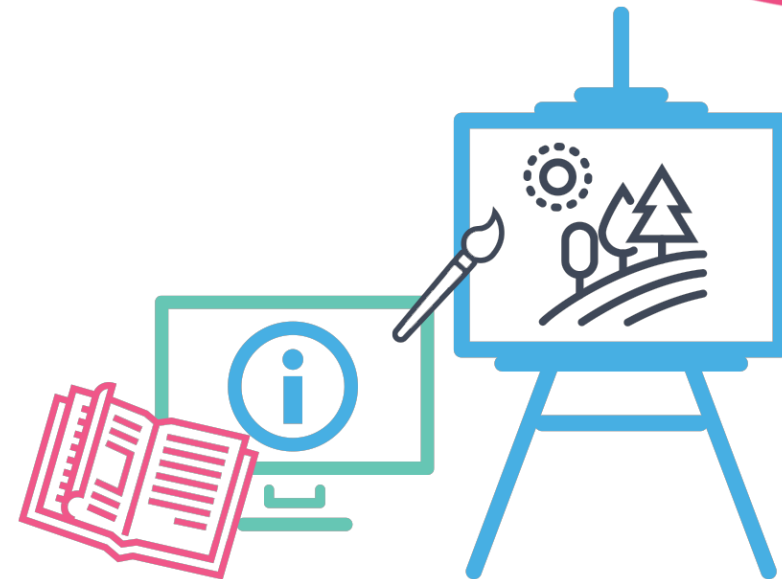




National
Academy
for Social
Prescribing

NASP webinar: Physical activity "the miracle cure" in action

- Tracey Lines, National Lead for Physical Activity, NASP
- Andrew Power, Water Wellbeing Specialist, Swim England
- Rachel Ashe, Managing Director, Mental Health Swims CIC
- Dr Hussain Al-Zubaidi, Swim England clinical advisor & UK athletics coach
- Rebecca Hall, GP Glastonbury Surgery
- Gary Head, Wellbeing Exeter Programme Development Manager / Regional Social Prescribing Advisor (Physical Activity)



Housekeeping

- Please note we are **recording** this webinar (you will be sent the slides and the link to the recording, and they will be on NASP's website too.)
- Presentations, then a **Q&A session** at the end.
- Please **submit questions via the Q&A feature**.
- Please use the chat for introducing yourself and networking.
- Please stay on **mute** and **camera off**.



Accessibility

- **Closed Captions** are available – turn these on at the bottom of your screen
- **BSL interpretation** is available – the interpreters will be spotlit
- Please put any technical questions into the chat



Overview of session

- Tracey Lines, National Lead for Physical Activity, NASP
- Andrew Power, Water Wellbeing Specialist, Swim England
- Rachel Ashe, Managing Director, Mental Health Swims CIC
- Dr Hussain Al-Zubaidi, Swim England clinical advisor & UK athletics coach
- Rebecca Hall, GP Glastonbury Surgery
- Gary Head, Wellbeing Exeter Programme Development Manager / Regional Social Prescribing Advisor (Physical Activity)
- Q&A - 30 mins

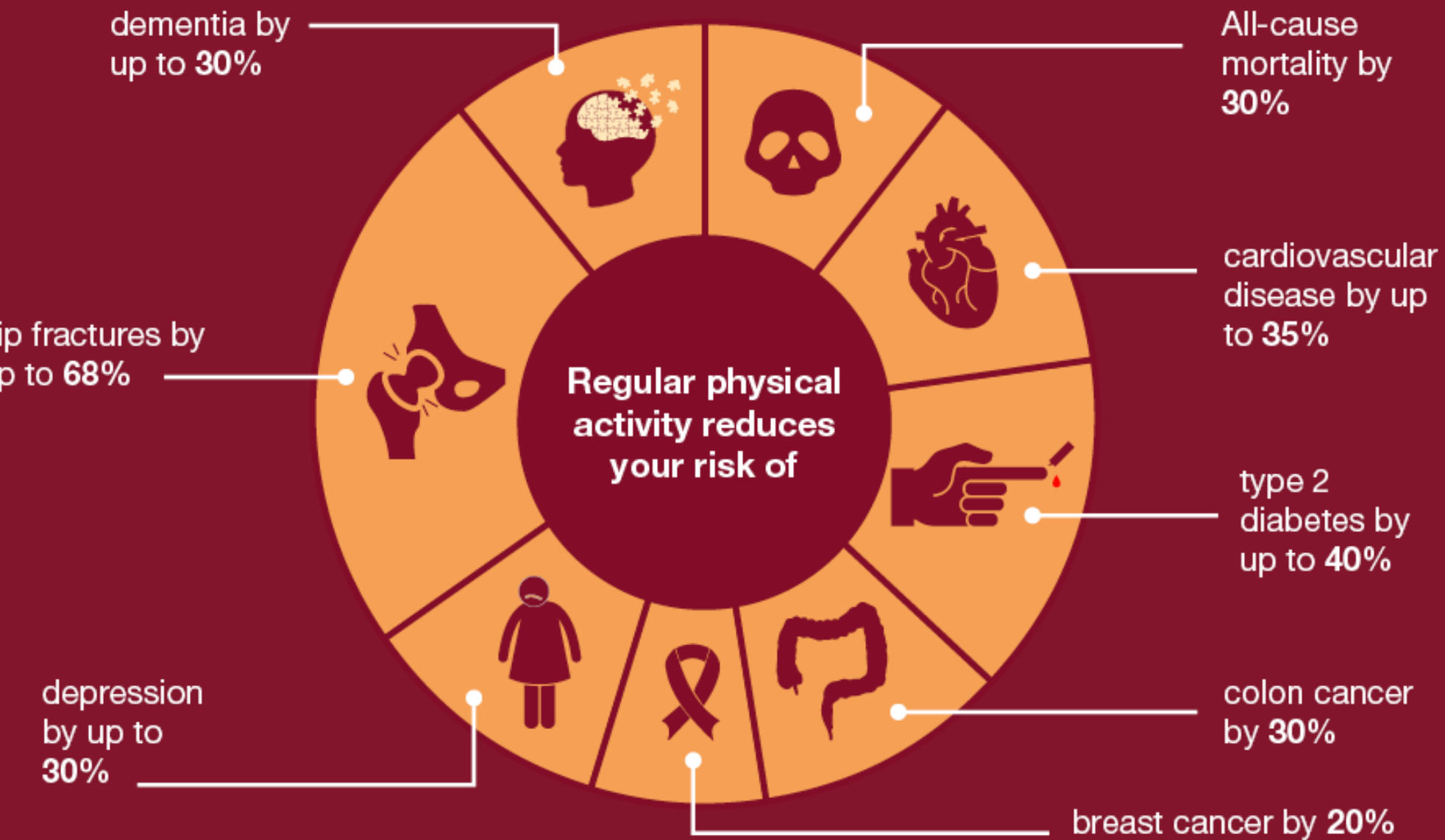




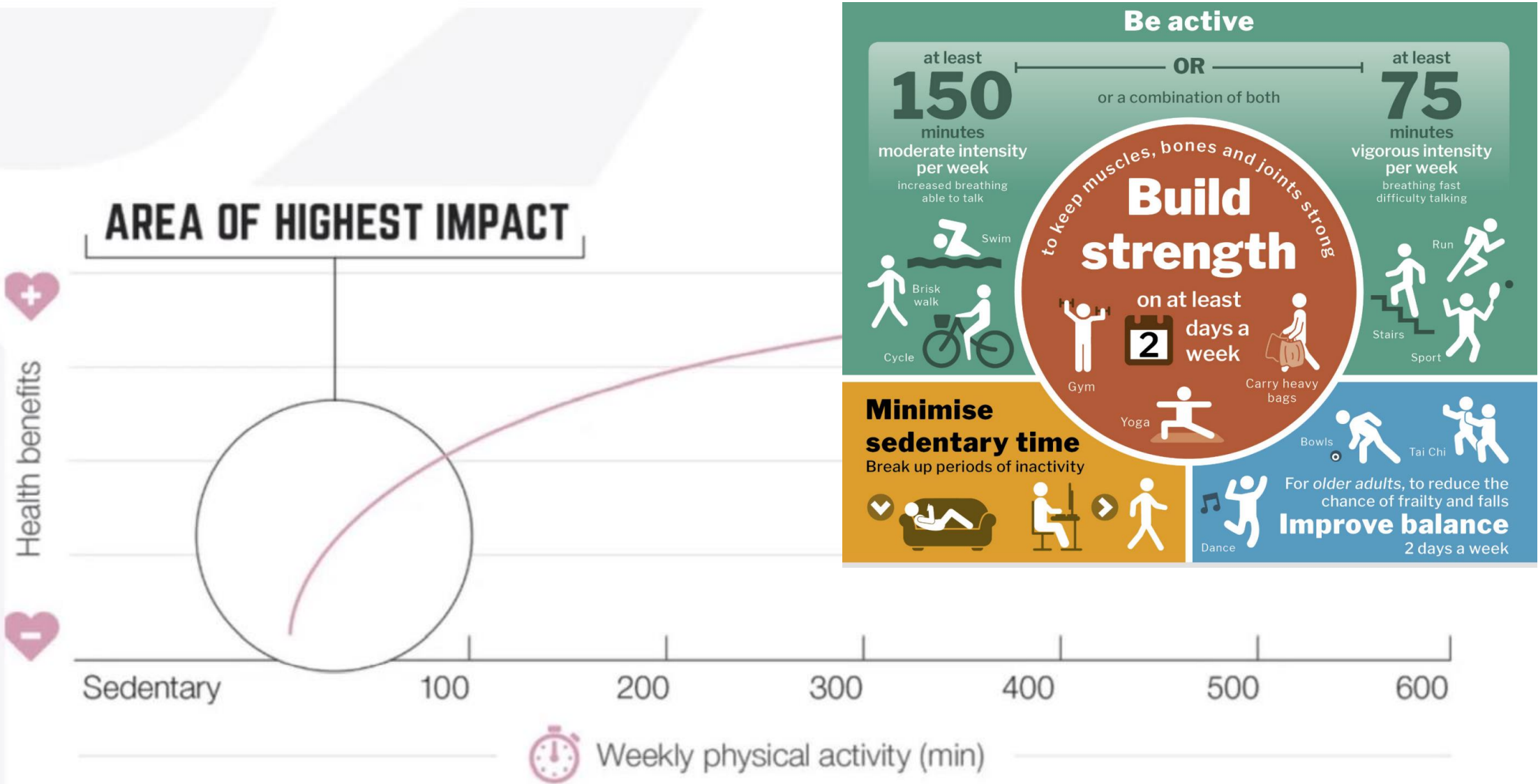
Miracle Cure



What are the health benefits of physical activity?



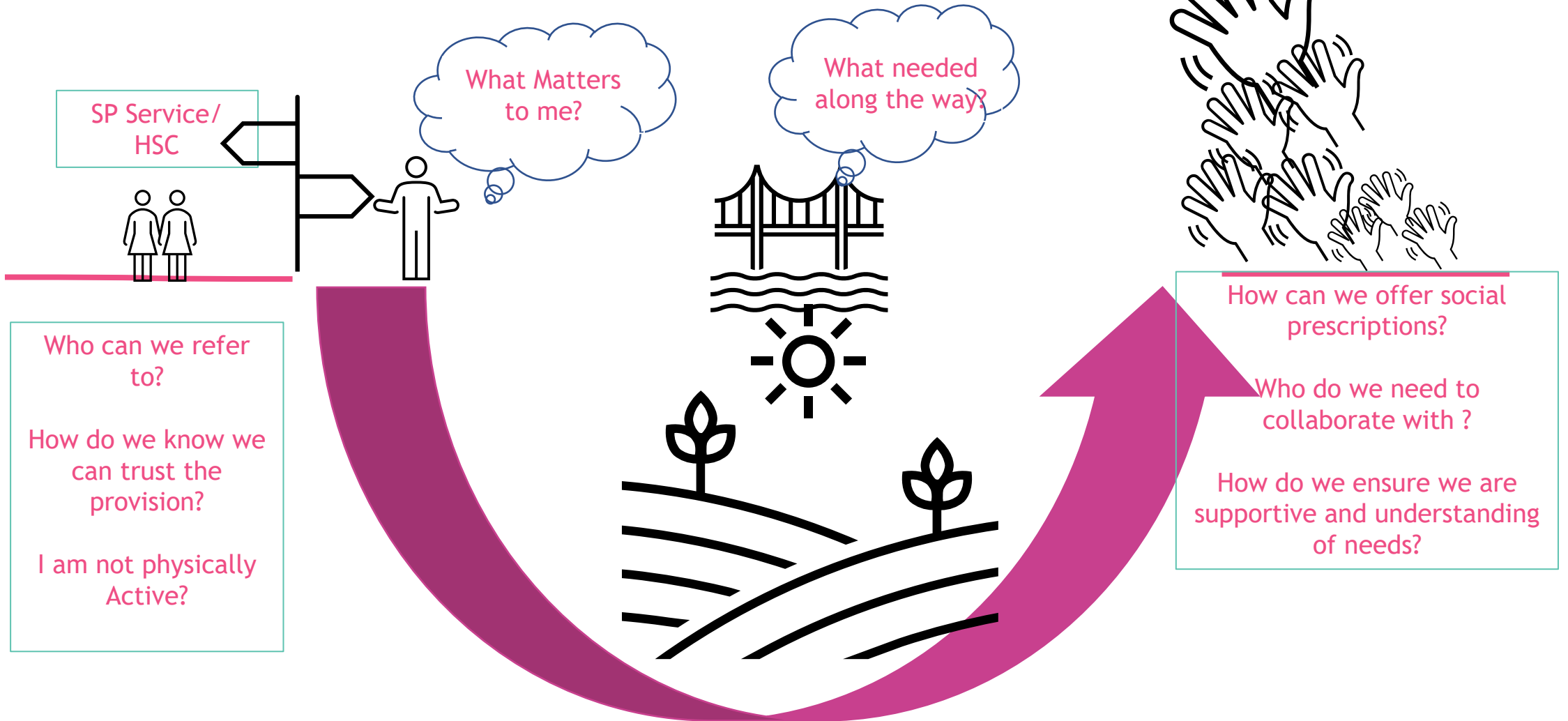
Every Movement Counts





Mind The Gap !

Providers



An illustration of a hand cupping an ear, symbolizing listening or hearing. The hand is orange and the ear is brown. The background is a teal color with a white circular area containing text.

**WE WANT
TO HEAR
FROM
YOU**

**Calling :
Health
Practitioners, Link
Workers, Healthy
Lifestyle Coaches ,
Care Co-ordinators**

**PLEASE COMPLETE
OUR SURVEY**



Andrew Power

Water Wellbeing Specialist, Swim England

Rachel Ashe

Managing Director, Mental Health Swims CIC

Dr Hussain Al-Zubaidi

Swim England clinical advisor & UK athletics coach



Swimming as Medicine and Swim Together pilot NASP webinar

31st July 2023

Water Wellbeing

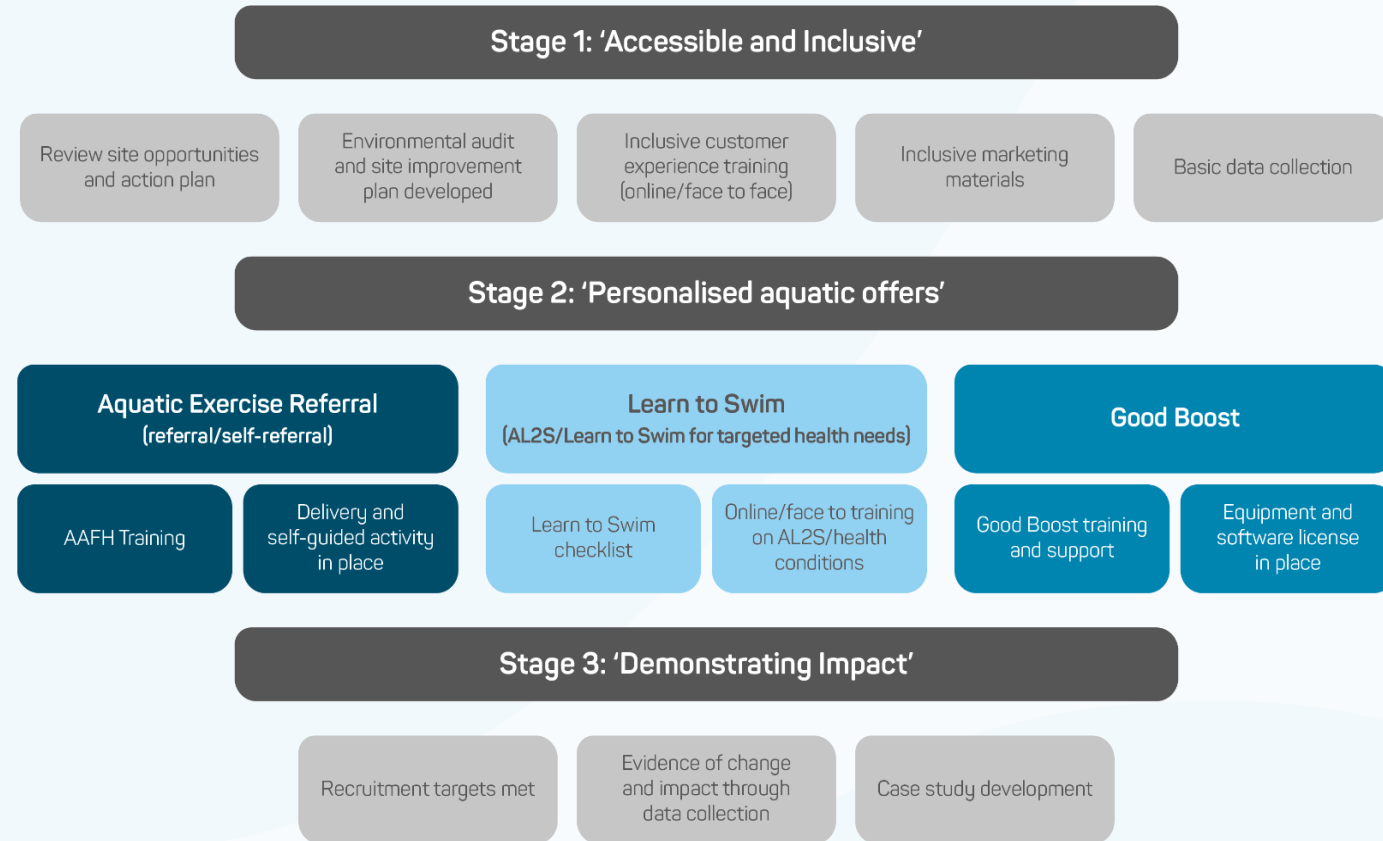
Supporting pool providers to be:

- Accessible
- Inclusive
- Welcoming

...to people with long term health conditions and impairments to 'swim'

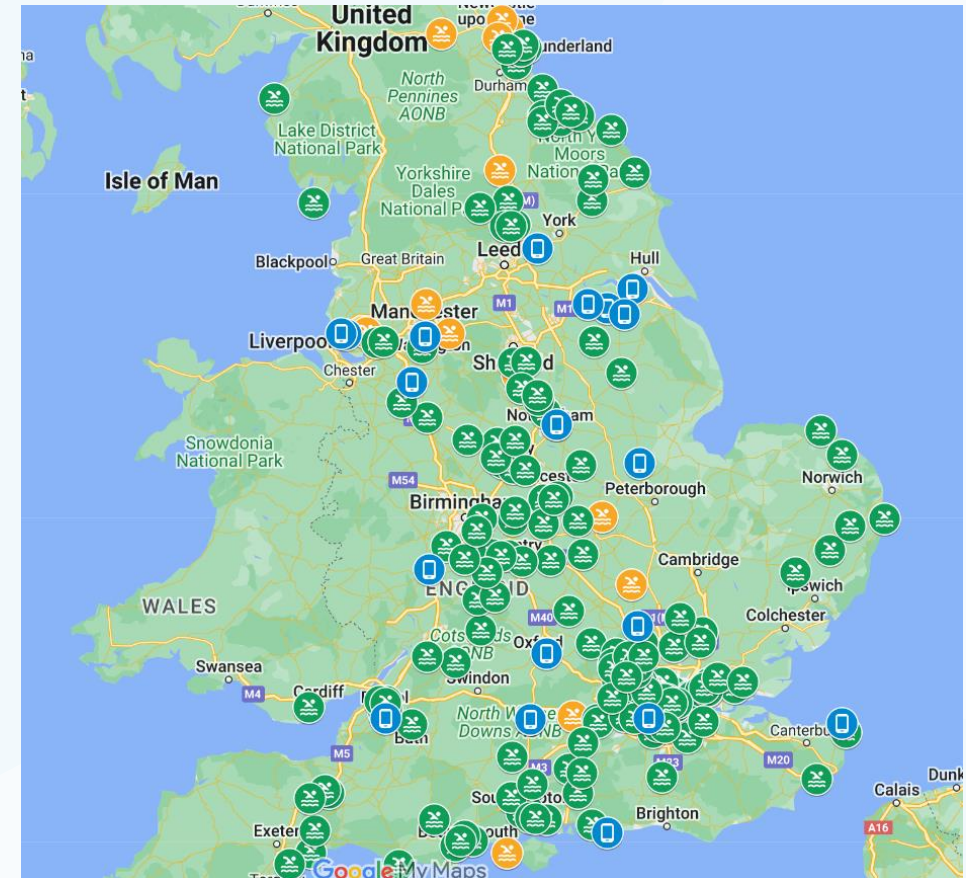


AWARDS 2021
HIGHLY COMMENDED



Accreditation in numbers

- 148 sites accredited sites
- 52 currently working towards accreditation additional sites 2023/4
- 20,000+ hours of personalised support in pools across the Country
- View accredited sites on PoolFinder swimming.org/poolfinder/



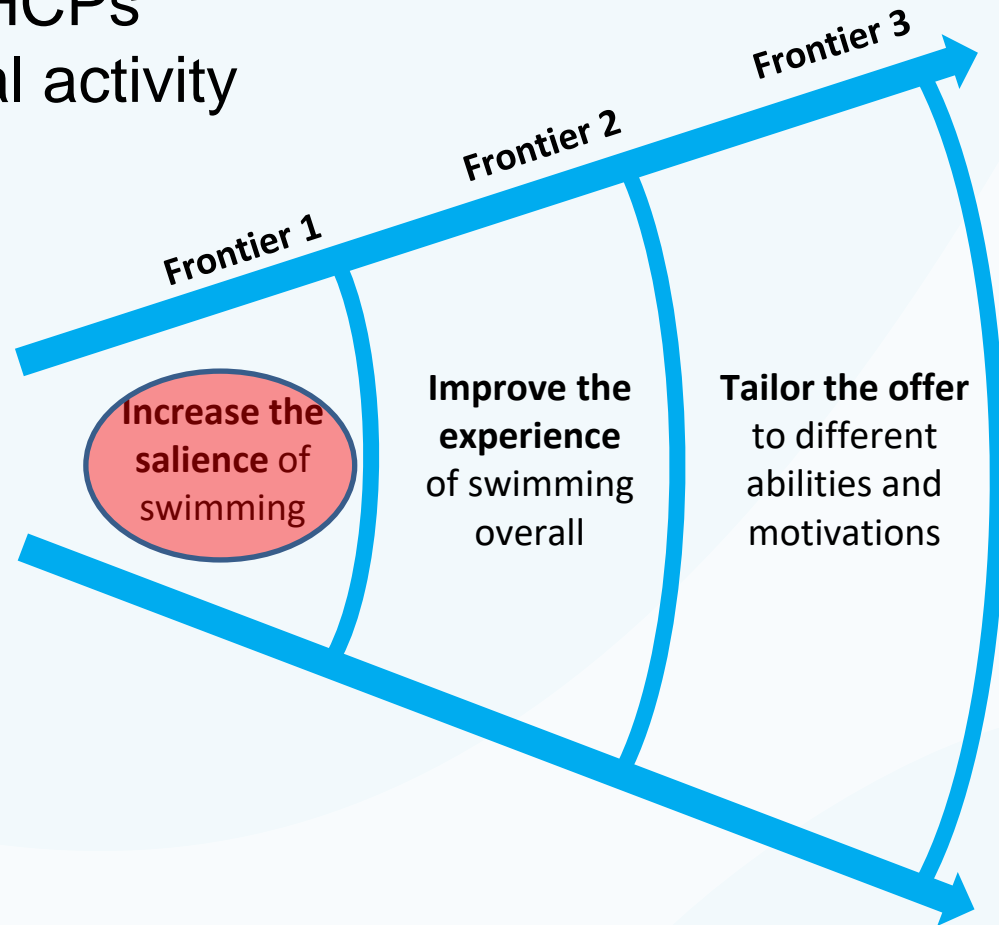
Leveraging Healthcare Professionals research (2020)

Swimming **isn't front of mind** for HCPs compared to other forms of physical activity

Identify the best ways to connect and reach HCPs

What messaging, format and tone?

Which channels and influencers?



Campaign Purpose: Supporting targeted and local reach

In order to have impact, messages on swimming must reach HCPs in the context of existing conversations about physical activity.

All HCPs have the potential to **Ask** about swimming, some may get the chance to **Suggest** approaches, others have more time and touch points to be able to **Equip** individuals to take action – different messages, resources and vehicles needed to influence this

**Influence and support:
Discussions with the
patient**



**Influence and support:
Professional
discussions**



**In campaigns pushing
the National discussion**



Ask

Suggest

Equip

NURSES

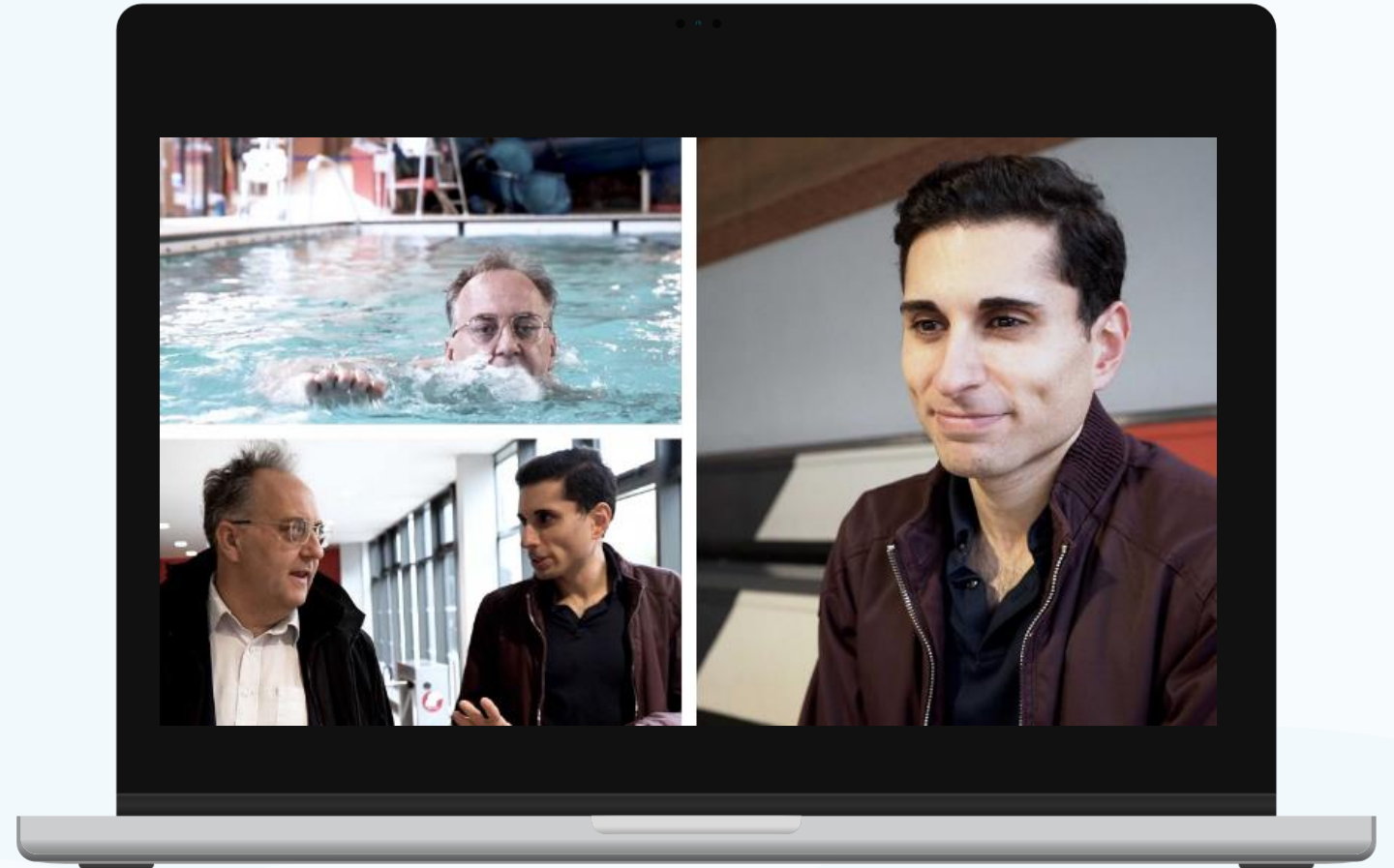
PHYSIOTHERAPISTS

GPs

SOCIAL PRESCRIBERS

Swimming as Medicine Film #1

- Hussain Alzubaidi, GP & RCGP Lifestyle Clinical Champion (Leamington Spa)
- Darren, patient recovering after Covid-19, intensive care and induced coma + resulting health issues
- Launched 9th March – Social Prescribing Day



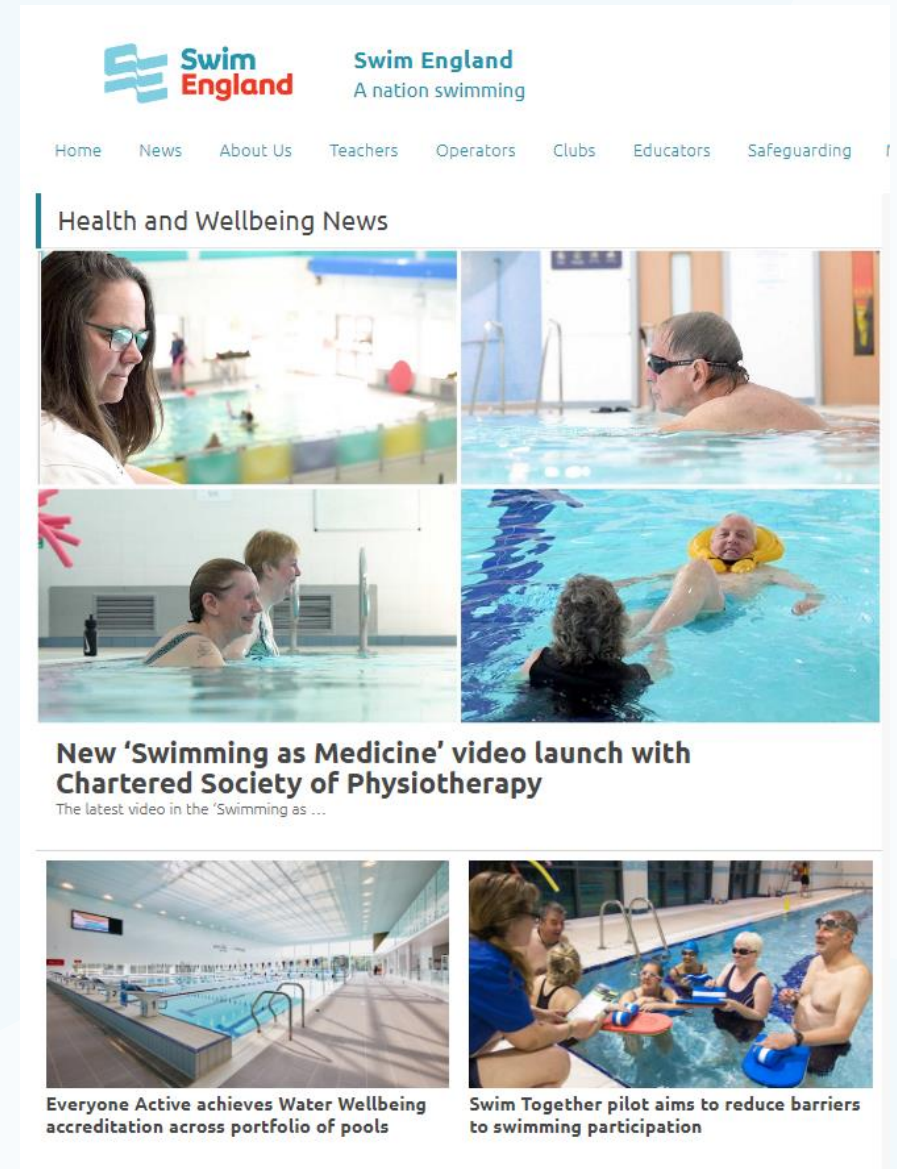
Swimming as Medicine Film #2

- Joanne Pritchard, Neuro Specialist Physiotherapist in Retford
- Retford MS Society support group session (Barnsley Premier Leisure pool)
- Launched 14th June with support from the Chartered Society of Physiotherapy



Promotional toolkit

- Available to healthcare organisations and Water Wellbeing accredited pool operators only. Expressions of interest to use resources to: andrew.power@swimming.org
- Toolkit includes:
 - Links to download the films – 1x full length film, 2x social edits
 - Template copy – web, social, email
- More news: <https://www.swimming.org/swimengland/tag/health-and-wellbeing/>



The screenshot shows the Swim England website with the following content:

- Header:** Swim England logo and tagline "A nation swimming". Navigation menu: Home, News, About Us, Teachers, Operators, Clubs, Educators, Safeguarding.
- Section:** Health and Wellbeing News
- Image Grid:** A 2x2 grid of photos showing people swimming and interacting in a pool.
- Article Title:** New 'Swimming as Medicine' video launch with Chartered Society of Physiotherapy
- Text:** The latest video in the 'Swimming as ...'
- Image Grid (Bottom):** Two photos showing pool accreditation and a pilot program.
- Caption 1:** Everyone Active achieves Water Wellbeing accreditation across portfolio of pools
- Caption 2:** Swim Together pilot aims to reduce barriers to swimming participation

PoolFinder

- **New filters added:**
 - **Water Wellbeing accredited**
 - **Hydrotherapy Pools**
 - **Aquatic Physiotherapy sessions**
 - **Good Boost sessions**
 - **Dementia Friendly sessions**
 - **Pool Lift systems (Hoists/Pool Entry Lifts)**



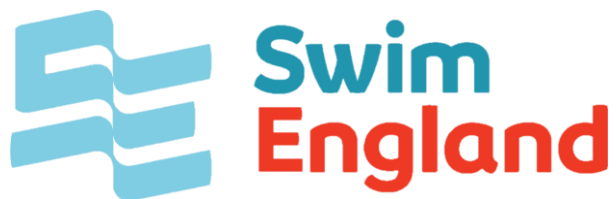
"Physical activity is a core aspect
of good health and wellbeing."





Swim together

Breaking down the barriers to the water



The logo consists of four overlapping teardrop shapes in green, yellow, orange, and blue, arranged in a circular pattern.

mental health swims



“At the heart of it, it is about helping people establish a sense of community, a sense of belonging, which brings with it a sense of identity and strong sense of self, and it’s an organisation that strives for people to feel that, because the repercussions of that are massive.”

(Liz, swim host)

- Mental Health Swims - Who we are and why we are needed
- Led by lived experience - The power of peer support
- Cost effective - sustainability for the future

Swim Together Pilot



- Trained swim hosts act as friendly guides to the leisure centre pool - volunteers, NHS teams, university groups
- Mental Health Swims - Training, Support and Insurance
- Swim England Water Wellbeing accredited pools
- Reduce anxiety
- Non structured sessions with activity suggestion cards e.g today I am going to float
- Learnings from pilot

Support

People living with mental health challenges

Challenge

mental illness stigma and lead with lived experience

Create

welcoming and inclusive spaces through training

Empower

people living with mental health challenges





The intervention

Delivery of accessible group swims
From a leisure centre pool
By primary care network (PCN) staff

Why leisure centre pools?

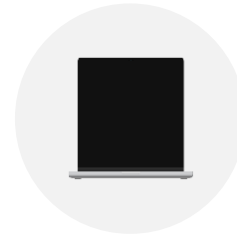
Method



DURATION: 45
MINUTES



15 MINUTES
CAFÉ/DISCUSSION



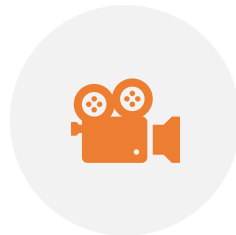
PLAN THE PRE-SWIM
SESSION



NEWBOLD LEISURE
CENTRE
ENVIRONMENTAL
AUDIT 88% SCORE



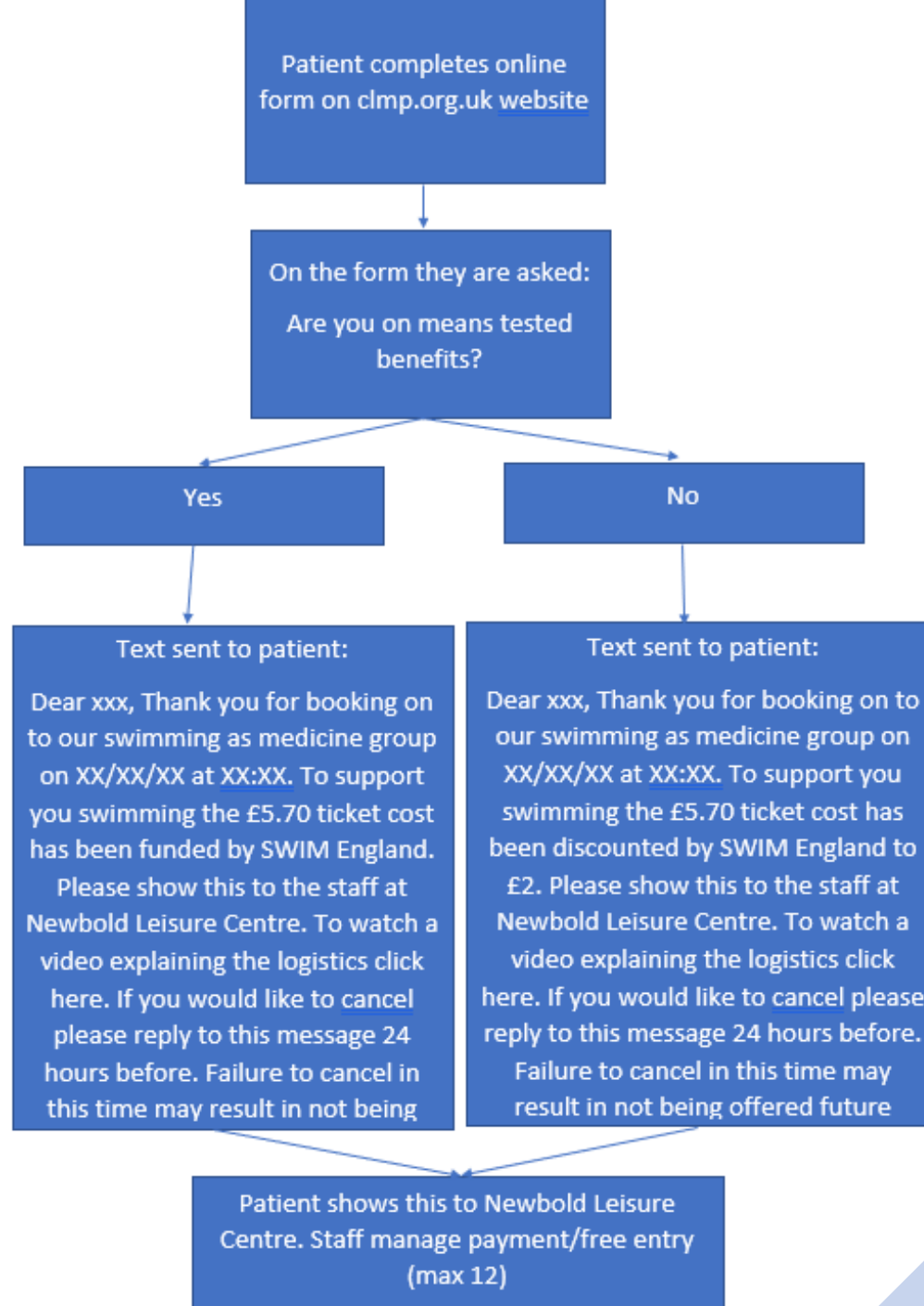
ONLINE BOOKING
FORM



EXPLAINER VIDEO



FUNDING FOR THOSE
ON MEANS TESTED
BENEFITS



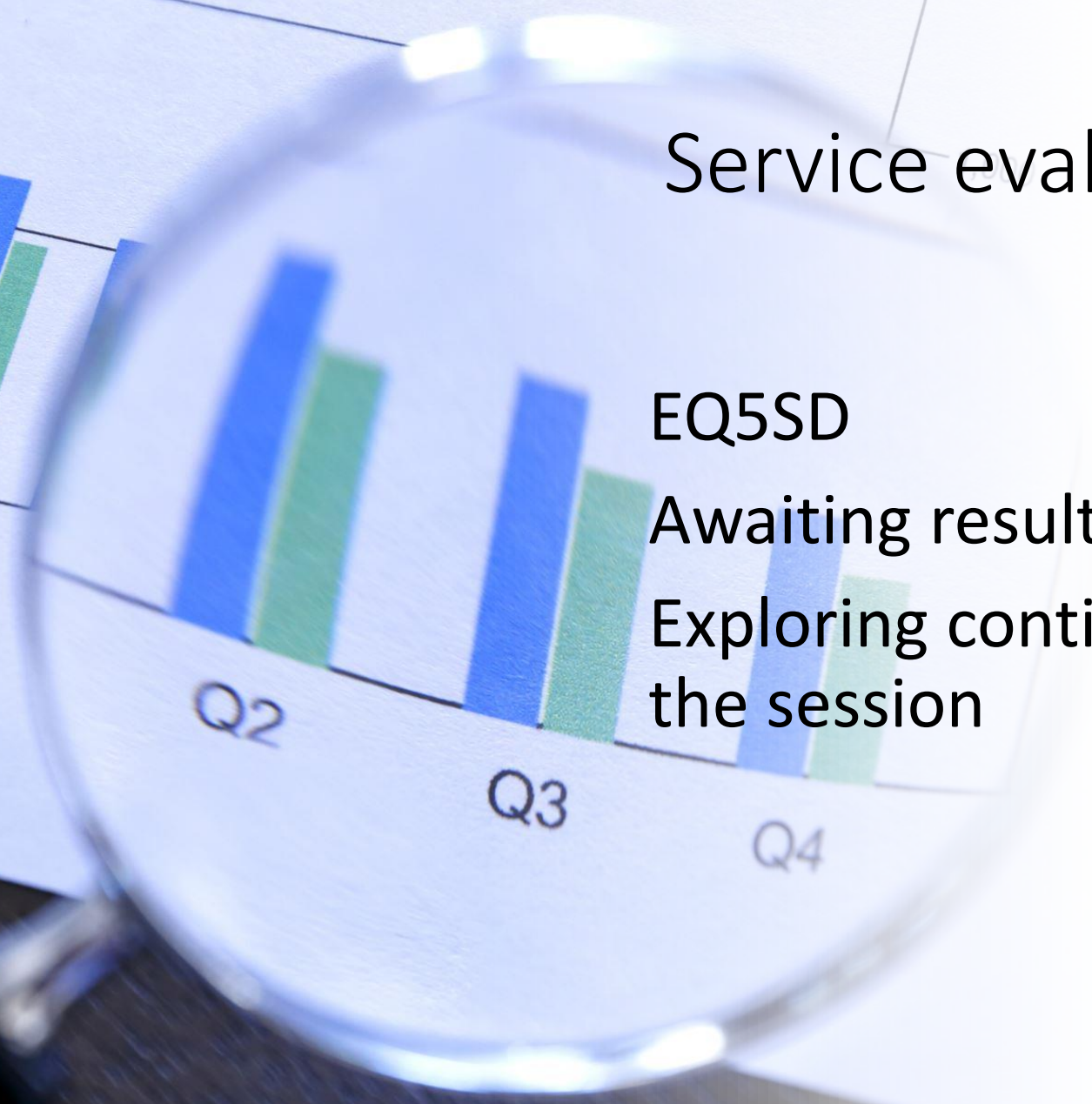


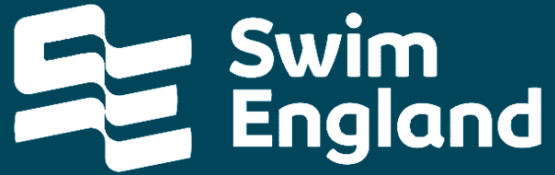
Service evaluation

EQ5SD

Awaiting results

Exploring continued delivery of the session





Swim England
health@swimming.org



THANKYOU!



Mental Health Swims
rachel@mentalhealthswims.co.uk

Rebecca Hall

GP Glastonbury Surgery

The Magic of Exercise




Dr Rebecca Hall

GP, Long covid/ ME/CFS doctor

Advocate for Sustainable healthcare



Moderate or strong evidence for health benefit

Children	Adults	Older Adults
<p data-bbox="377 339 637 379">Bone Health</p> <p data-bbox="313 425 700 465">Cognitive function</p> <p data-bbox="397 511 616 551">CV fitness</p> <p data-bbox="354 596 659 636">Muscle fitness</p> <p data-bbox="359 682 654 722">Weight status</p> <p data-bbox="384 768 629 808">Depression</p> 	<p data-bbox="1026 339 1414 379">All-cause mortality</p> <p data-bbox="968 425 1472 465">Stroke and heart disease</p> <p data-bbox="1082 511 1355 551">Hypertension</p> <p data-bbox="1065 596 1373 636">Type 2 diabetes</p> <p data-bbox="1123 682 1314 722">8 cancers</p> <p data-bbox="1105 768 1332 808">Depression</p> <p data-bbox="1034 853 1403 893">Cognitive function</p> <p data-bbox="1123 939 1314 979">Dementia</p> <p data-bbox="1090 1025 1347 1065">Quality of life</p> <p data-bbox="1166 1110 1274 1150">Sleep</p> <p data-bbox="1021 1196 1416 1236">Anxiety/depression</p> <p data-bbox="1077 1282 1360 1322">Weight status</p> 	<p data-bbox="1893 339 1989 379">Falls</p> <p data-bbox="1875 425 2007 465">Frailty</p> <p data-bbox="1765 511 2117 551">Physical function</p> 

CMO adult recommendation for Physical activity

<https://www.youtube.com/watch?v=3F5Sly9JQao&t=6s>

Physical activity for adults and older adults

- Benefits health
 - Improves sleep
 - Maintains healthy weight
 - Manages stress
 - Improves quality of life
- Reduces your chance of
- Type II Diabetes -40%
 - Cardiovascular disease -35%
 - Falls, depression etc. -30%
 - Joint and back pain -25%
 - Cancers (colon and breast) -20%

Some is good, more is better Make a start today: it's never too late Every minute counts

Be active

at least **150** minutes moderate intensity per week
increased breathing able to talk

OR

at least **75** minutes vigorous intensity per week
breathing fast difficultly talking

or a combination of both

Build strength
to keep muscles, bones and joints strong

on at least **2** days a week

Swim, Brisk walk, Cycle, Gym, Yoga, Carry heavy bags, Run, Stairs, Sport

Minimise sedentary time
Break up periods of inactivity



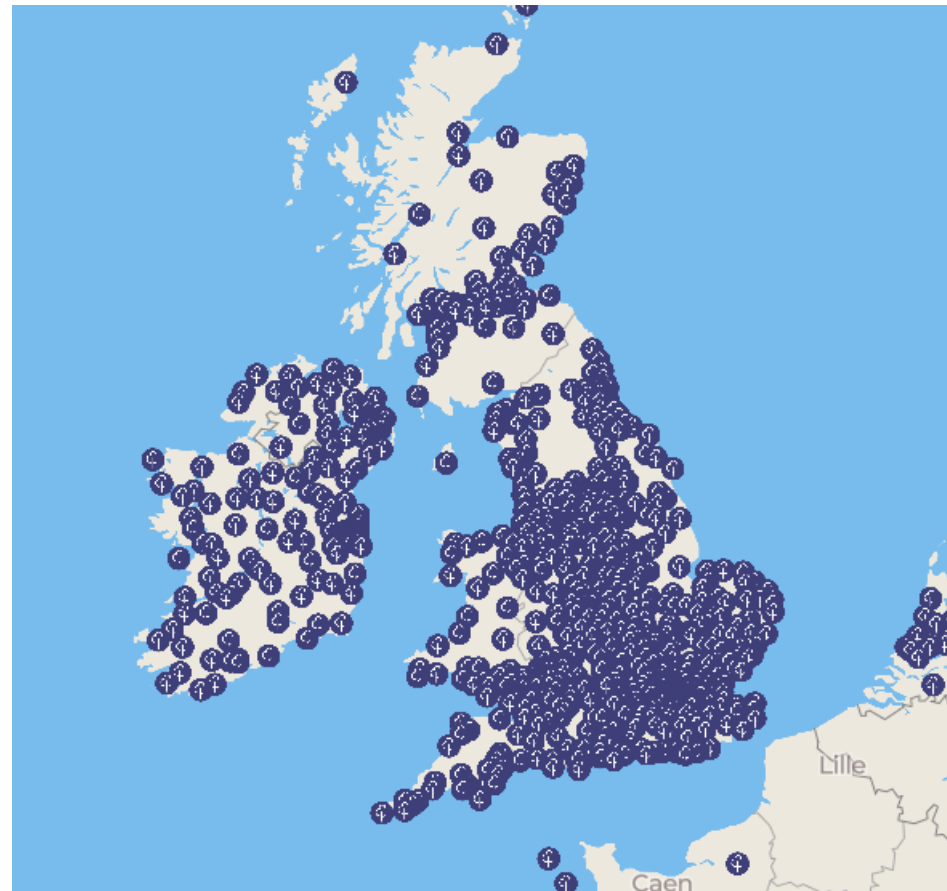
Improve balance
For older adults, to reduce the chance of frailty and falls







Vitality
partners
parkrun



LOCAL DIRECTORY

Do you live in Mendip, Somerset? Do you want to find activities, groups or services in the community that could help improve your health and wellbeing? Have a look through our **directory** on this page.

We also have a [resources section](#) you may find useful with downloadable pdfs and website links.



DIRECTORY

You can browse our directory by selecting a category from the dropdown box below.

Search by area

- Frome
- Glastonbury
- Shepton Mallet
- Street
- Wells

Apply

[Abuse](#)

[Advocacy/Mentoring](#)

[Arthritis](#)

[Autism](#)

[Befriending/Isolation](#)

[Bereavement](#)

[Bladder and bowel conditions](#)

[Brain Injury](#)

[Cancer](#)

[Carers](#)

[Community Support](#)

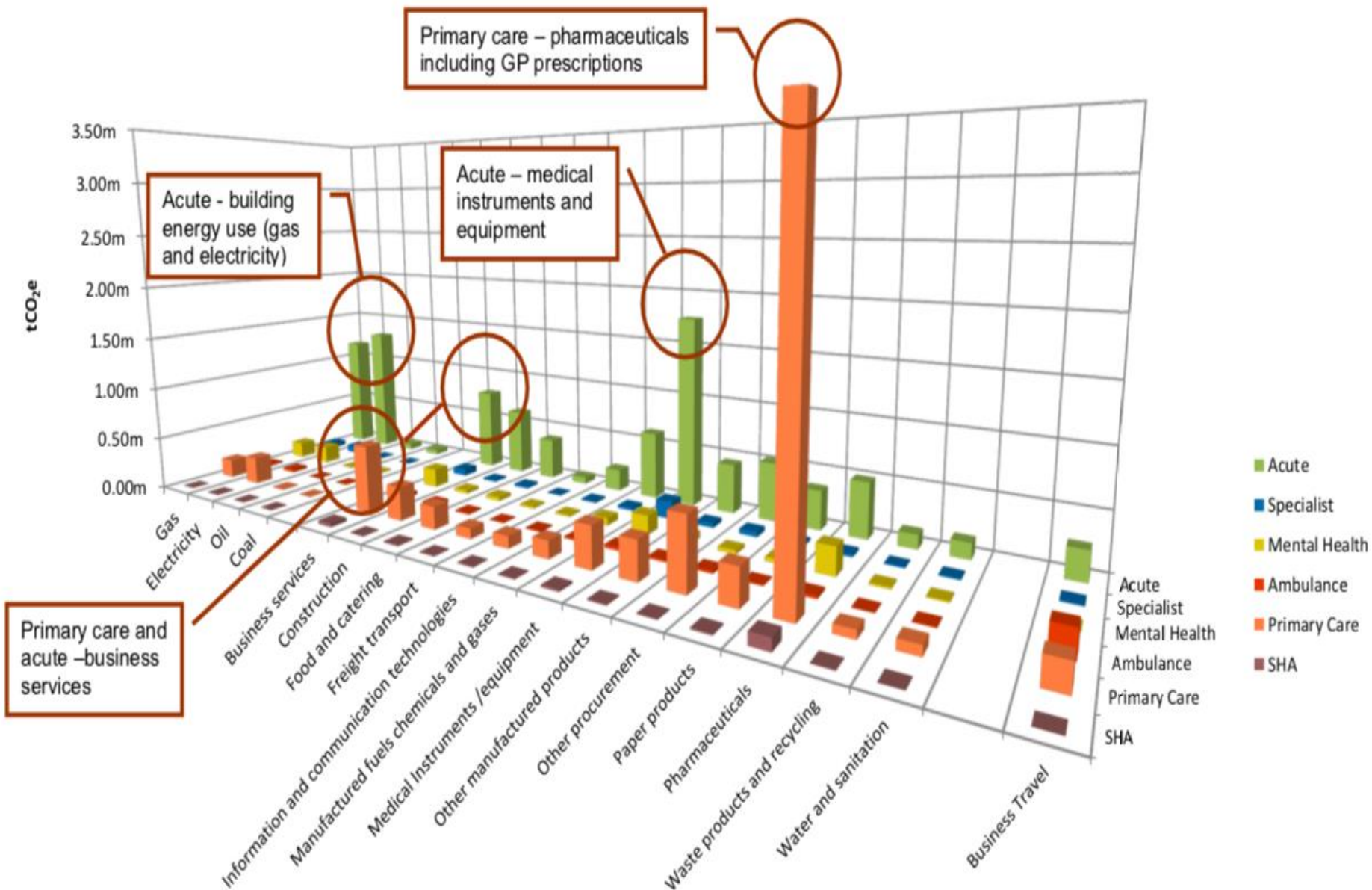
[Counselling/Therapy](#)

[Dementia](#)

[Diabetes](#)



Goods and Services carbon footprint – carbon hotspots



Couch to 5K-Frome Medical Practice



- Weekly Monday morning 10am from the health centre
- 10 weeks.
- Pre course measurements
 - Pulse ,BP, Weight, WEBWMS well being score,
- Feedback following course via survey monkey

Jac 68 yrs- Couch to 5K success

- Weight loss 17kgs
- Can reach feet and able to twist spine
- BP normal- medication stopped
- Resting pulse 88->60
- HBA1C 41->38
- Happier and positive about health even the dodgy bits
- Less pain- stopped regular analgesia- tramadol/gabapentin
- Better sleep




Inspiring others

- Inspiring family
 - Boyfriend changed attitude to health
 - Sons have joined a gym
- Inspiring wider health community
 - Green Impact conference 2019
 - National geriatric conference via green practice group
 - GP registrars via talks on green impact

Make every contact count

- Connecting with others
 - Consider your own story, the power of role modelling
 - Form close links with clinicians so they can make specific suggestions in consultations
- Personalised programme
 - What matters to you?
 - What resources do we have? people/ institutions/ landscape
 - 3 keen health workers, field behind health centre
 - Parkrun/Junior parkrun
 - Using out door gym in park <https://www.youtube.com/watch?v=G6h60wsNijo&t=37s>
 - School gate runners
- Community development alongside the activity -10 weeks of regular exercise together outside ticked many of wellbeing boxes.
 - Connect, get active, take notice, learn and give
 - Regular sessions vs drop in sessions- Regular means commitment (just show up) and social aspect stronger



Thanks to all my patients (especially Jac) who regularly inspire me to be braver and experiment with different ways of doing things.

Rebecca.Hall@nhs.net

1. <https://www.bma.org.uk/media/2570/bma-sustainable-and-environmentally-friendly-general-practice-report-june-2020.pdf>
2. https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832868/uk-chief-medical-officers-physical-activity-guidelines.pdf

Gary Head

**Wellbeing Exeter Programme Development Manager /
Regional Social Prescribing Advisor (Physical Activity)**

Jenna Berry

Wellbeing Lead for Exeter City Community Trust

**WELLBEING
EXETER**

Gary Head Jenna Berry



OVERVIEW

Wellbeing Exeter is a partnership of public, voluntary and community sector organisations working together to **provide the firm foundations for individuals and communities to promote and improve their own health and wellbeing.**



Wellbeing Exeter's four key aims are:



A SHARED APPROACH

The principles of the **Five Ways to Wellbeing**: *Connect, Learn, Active, Notice and Give* inform and underpin how the programme engages and works with individuals and communities to enhance and promote their wellbeing.



CONNECTION EXAMPLES:

A gentleman struggling with his health wants support to quit smoking and is referred to One Small Step who also support him to become more physically active.



A family who have experienced loss of earnings due to the pandemic, are supported by the Foodbank and their connector helps them to access Citizens Advice for help with worth and money.



After coming out as bisexual and struggling with their mental health, a young person is referred to Young Devon's counselling service, as well as Proud2Be's social group which they access every week to meet like-minded people.



REFERRAL ROUTES

See our Website – Community Connecting page:

READY TO CONNECT?

You can get a referral to us in a number of ways. Contact any of these organisations and ask for an introduction to a Community Connector through Wellbeing Exeter. They will fill out our referral form and send it over to us. One of our Connectors will be in touch with you as soon as possible to discuss how they can help.

Adult

- Your GP
- Care Direct Plus (DCC)
- Community Rehab Team
- Inclusive Exeter
- Exercise & Rehab Team (MSK)
- Exeter City Council Wellbeing
- Exeter College
- Exeter Community Neuro Team
- One Mental Health Team
- Transitions (ECI)
- Ukrainian Guests

Family

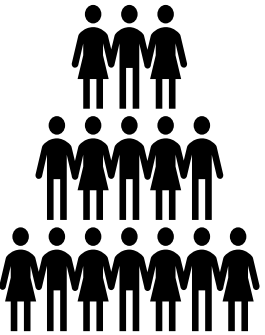
- Action For Children
- Devon Family Resource (DFR)
- Early Help (DCC)
- Family Intervention Team (FIT)
- True North

Young People (aged 11+)

- Schools
- Exeter College
- Space
- Young Devon
- YMCA (aged 18-30)

NOTE: Adults from **culturally diverse communities** can be referred directly by you or by themselves.

OUR PARTNERS



11 x Partner Organisations

PARTNER ORGANISATIONS



Exeter age UK

the beacon
Bringing People Together

CoLab Exeter

Devon Community Foundation
Giving more locally

CITY COMMUNITY TRUST

Exeter Community Initiatives
eci

Inclusive Exeter

ramm
Home to a million thoughts

space*

YMCA EXETER

YOUNG DEVON

Lead Partner

Coordination Team

Community Builders


CPAOs


Community Connectors

COMMUNITY PA OFFICERS


Community Physical Activity Organisers


The types of support that the CPAO can offer an individual who is looking to be more active includes:

 Informal learning conversations relating to the individuals' physical activity interests and priorities, exploring with them how they could be more active in ways that work for them.


Support to find solutions to barriers to being physically active where appropriate. 


 Information and resources relating to physical activity (local, national, online etc).


Introductions and accompaniment to physical activity opportunities and support to stay active. 

 Linking up with other individuals with similar interests etc. with the agreement of both.

Support to develop their ideas for physical activity. 

 Information about the community they live in and opportunities available for residents to be more physically active in ways that work for them.

Connecting individuals to other groups / organisations / services where this is the best fit for their circumstances. 

 Group work: creating a safe space for individuals to come together to form a physical activity group, include wider groupwork to encourage social connections.



WELLBEING WALKS

Alphington and St Thomas

Join us for our short weekly group walks, suitable for all abilities.

Contact: maresa.bossano@ecfc.co.uk 07784 359021

- Mondays 11.30am from the Twisted Oak pub
- Thursdays 1.30pm from the Huntsman in Ide

 BeActiveAlphingtonStThomas

Wellbeing
EXETER

Live
& Move



A large light blue circle is partially visible at the top right. Below it, several pink and white diagonal stripes extend from the right edge towards the center.

Any Questions?



National Academy for Social Prescribing

Get in touch

socialprescribingacademy.org.uk



@NASPTweets



@NASP_insta

