

Steps to Health

Exercise Referral Scheme

New Referral Scheme

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The Royal Borough Of Windsor and Maidenhead

In Partnership with **Legacy Leisure**



Steps to Health

Exercise Referral Scheme



currently targeting 60 GP surgeries, hospitals and physiotherapist.

Working in partnership with WAM CCG and Bracknell and Ascot CCG.

All Health Professionals have access to both referral form and steps to health leaflet.

The referral form has been implemented onto the surgeries computer systems.

The First Initial 12 weeks will consist of continual contact on a 1-2-1 bases with the designated exercise specialist.

The cost of the Steps to Health referral programme is £24 per month on direct debit.

The New programme commenced on the 18th April 2016 at Windsor and the Magnet Leisure Centre.

The 4th Intake starts the week commencing 22nd August 2016

Steps To health 12 Week Programme

- **Week 1** Initial Health assessment PARQ, BP,RHR,HT,WT,BMI, Peak Flow and Chester step test and joining of the steps to health programme. Completing Steps to Health Activity Agreement and Direct debit forms.
- **Week 2** Supervised Cardiovascular exercise programme/induction 45mins-60mins
- **Week 3** Supervised Upper body resistance programme/induction 45-60 mins
- **Week 4** Supervised Lower body resistance programme/Induction 45-60 Mins
- **Week 5** 45 minute Life Coaching and sign posting to other services.
- **Week 6** Phone calling the new Intake of patients.
- **Week 7** New Intake start week 1 rolling programme.
- **Week 11-12** 2nd Health Assessment with Life coaching and signing the patient off.

Further Assessment will be carried out at both weeks 26 and 52.

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Continuation Of The Programme after 12 weeks

At week 12 assessment: The patient is then signed off if the Exercise Specialist agrees that the individual will be able to exercise unmonitored providing these exercises do not worsen the patient's conditions.

The patient will either be assigned with the existing Exercise Specialist or a Fitness Consultant to continue programme updates at 6-8 weeks.

After completing the 12 weeks the patient will be allowed to use the following facilities yoga, Mat Pilates, Vitality classes 50 plus, SMILE, Aquafit, all rehab classes offered if referral specific at the chosen site for no extra cost for the following 9 months.



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Case Studies



Testimonials at week 12

After nearly 5 weeks waiting, I finally started my program at the end of [redacted]. I did not know what to expect and to avoid disappointment I kept my expectations low. **However, I cannot emphasize enough how wrong I was.** Hannah and Donna are extremely efficient at what they do but also very flexible and committed.”

After a thorough assessment, Donna designed an exercise program for me, taking into consideration the problems I have. That was the beginning of a enjoyable (but not necessarily easy for me) exercise program which is helping me a lot physically and giving me the motivation to carry on. My pains I have (particularly back pain) have greatly reduced. The positive results and the support from Hannah and Donna gives me the confidence to try harder every week. At every supervised session, my program is reviewed and changed accordingly to cater for any changes in my condition. In parallel, I found the motivation to change my diet and I am now ½ stone lighter. I think it is a FABULOUS program and would recommend it to anyone. GPs should make more use of this fantastic program for those who are stuck and struggling to get moving rather than waiting for the patient to ask to be referred for it. I am very grateful.

Thanks Hannah and Donna for all your support.”

“I was referred by my GP to the Windsor Steps to Health referral programme. I am a type II Diabetic, hypertension, damage to 5 vertebrae discs and a hip replacement.

I was assessed by both Hannah and Donna and then had an exercise programme devised for me. I have never used a gym, so I was nervous and self conscious. They gave me lots of encouragement, confidence and ensured that I was comfortable with the exercise, to encourage me to come into the gym on my own. The programme devised for me has certainly improved my mobility and improved my diabetes and blood pressure problems.

I am grateful to be part of Steps to Health as it has brought me back to more organised activities and so is a benefit.”



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Case Studies

“On starting the steps to health program I was anxious about my injury and exercise. However the help and support I received from Hannah and Donna. Encouraged me to try new things, which I wasn't doing on my own. My personal exercise schedule was tailored made for me by Hannah and started me off gently. I was showed how to use the equipment with confidence, in our one to one sessions. Over the course of the 12 weeks I have managed, to increase my exercise and take on new equipment. Overall I can honestly say without the one to one sessions. I may never have gotten the confidence to keep coming back to gym. The staff are approachable and very friendly making the experience enjoyable. I would recommend this program to anyone needing a helping hand in starting exercise again.”



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Facts and Figures

April- July 2016

Intake	Site	Assessment Booked	Step to Health Memberships	Other Memberships	DNA	Declined from the scheme due to medical reasons	Referred onto next intake.
15 th April 2016	WLC	16	11	1 SMILE 80	3	1	1
	MLC	15	10	0	4	0	3
15 th May-June 2016	WLC	31	17	1 SMILE 60 2 Pay as Go 1 SMILE Class 1 Cardiac Class	5	0	4
	MLC	22	12	1 SMILE 80	4	5	5
15 th July 2016	WLC	19	15		3	0	1
	MLC	20	20	0	0	0	0

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Facts and Figures
April- July 2016

• Summary

123 New referrals between April-July 2016

97 Steps to health Memberships.

7 other Memberships/Pay as you go.

19 DNA





S.M.I.L.E Information On Classes

- 26 SMILE Community Classes
- 14 SMILE Classes that take part in the Leisure Centre's
- Total of 40 SMILE Classes a week
- 1341 SMILE users attend community classes in the Month of June 2016
- 2093 SMILE users attend Leisure Centre Classes in the Month of June 2016.





Windsor and Maidenhead S.M.I.L.E Club

Registered Charity 1152140(England and Wales)

Produce a new Logo

New web site launched June 2016

www.smilecharity.co.uk

Email: wmsmile.charity@outlook.com

Membership to date

Upcoming events for 2016

Kew Gardens 21st August

Eastbourne 18th September

SMILE Christmas Party 27th November, Desborough Suite, Maidenhead Town Hall

Bath Christmas Market Trip.



Cardiac Rehabilitation Programme

The Phase III programme is **6** weeks long, offering an exercise class twice a week with education sessions.

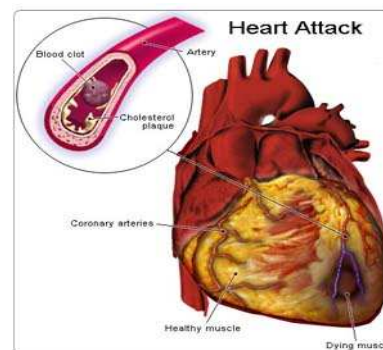
93 new patients have accessed this service since January 2016.

After completing phase III the referral path route is into either Phase IV, SMILE or steps to health referral programme.

7 Phase IV Classes

641 Cardiac Rehabilitation patients that attended these sessions throughout June 2016.

Average of **22** people per class.



Rehabilitation Classes

Stroke Rehabilitation Classes.

3 Stroke classes per week

Direct referrals from St Marks Hospital, Upton Park, and Berkshire early discharge team.

203 stroke patients attended these sessions in June 2016

50 stroke patients per week

Average of 16 stroke patients per class.

different **Stroke**

Support for Younger Stroke Survivors

Cancer Rehabilitation Programme

1 Cancer Rehabilitation class working with Macmillan well being team on a 12 week rolling programme.

144 patients seen in 2016

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MACMILLAN.
CANCER SUPPORT**