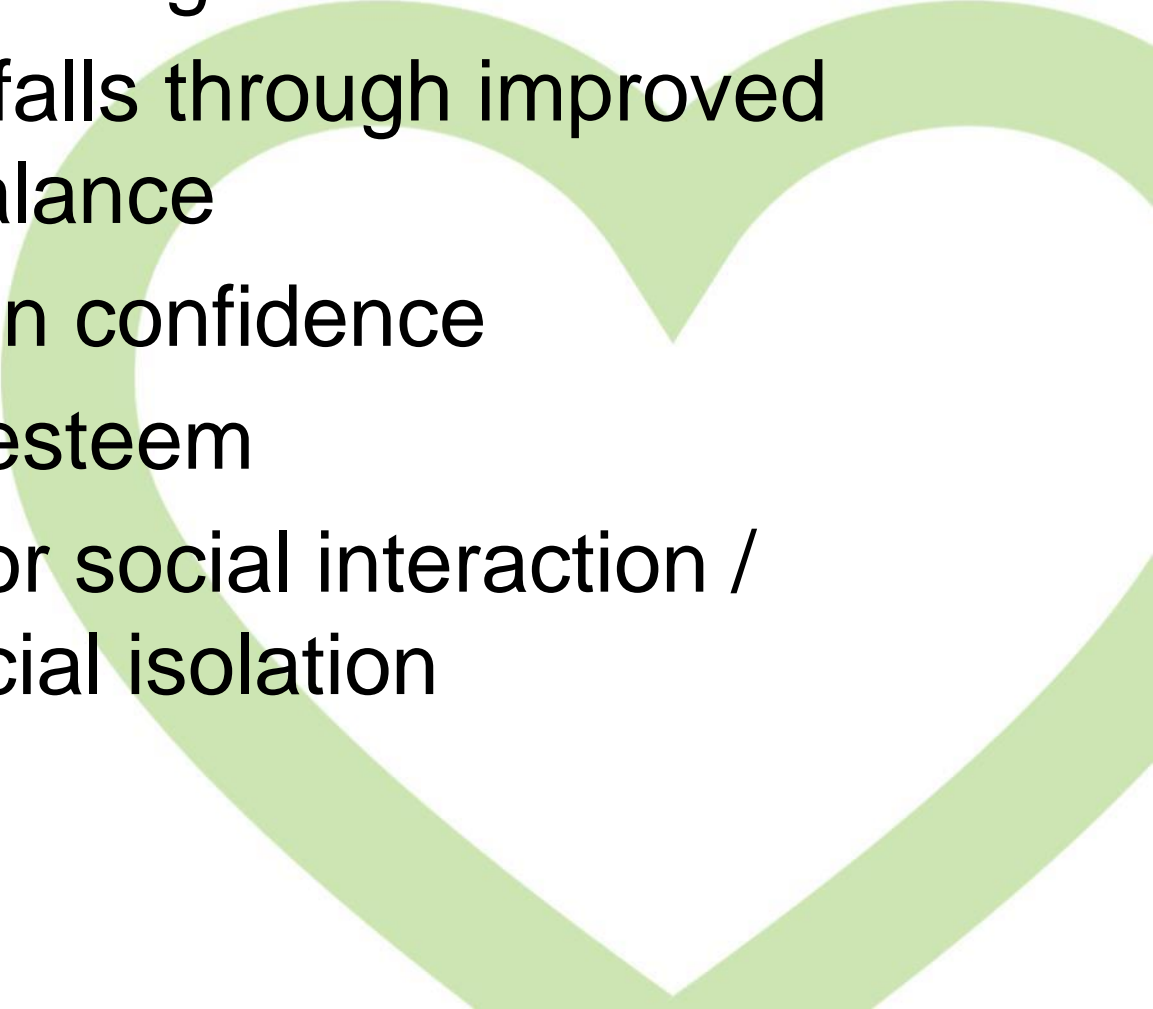
Dementia in the UK

- 850,000 people living with Dementia (1 in 14 people aged 65 years and over)
- 56% rise in diagnosis (2010/11 – 2015/16)
- £4.3billion NHS, £10.3billion Social Care (Alzheimer's Society, 2014)


Dementia in the Wigan Borough

- Estimated 3400 people over 65 years living with Dementia
 - 59% of those diagnosed not receiving home / residential care (2016)
 - Dementia friendly communities (Town of the year 2016/17)
- 

Benefits of an active lifestyle

- Improvements in cognition
 - Reduce risk of falls through improved strength and balance
 - Improvements in confidence
 - Increased self esteem
 - Opportunities for social interaction / reduction in social isolation
- 

Healthy Bodies, Healthy Minds

- Launched in May 2014
 - Part of wider contracted – Wigan Council Public Health
 - Provides 1-1 support into activity, small group sessions and monthly active cafes
 - Dementia Friends / Awareness
- 

Referral

- Self-refer
- Health professional
- Social Care Team
- Alzheimer's Society

Initial Appointment

- Health screening
- Goals / objectives
- Baseline data

Activity

- 1-1 / small group
- Existing activity
- Community activity
- Dementia Active Cafes


Follow Ups

- 12 week follow up
- 6 month follow up

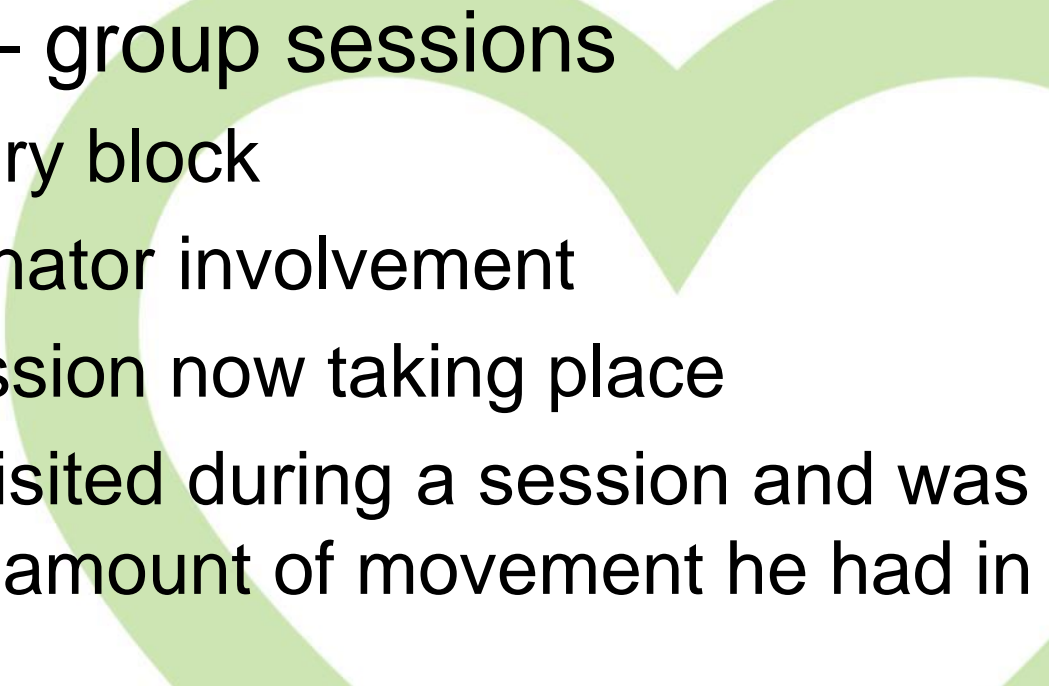
The story so far

Reporting year	No. of participants	Percentage improving physical activity (6 month)	Percentage improving mental wellbeing
2014-15	102	86% (66)	48% (66)
2015-16	113	77% (64)	78% (76)
2016-17	96	87% (39)	74% (38)
2017-18	164	72% (33)*	

2017/18

- Changes to the programme
 - Work in residential care homes
 - Upskilling staff
 - More promotion of dementia friendly swimming
 - Dementia Active Cafes – reminiscence
- 

Success Stories

- Primrose Villa – group sessions
 - 12 week delivery block
 - Activity Coordinator involvement
 - Permanent session now taking place
 - “Arthur’s son visited during a session and was amazed at the amount of movement he had in his arms”
- 

Future Plans

- Get Yourself Active
 - Disability Rights UK pilot of guidelines for social care workers
 - Ongoing work within care home settings
 - New pilot programme alongside Active Later Life
- 