



Subject:	Six monthly Healthwise and Physical Activity Referral Programmes update
Date:	Thursday 2 <sup>nd</sup> May 2024
Reporting Officer:	Jim Girvan, Director of Neighbourhood Services
Contact Officer:	Noel Munnis, Partnership Manager

<b>Restricted Reports</b>	
Is this report restricted?	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
<b>Please indicate the description, as listed in Schedule 6, of the exempt information by virtue of which the council has deemed this report restricted.</b>	
Insert number	<input type="text" value="3"/>
<ol style="list-style-type: none"><li>1. Information relating to any individual</li><li>2. Information likely to reveal the identity of an individual</li><li>3. Information relating to the financial or business affairs of any particular person (including the council holding that information)</li><li>4. Information in connection with any labour relations matter</li><li>5. Information in relation to which a claim to legal professional privilege could be maintained</li><li>6. Information showing that the council proposes to (a) to give a notice imposing restrictions on a person; or (b) to make an order or direction</li><li>7. Information on any action in relation to the prevention, investigation or prosecution of crime</li></ol>	
<b>If Yes, when will the report become unrestricted?</b>	
After Committee Decision	<input type="checkbox"/>
After Council Decision	<input type="checkbox"/>
Sometime in the future	<input type="checkbox"/>
Never	<input type="checkbox"/>

1.0	<b>Purpose of Report or Summary of main Issues</b>
1.1	To provide Members with a six-monthly progress update on the exercise and health referral programmes managed by GLL in Belfast.
2.0	<b>Recommendations</b>
2.1	Members are requested to consider the information below and note the report.
3.0	<b>Main report</b>
3.1	<p><u>Background</u></p> <p>Report abbreviations</p> <p><b>BHDU</b> - Belfast Health Development Unit  <b>PARS</b> - Physical Activity Referral Scheme  <b>PHA</b> - Public Health Agency</p> <p>GLL currently delivers the following health related contracts and services:</p> <p><b>Healthwise/PARS</b> – 12-week exercise referral programme – Commissioned by Public Health Agency via Belfast City Council. Delivered by GLL. Annual contract value of £94,716</p> <p><b>Cardiac Rehabilitation</b> – 12-week cardiac rehabilitation programme – Commissioned by Belfast Health Development Unit via Belfast City Council. Delivered by GLL. Annual contract value of £41,323.52.</p> <p><b>Cancer Rehabilitation</b> – 12-week cancer rehabilitation programme – Commissioned by Belfast Health Development Unit via Belfast City Council. Delivered by GLL. Annual contract value of £22,600.</p> <p><b>Pulmonary/Long Covid</b> – 12-week rehabilitation programme for pulmonary conditions as well as people diagnosed with long covid syndrome – Commissioned by Belfast Health Development Unit via Belfast City. Delivered by GLL. Annual contract value of £25,000.</p> <p><b>Chronic Conditions Pilots</b> – 12-week rehabilitation programmes based on the needs analysis of health conditions and potential gaps, including Diabetes pathway and a Musculoskeletal pathway. Annual contract value of £5,674.60</p> <p>Interim PARS coordinator development costs. Pulmonary/Long Covid, Diabetes and Musculoskeletal pathway. Annual contract value of £19,325.40.</p> <p>Total for four health pathways, plus pilot programmes and interim development cost due to BHSCCT PARS coordinator absence is £208,640.</p> <p><b>Move More Belfast</b> - Commissioned by MacMillan Cancer Support and jointly supported by BCC and GLL (25% each). Contract completed on 31<sup>st</sup> March 2024. Annual contract value of £40,000. MacMillan contributes £20,000. BCC and GLL each contribute £10,000.</p> <p>Programmes provide a 12-week physical activity programme, which adheres to regional standards and guidelines.</p> <p>A team of dedicated health related exercise professionals delivers the above programmes. All staff are qualified to a minimum of Level III exercise referral. GLL currently employs 10</p>

dedicated Health staff including the Health Referral Manager who is directly managed the by the Regional Business Manager.

All chronic conditions (cardiac, cancer and pulmonary) pathways are delivered by dedicated staff qualified to Level IV in the relevant chronic condition. In the past 12 months GLL have delivered additional Level IV training to create a more flexible multi-disciplinary team.

The aim is to promote long-term adherence to physical activity and lifestyle changes designed to improve the physical and mental health of clients who are sedentary and who are otherwise healthy or who have an existing health condition or other risk factors for disease.

Staff support clients in meeting the Chief Medical Officer physical activity recommendations for adults and older people.

BCC and GLL managers sit on strategic partnerships and working groups established around chronic conditions pathways to ensure collaboration with key organisations such as Public Health Agency, Active Belfast, Belfast Health & Social Care Trust and charitable partners.

## 3.2 **Outcomes and proposals**

### 3.2.1 **Healthwise KPIs 2023/24**

Please refer to Table 1 in Appendix 1.

Public Health Agency target for 2023/24 is for 667 clients to complete the 12-week programme.

Q3- 1<sup>st</sup> October 23-31<sup>st</sup> December 2023:

Allocated £23,679.00; 177 completers x £139.90 = £24,482.50

- Overspend £803.50

Q4- 1<sup>st</sup> January 24- 31<sup>st</sup> March 2024

Allocated £23,679.00; 188 completers x £139.90 = £26,301.20

- Overspend £2,622.20 (agreed full allocation of contract value and overspend of PARS will support the Chronic Condition underspend).

Healthwise/PARS overachieved target by 169% (according to the data recorded by the PARS system 932 completed; Appendix 1 Table 1 records GLL data).

From the start of April 2023, GLL health coaches have been supporting and delivering the programme face to face through 'in centre' groups, 1-1 sessions and outdoor walking groups.

### 3.2.2 **Cardiac Rehabilitation KPIs 2023/24**

Please refer to Table 2 in Appendix 1.

The target for the cardiac rehab and chronic conditions pilot is for 256 clients to complete the 12-week intervention.

The number of referrals is still low for cardiac conditions and remains an issue impacting on the outcomes for the programme. Referrals from the BHSCT are limited as per phase III as they are still following Covid-19 restrictions. This has impacted heavily on referral numbers received.

Active Belfast have agreed to be flexible with the final KPIs for chronic conditions to ensure close to full payment by end of the year. 256 targets have been changed to Cardiac Rehab and Pilots, broken down as follows:

- Cardiac – 86
- Diabetes – 85
- Musculoskeletal –85

Flexible across the 3 themes plus a further 35 that can be offset against the above or Cancer interventions (if over performing in that condition).

By the end of Q4 the number of completers is as followed:

- Cardiac-77
- Diabetes-0 (GLL have been ready to support programme since Q3 however, GLL have be waiting on BHSCT to send referrals via Desmond Project).
- Musculoskeletal-35 (Programme only started in Q2 on contract, if the programme had the full year, it would have achieved target of 85).

### 3.2.3 **Cancer Rehabilitation KPIs 2023/24**

Please refer to Table 3 in Appendix 1.

The cancer rehabilitation programme is delivered in partnership with the MacMillan 'Move More' Belfast pathway for physical activity. The focus is establishing the service and group exercise programme to ensure that referred clients have a locally accessible and safe programme to attend.

The KPI for the programme is 150 client completions for the contractual year. By the end of Q4 167 completed the 12-week intervention, overachieving by 111%. The overachievement supported the Cardiac Rehab/Pilot programmes.

### 3.2.4 **Pulmonary / Long Covid**

GLL have accepted a service enhancement on the Chronic Conditions contract for delivery of Pulmonary rehabilitation and Long Covid pathways. There is no set KPI for this additional intervention.

- Girdwood Specialist class- Mondays/Wednesday 12.30pm-1.30pm
- Physical activity presentation to the long covid physiotherapy class in Olympia every 6 weeks.

Referrals to date:

- Pulmonary rehabilitation 43 referrals
- Long Covid 60 referrals
- 19 completions for Pulmonary referrals
- 30 completions for Long Covid referrals

### 3.2.5 **Cancer Prehab Belfast KPIs 2023/24**

Please refer to Table 4 in Appendix 1.

MacMillian set no KPI for cancer prehabilitation.

The prehabilitation programme works with clients after they have received their initial cancer diagnosis up to and including post-surgery. During this prehabilitation period the cancer coach works with the client to build fitness levels so that they can better cope with their surgery and subsequent recovery.

When clients are ready to return to exercise post-surgery the coach will commence a rehabilitation programme as part of their overall recovery and support.

Health Programmes were further expanded with the introduction of the new Musculoskeletal pathway on 1<sup>st</sup> September 2023. This 12-week intervention has been designed to encourage referrals to take part in regular physical activity to help support, manage and treat their musculoskeletal condition. Throughout the 12 weeks the patients must attend a weekly group physical activity session designed specifically for musculoskeletal conditions. Referrals can choose between pool-based water classes or studio based classes. Since the start of September 278 referrals have been received for this pathway.

Monthly review and performance management meetings are in place to ensure that performance is continually monitored and the required outputs delivered.

As per contract compliance, monthly and quarterly returns are completed for all commissioners.

Active Belfast has agreed to support delivery of the Active Aging step down classes. Funding of £10,000 was awarded to GLL. GLL have used this fund to recruit a part time coach to deliver classes in centres across the city. Step down classes have been rolled out in the main centres already delivering the Strength Balance programme (Grove Wellbeing Centre, Templemore Baths, Indoor Tennis and Ozone Complex and Whiterock Leisure Centre). Classes are inclusive for all and are suitable for those that have graduated from any of the health programmes, all ages including the 55+ demographic and those that wish to take part in lower intensity exercise.

GLL have also been given the opportunity to expand their health programmes by helping BHDU develop and design different pathways in the absence of their Physical Activity Referral Coordinator. Including diabetes and musculoskeletal conditions.

### 3.2.6 **Additional Support**

The Public Health Agency continues to promote a regional exercise referral model for Level III Healthwise programmes. Emphasis remains on providing group-based classes to increase volume and social interaction.

GLL deliver 25 specific classes to support participants currently enrolled in Healthwise programmes introducing water and land based musculoskeletal focused classes. The centres provide 4 BHSCT Physiotherapy sessions, 4 Strength and Balance classes and 1 Water Class with support from BHSCT physiotherapists plus 2 Cardiac Phase 3 classes delivered by BHSCT staff and 3 Pulmonary/Covid classes jointly delivered with the BHSCT.

Currently GLL deliver 28 basic classes, 22 aqua aerobics classes and 6 Active Mornings open to participants graduating from any Healthwise programme.

<p>3.2.7</p> <p>3.3</p> <p>3.4</p> <p>3.5</p> <p>3.6</p>	<p><b>Issues impacting on delivery/performance</b>  Currently all contracts commissioned by Belfast Health Development Unit and Public Health Agency are based on one year rolling contracts. This creates challenges around staff recruitment and retention. It is anticipated that this will be addressed in the new regional model with longer-term contracts providing improved job security and stability of service.</p> <p><b>Summary</b>  Members are requested to consider the information above and note the report.</p> <p><b><u>Communications &amp; Public Relations</u></b>  None</p> <p><b><u>Financial &amp; Resource Implications</u></b>  None</p> <p><b><u>Equality or Good Relations Implications</u></b>  None</p>
<p><b>4.0</b></p>	<p><b>Appendices – Documents Attached</b></p>
	<p>Appendix 1: KPI Report Tables (Below)</p>

**APPENDIX 1**

**Private & confidential – not for wider distribution**

Table 1: Healthwise KPIs 2023/24

PROGRAMME	MEASURABLE OBJECTIVE	ANNUAL TARGET	PROGRESS TO DATE				Total
			Q1	Q2	Q3	Q4	
Healthwise (Physical Activity referral scheme)	Total number of patients completing the programme (12-week programme)	667	177	157	175	188	697

Table 2: Cardiac Rehabilitation KPIs 2023/24

PROGRAMME	MEASURABLE OBJECTIVE	ANNUAL TARGET	PROGRESS TO DATE				Total
			Q1	Q2	Q3	Q4	
Cardiac rehab Level IV plus chronic condition pilots	Delivery of Cardiac Rehabilitation Phase IV for clients (12-week programme) completing the programme	256	19	24	21	13	77

Table 3: Cancer Rehabilitation KPIs 2023/24

PROGRAMME	MEASURABLE OBJECTIVE	ANNUAL TARGET	PROGRESS TO DATE				Total
			Q1	Q2	Q3	Q4	
Cancer rehab Level IV	Delivery of Cancer Rehabilitation Phase IV for clients (12-week programme) completing the programme	150	47	35	49	36	167

Table 4: 'Move More' Belfast KPIs 2023/24

PROGRAMME	MEASURABLE OBJECTIVE	ANNUAL TARGET	PROGRESS TO DATE				Total
			Q1	Q2	Q3	Q4	
Cancer Prehab Belfast MacMillan Cancer	Total number of patients referred onto programme	0	6	9	7	6	28