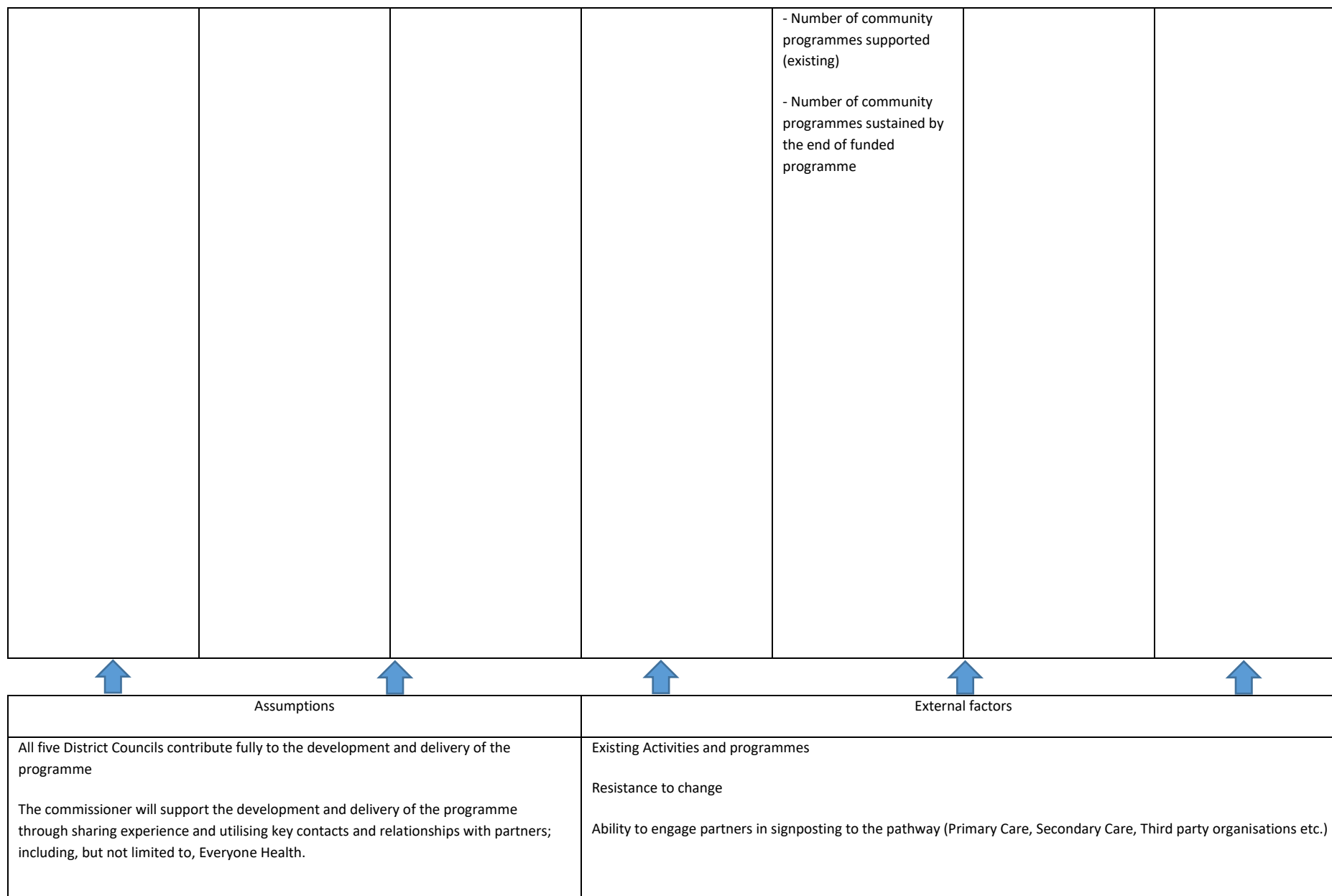


# **Health Committee Report May 2019**

## **Let's Get Moving – Appendices A-G**

**APPENDIX A: LOGIC MODEL FOR LET'S GET MOVING CAMBRIDGESHIRE**

Rationale	Aim	Input	Activities	Outputs	Outcomes	Impacts
There are high levels of physical inactivity in children, young people and adults across Cambridgeshire contributing to health inequalities and long term health conditions	Primary objective:	Programme (County) coordinator	Increase in opportunities to engage in structured and unstructured physical activity	- Number of activities - Number of participants - Number of assessments	- Reduction in the number of inactive people in Cambridgeshire	Improved health and life expectancy of the population
	Increase levels of physical activity throughout the County, with a specific focus on the least active, in order to improve the health of the population	District coordinators x5	- Universal campaigns and activities	- Number of programme completers	- Increase in the number of adults who achieve incremental increases towards CMO guidelines for physical activity	Lower preventable health and social care costs
		Marketing and Communications plan / budget	- Targeted campaigns and activities	- Number of people reporting improvements in PA levels (IPAQ-SF)		Decreases in preventable chronic diseases
	Secondary objectives:	Operational budget	Develop a clear and easily accessible physical activity pathway; to support signposting from partners and self enrolment	- Number of people reporting they have achieved their objectives / goals	- Increase in the number of adults achieving CMO guidelines for physical activity	Decrease in morbidity, mortality and disabilities
	Identify improvements in signposting processes to increase physical activity levels across Cambridgeshire	Training and development budget	Opportunities for personal development	- Number of activities in areas servicing populations in top two quintiles of IMD	- Contribute to reductions in; i) Excess weight in children, and ii) Excess weight in adults	Sustainable health promotion and prevention system
	Community engagement and ownership leading to sustained physical activity opportunities		- Skills development - Volunteer opportunities	- Number of people undertaking training		
			Community development	- Number of people gaining a qualification	- Reduce inactivity levels in areas with particularly high levels of health inequalities (LSOA / MSOA)	
			- Sustainable community activities	- number of people volunteering		
			- Community ownership	- number of community programmes initiated	- Strengthen community resilience	



## APPENDIX B1: BEHAVIOUR CHANGE – BASELINE QUESTIONNAIRE



Activity/Session/event attended:.....

Date:.....

### **About you**

Full name:..... Date of birth:..... Gender: Male  
Female

Email:.....  
.....

Postcode:..... Contact number:.....

Emergency contact: Name:.....

Number:.....

Do you consider yourself to have a disability? Yes No If Yes, please  
specify:.....

Ethnicity (please circle)

White British	White Irish	White Gypsy or Irish Traveller	White (Any Other)
Mixed White and Black Caribbean	Mixed White and Black African	Mixed White and Asian	Mixed and multiple ethnic group (any other)
Asian or Asian British-Indian	Asian or Asian British – Pakistani	Asian or Asian British – Bangladeshi	Asian or Asian British – Chinese
Asian (Other)	Black Caribbean	Black African	Black (Other)
Arab	Other (please state).....		

### Employment Status

Full Time Employed		Part Time Employed		Self – Employed	
Unemployed		Retired		Student	

How did you find out about Let's Get Moving / this session?.....

Were you referred or signposted to Let's Get Moving Cambridgeshire? Yes No

If Yes, why were you referred to Let's Get Moving Cambridgeshire?

Weight management		High blood pressure		Mental wellbeing: including Stress, Anxiety, depression, ADHD etc.	
Social motivations: Bereavement, loneliness, etc.		injury prevention: trips and falls, strength and mobility		Exiting a healthy lifestyle service; for example exercise on referral or weight management programme	
Other (please state).....					

What are your goals or objectives associated with taking part in Let's Get Moving Cambridgeshire?(for example; to lose weight, make new friends, be able to play with my children without getting out of breath etc.)

.....

Do you have any health considerations we ought to be aware of?.....

**Let's Get Moving Cambridgeshire** has been developed to help communities become more active. As part of this, we need to evaluate the programme to help us provide the best possible service to suit the needs of our residents.

Below are some statements about **feelings** and **thoughts**. Please tick the box that best describes your experience of each over the last 2 weeks.

Statements	Never	Rarely	Sometimes	Often	Always
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

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## APPENDIX B2: BEHAVIOUR CHANGE FOLLOW UP QUESTIONNAIRE



Follow-up point (10 week, 6 months or 12 months etc.): .....

Activity / Session attended:.....

Date:.....

Full name:..... Date of

birth:.....

### What did you want to get out of coming to the Let's Get Moving sessions?

Weight loss                      Fitness                      New hobby                      Social aspect  
Lifestyle change                      Improvement in medical condition  
Other, please specify: .....

### Have you achieved what you wanted to by coming to the Let's Get Moving sessions?

Yes                      No                      A little but want to achieve more

### Are you planning on continuing with the activities?

Yes                      No                      Not sure

### How would you rate this activity / session?

Poor                      Not good                      Ok                      Good                      Excellent

Below are some statements about **feelings** and **thoughts**. Please tick the box that best describes your experience of each over the last 2 weeks.

Statements	Never	Rarely	Sometimes	Often	Always
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5

I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

©WEMWBS

Below are some statements about **physical activity**. Please tick the statement which best describes you:

Statement	Please tick
I am not physically active and I don't plan on doing any physical activity in the near future	
I am not physically active at the moment but I am thinking about being more active	
I am preparing to do more physical activity and intend to start in the next month	
I have been physical active for less than six months	
I have been physically active for more than six months	

## APPENDIX C: PHASE 1 SHORT PARTICIPATION QUESTIONNAIRE



### **About you**

Full name:.....

Date of birth:.....

Gender: Male Female

Email:.....

Postcode:..... Contact number:.....

Emergency contact: Name:..... Number:.....

Do you consider yourself to have a disability? Yes No

If Yes, please specify:.....

Ethnicity (please circle)

White British	White Irish	White Gypsy or Irish Traveller	White (Any Other)
Mixed White and Black Caribbean	Mixed White and Black African	Mixed White and Asian	Mixed and multiple ethnic group (any other)
Asian or Asian British- Indian	Asian or Asian British – Pakistani	Asian or Asian British – Bangladeshi	Asian or Asian British – Chinese
Asian (Other)	Black Caribbean	Black African	Black (Other)
Arab	Other (please state).....		

Employment Status

Full Time Employed	Part Time Employed	Self – Employed
Unemployed	Retired	Student

How did you find out about Lets Get Moving / this session?.....

.....  
.....

What are your goals or objectives associated with taking part in Let's Get Moving Cambridgeshire?(for example; to lose weight, make new friends, be able to play with my children without getting out of breath etc.)

.....  
.....



Below are some statements about **physical activity**. Please tick the statement which best describes you:

Statement	Please tick
I am not physically active and I don't plan on doing any physical activity in the near future	
I am not physically active at the moment but I am thinking about being more active	
I am preparing to do more physical activity and intend to start in the next month	
I have been physical active for less than six months	
I have been physically active for more than six months	

*Disclaimer – I understand that my/my child's participation in any of the Let's Get Moving sessions are entirely at my own risk and should consult my doctor if suffering from any condition that might make taking part detrimental to my health*

*Photo consent – Please tick this box if you consent to us taking photographs of you and/or your child and agreeing that they can be used for any lawful purpose including for example as publicity, illustration, advertising and web content.*

Signature

Date

*Let's Get Moving Cambridgeshire is collecting your personal information in order to evaluate the effectiveness of the project; i.e. have you made improvements to your physical activity levels because of something we have done. The lawful purpose for us collecting this information is informed consent from each data subject. Your information will only be shared with the organisations contracted to the service; namely Living Sport and the five District Councils. Further details are available at [www.letsgetmovingcambridgeshire.co.uk/privacy](http://www.letsgetmovingcambridgeshire.co.uk/privacy)*

*In order for us to use this information we need you to provide your consent for us to collect, process and hold your data. Please provide your signature and date below to do this:*

Signature

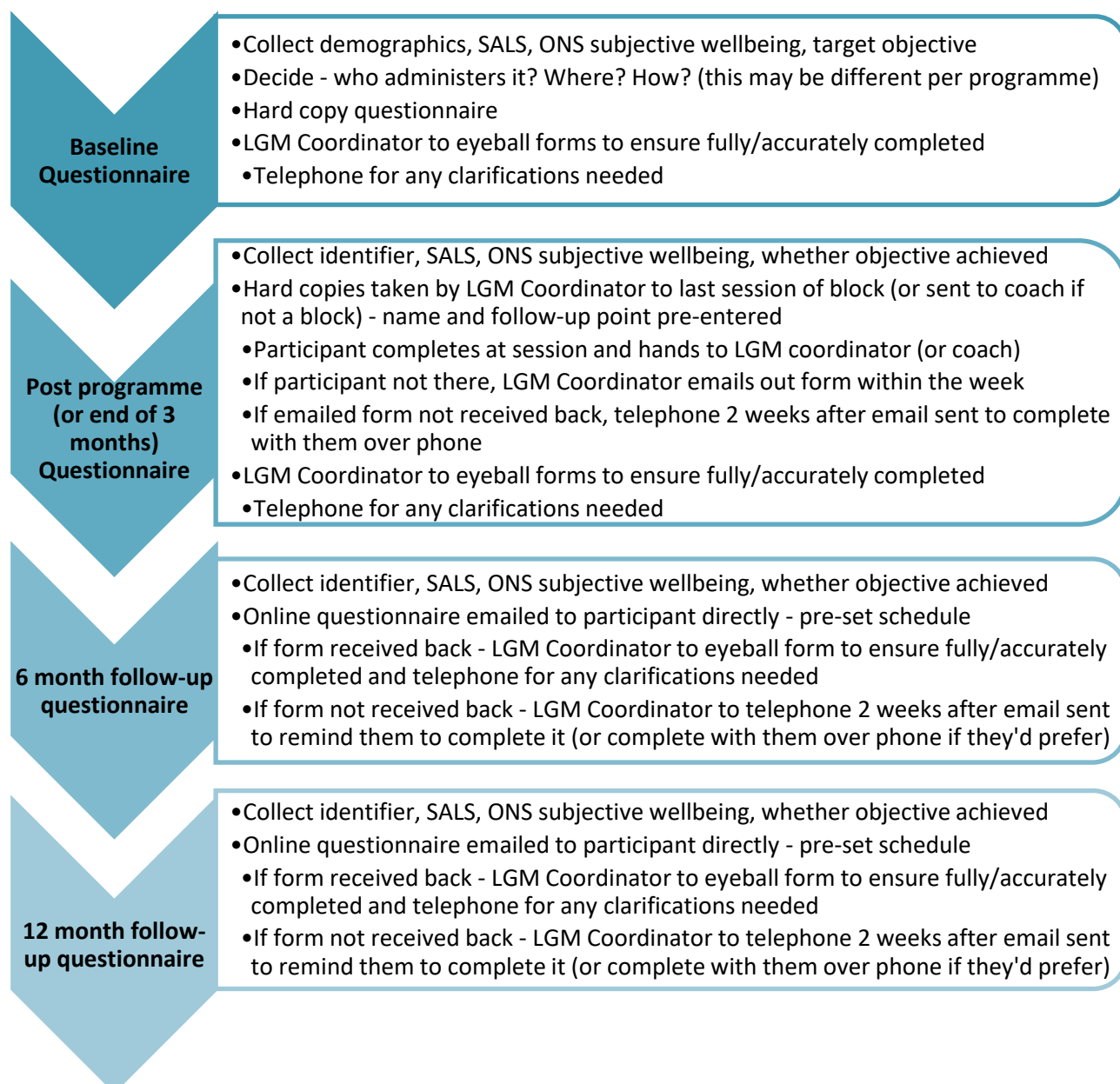
Date

*You can withdraw your consent at anytime by emailing [data@livingsport.co.uk](mailto:data@livingsport.co.uk) or if you have concerns about the processing of your personal data, please contact the Data Protection Officer, at Living Sport, Lakeside Lodge Health Club, Fen road, Pidley, Huntingdon, Cambridgeshire, PE28 3DF.*

## APPENDIX D: UPDATED DATA COLLECTION PROCESS

Following the Health Committee meeting on the 8<sup>th</sup> November 2018, a more consistent process for collecting data has been proposed as this was a significant point for improvement raised within that meeting. This process will enable more robust evidence to be captured to better show impact of the LGM programme on behaviour change.

The baseline questionnaire has been redesigned (as previously discussed and agreed with Public Health) to make it as short and as user friendly as possible and was rolled out in December ready for implementing in the New Year 2019 (Quarter 7). A newly formatted spreadsheet has been sent to all locality coordinators as physical activity levels will now be collected via the Short Active Lives Survey (SALS) and not the IPAQ, and level of mental wellbeing will now be collected via the 4 ONS subjective wellbeing measures and not WEMWBS.



If baseline questionnaires are not completed then follow-up data becomes irrelevant; and baseline questionnaires are not of use unless follow-ups are completed to show impact/behaviour change.

If the phone call is not successful at any follow-up stage then this will be recorded on the spreadsheet. This will allow us to monitor where participants leave the programme.

# APPENDIX E1: PRE-ACTIVITY QUESTIONNAIRE



## About You

Full Name					
Date of Birth			Postcode		
Email address			Contact number		
Gender	Female	Male	Do you consider yourself to have a disability?	Yes	No
Ethnicity	White British (Inc. English)		White Irish	White Other	
	Asian/Asian British		Black/Black British	Mixed	
	Other (please state)				

Name of Activity Session				
How did you find out about Let's Get Moving / this activity?				
Were you referred or signposted to Let's Get Moving Cambridgeshire?			Yes	No
If Yes, <b>why</b> were you referred or signposted to Let's Get Moving Cambridgeshire?				
What are your goals in taking part in Let's Get Moving Cambridgeshire? (e.g. lose weight, meet people, get fit etc.)				

The questions below are about the time you spent being physically active in the last 7 days.

In the past 7 days, have you done a <b>continuous walk lasting at least 10 minutes</b> ?	Yes		No					
If YES...								
In the past 7 days, on how many days did you do a walk lasting at least ten minutes? Please circle.	0	1	2	3	4	5	6	7
How much time did you usually spend walking on each day that you did the activity?	_____ hours and _____ minutes per day							
Was the effort you put into walking usually enough to raise your breathing rate?	Yes		No					

In the past 7 days, have you done a <b>cycle ride</b> ?	Yes		No					
If YES...								
In the past 7 days, on how many days did you do a cycle ride? Please circle.	0	1	2	3	4	5	6	7
How much time did you usually spend cycling on each day that you did the activity?	_____ hours and _____ minutes per day							
Was the effort you put into cycling usually enough to raise your breathing rate?	Yes		No					

In the past 7 days, have you done <b>sport, fitness activity (such as gym or fitness classes) or dance</b> ?	Yes		No					
If YES...								
In the past 7 days, on how many days did you do a sport, fitness activity (such as gym or fitness classes), or dance? Please circle.	0	1	2	3	4	5	6	7
How much time did you usually spend doing sport, fitness activities or dance on each day that you did the activity?	_____ hours and _____ minutes per day							

Was the effort you put into doing sport, fitness activities or dance usually enough to raise your breathing rate?	Yes	No
---	-----	----

On a scale from 0 to 10 where 0 is 'not at all' and 10 is 'completely', please tick how you feel for each statement:

	<div style="text-align: center;"> </div>										
	0	1	2	3	4	5	6	7	8	9	10
Overall, how satisfied are you with your life nowadays?	0	1	2	3	4	5	6	7	8	9	10
Overall, how happy did you feel yesterday?	0	1	2	3	4	5	6	7	8	9	10
Overall, how anxious did you feel yesterday?	0	1	2	3	4	5	6	7	8	9	10
Overall, to what extent do you feel the things you do in life are	0	1	2	3	4	5	6	7	8	9	10

Thank you for completing this questionnaire.

#### Insert Privacy Statement

[local authority] is collecting this information in order to evaluate the effectiveness of the programme; in other words, have you increased the amount of physical activity you do because of the programme and has this change in behaviour been sustained.

As data controller, [local authority] will ensure that your personal information is stored safely and only kept for the duration of your involvement in the programme which is up to one year. We will not use this data for any other reason than for the purpose of evaluating this programme. We will anonymise your data before sharing it with Living Sport who is carrying out the evaluation of this programme. Further details about how we are handling your information is available at; [www.letsgetmovingcambridgeshire.co.uk/privacy](http://www.letsgetmovingcambridgeshire.co.uk/privacy)

The legal basis for us asking for this information is informed consent, in other words we are asking for you to give us permission to use the information you provide. We will ask you to answer similar questions after 12 weeks by completing another questionnaire and then at 6 months and 12 months through an emailed questionnaire, which will help us to understand changes in behaviour. We may contact you by phone if we are unable to get a response through your email. Please tick the appropriate boxes below to allow us to do this:

Please tick if we can use the information you have provided to evaluate the effectiveness of the programme: |\_|

We can contact you at the appropriate follow up points

by Email: |\_| by Telephone: |\_|

Signature		Date	
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If you have concerns about the processing of your personal data, or you wish to withdraw your consent at anytime, please email the Data Protection Officer, at [redacted]: [name@organisation.co.uk](mailto:name@organisation.co.uk)

**About You**

Full Name		Date of Birth	
Name of Activity Session			

The questions below are about the time you spent being physically active in the last 7 days.

In the past 7 days, have you done a <b>continuous walk lasting at least 10 minutes?</b>	Yes	No						
If YES...								
In the past 7 days, on how many days did you do a walk lasting at least ten minutes? Please circle.	0	1	2	3	4	5	6	7
How much time did you usually spend walking on each day that you did the activity?	_____ hours and _____ minutes per day							
Was the effort you put into walking usually enough to raise your breathing rate?	Yes	No						

In the past 7 days, have you done a <b>cycle ride?</b>	Yes	No						
If YES...								
In the past 7 days, on how many days did you do a cycle ride? Please circle.	0	1	2	3	4	5	6	7
How much time did you usually spend cycling on each day that you did the activity?	_____ hours and _____ minutes per day							
Was the effort you put into cycling usually enough to raise your breathing rate?	Yes	No						

In the past 7 days, have you done <b>sport, fitness activity (such as gym or fitness classes) or dance?</b>	Yes	No						
If YES...								
In the past 7 days, on how many days did you do a sport, fitness activity (such as gym or fitness classes), or dance? Please circle.	0	1	2	3	4	5	6	7
How much time did you usually spend doing sport, fitness activities or dance on each day that you did the activity?	_____ hours and _____ minutes per day							
Was the effort you put into doing sport, fitness activities or dance usually enough to raise your breathing rate?	Yes	No						

On a scale from 0 to 10 where 0 is 'not at all' and 10 is 'completely', please tick how you feel for each statement:

	<div style="display: flex; align-items: center; justify-content: space-between;"> <span>Not at all</span> <span>→</span> </div> <div style="display: flex; align-items: center; justify-content: space-between;"> <span>Completely</span> </div>										
	0	1	2	3	4	5	6	7	8	9	10
Overall, how satisfied are you with your life nowadays?	0	1	2	3	4	5	6	7	8	9	10
Overall, how happy did you feel yesterday?	0	1	2	3	4	5	6	7	8	9	10
Overall, how anxious did you feel yesterday?	0	1	2	3	4	5	6	7	8	9	10

Overall, to what extent do you feel the things you do in life are	0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	---	----

What was your goal for taking part in Let's Get Moving Cambridgeshire? (e.g. lose weight, meet people, get fit etc.)
Have you achieved your goal?
What impact has Let's Get Moving had on you personally? (e.g. self confidence, friendships etc.)

Thank you for completing this questionnaire.

#### Insert Privacy Statement

[local authority] is collecting this information in order to evaluate the effectiveness of the programme; in other words, have you increased the amount of physical activity you do because of the programme and has this change in behaviour been sustained.

As data controller, [local authority] will ensure that your personal information is stored safely and only kept for the duration of your involvement in the programme which is up to one year. We will not use this data for any other reason than for the purpose of evaluating this programme. We will anonymise your data before sharing it with Living Sport who is carrying out the evaluation of this programme. Further details about how we are handling your information is available at; [www.letsgetmovingcambridgeshire.co.uk/privacy](http://www.letsgetmovingcambridgeshire.co.uk/privacy)

The legal basis for us asking for this information is informed consent, in other words we are asking for you to give us permission to use the information you provide. We will ask you to answer similar questions after 12 weeks by completing another questionnaire and then at 6 months and 12 months through an emailed questionnaire, which will help us to understand changes in behaviour. We may contact you by phone if we are unable to get a response through your email. Please tick the appropriate boxes below to allow us to do this:

**Please tick if we can use the information you have provided to evaluate the effectiveness of the programme: |\_|**

**We can contact you at the appropriate follow up points**

**by Email: |\_| by Telephone: |\_|**

Signature		Date	
-----------	--	------	--

If you have concerns about the processing of your personal data, or you wish to withdraw your consent at anytime, please email the Data Protection Officer, at [ ]: [name@organisation.co.uk](mailto:name@organisation.co.uk)

## APPENDIX F: KEY PERFORMANCE INDICATOR DEFINITIONS

KPI no.	Key Performance Indicators	Explanation of KPI's
<b>1</b>	<b>Programme projects</b>	
1.1	Number of new programmes developed through LGMC	Include new programmes you have developed this quarter only.
	Number of new activities continuing 6 months after initiation (sustained)	This is the number of new programmes/activities you have developed that are continuing after 6 months. Only count those that are still going in this quarter.
	Number of existing "LA" programmes supported through LGMC (added value)	The number of programmes/activities that you have supported in this quarter and you have added value to it - This may or may not have happened without you, but essentially you are not leading this activity.
1.2	Number of participants (individual)	NEW participants in activities / programmes this quarter
	Number of mass participation attendees	Number of people attending mass participation events or activities this quarter (for example parkrun, community events, etc.)
1.3	% of participants that undergo an assessment (where appropriate) (forms)	Consider what programmes it is achievable to administer questionnaire (assessments) to. Of those programmes count the number of participants that took part in the quarter. (P1) Now count the number of those participants that completed questionnaires. (P2) $P2 / P1 * 100 = \% \text{ of participants that undergo an assessment}$
1.4	% of programme completers (where appropriate)	Consider what programmes have a clear end (12 weeks, 9 weeks etc.) or it is manageable to track attendance for a set period (12 weeks). Of those programmes count the number of participants that took part in this quarter (P1) Now count the number of those participants that attended 60% or more of the sessions. (P2) $P2 / P1 * 100 = \% \text{ of participants that completed a programme}$
1.5	% of participants who report that they have achieved their physical activity objectives/goals	Using the data collection database, evaluate the follow up data and identify the number of participants that have completed post programme questionnaires. (P1) Now count the number of those participants that have responded with a positive answer for objectives achieved (e.g. Yes, Mostly, etc.). (P2) $P2 / P1 * 100 = \% \text{ of participants that have achieved their objectives}$

1.6	% of initiatives in areas with lowest levels of physical activity	Count the number of initiatives that you have developed or supported this quarter. (I1) Now count the number of those initiatives that are in the 20% most deprived wards/MSOA's/LSOA's for your area. (I2) $I2 / I1 * 100 = \% \text{ of initiatives in areas with lowest levels of physical activity}$
<b>2</b>	<b>External signposting</b>	
2.1	Number of people signposted to Let's Get Moving	Number of people that complete pre programme questionnaires and state that <b>they have been referred</b> to LGMC.
	Number of people self-signposted to Let's Get Moving	Number of people that complete pre programme questionnaires and state <b>how they heard</b> about LGMC, and the answer they have given refers to a clear sign posted by themselves action (e.g. attended having seen promotion through social media, poster, heard about it in conversation or through the radio etc.)
2.2	Reason for signposting or self-signposting	N/A - evidence of data collected in data report
<b>3</b>	<b>Community resilience</b>	
3.1	Number of community led physical activity programmes 'initiated' through the brand	The number of programmes or activities you have developed this quarter that the community/volunteers/club are leading.
3.2	Number of community led programmes 'supported' through the brand	The number of programmes you have supported (added value to) this quarter that the community/volunteers/club are leading
3.3	% of physical activity community led programmes continuing and led by community members after 6 months	Consider the number of community led programmes/activities you have initiated or supported that are continuing after 6 months. Only count those that are still going in this quarter. Now calculate this as a percentage of the total number of community led programmes/activities to date.
<b>4</b>	<b>District media and promotional activity</b>	
4.1	Number of promotional events in the district	
4.2	% that received media / social media coverage	
<b>5</b>	<b>Countywide media and promotional activity</b>	
5.1	Number of countywide promotional events supported by the district programme	
5.2	% that received media / social media coverage	
<b>6</b>	<b>Demographics core data set for specific formal projects only</b>	
	<i>evidence of data collected in data collection spreadsheet</i>	N/A
<b>7</b>	<b>Quality Indicators</b>	
7.1	<i>Range of programmes and their evidence base along with general progress overview</i>	N/A



8	Evaluation	
8.1	Evidence of full participation in the evaluation	All KPI's reported and data provided evidence of this
9.1	Key stakeholders are engaged in the ongoing development and governance of the programme	Further information each quarter detailing partners engaged and level of involvement in the project
9.2	Evidence of public engagement plans which affords public consultation and feedback	Further information each quarter detailing public engagement undertaken
9.3	Evidence of improvements made to programmes as a result of user feedback (including non-completers)	Further information each quarter detailing changes made to programmes as a result of user feedback
9.4	% of participants rate the programmes as good or excellent	
9.5	Number of service users making formal complaints about the programmes (verbal or written)	6 monthly written report detailing any issues and actions undertaken
10.1.	Evidence of action plan developed to address underrepresentation of protected characteristics identified in the Equality Act 2010 compared to local demographics.	

## **APPENDIX G: EXAMPLES OF PROGRAMMES**

### **Countywide LGMC**

- The Living Sport LGMC countywide function is to support local developments and disseminate good practice across the county.
  - An example of this was the Cambridge United Community Trust –Man V Fat programme. LGMC facilitated its development not just in Cambridge but across Cambridgeshire with locality level partnerships setting up walking football and disability sessions. This included LGMC reimbursing the registration fee of any Cambridgeshire residents who took part in Man V Fat, completed pre and post programme questionnaires and attended 60% of the sessions.
  - Another example is the Cycling Programme currently being developed which will be one cycling countywide scheme, with one name, but might operate slightly differently in some areas based on local need and demographic variances.
- LGMC has a close working relationship with the countywide Integrated Lifestyle Service provided by Everyone Health. This includes LGMC collaborating with the Lifestyle Service to develop and deliver a range of activities.
- LGMC has been central in the development of three new Parkruns (St Neots, Littleport and Coldhams Common) through undertaking the public consultations, land permission audits, recruitment of delivery teams and establishing facilitative partnerships (e.g. negotiating with One Leisure in St Neots to open the centre early on a Saturday morning for access to the changing rooms). In addition more generally LGMC intelligence has enabled Living Sport to focus its work with local parkrun ambassadors in areas of greater need.

### **Fenland LGMC**

- Active Fenland is the physical activity programme that was funded for three years by Sport England. It had a focus on 14+ year olds engaging in sport and physical activity. The Active Fenland name and brand was established and is now widely accepted in Fenland, therefore the approach taken was to use Active Fenland 'in partnership with Let's Get Moving Cambridgeshire'. The joint working has enabled the Active Fenland programme to diversify its offer and target certain groups.
- Examples include those where local partners have provided funding to develop activities. LGMC worked with Clarion Housing which led to it providing funding to develop physical activity opportunities in the localities where its housing is situated.
- LGMC is working with the Richmond Fellowship on a countywide partnership which has already been initiated in Fenland that will target engaging those with mental health issues in walking and talking sessions.
- At the Oasis Community Centre in Wisbech LGMC has introduced a number of activities. As a community centre a wide range of people access the centre, many of whom do not take part in physical activities. The relationships the staff at the Oasis Centre have established with local people means they are trusted and respected. When they offer advice and signpost to activities this is often well received and many people have been signposted to LGMC by these types of partners. LGMC has also delivered or paid for an activity in the Centre and identified community members to continue the sessions if they are successful. In return the Centre provides discounted use of the facility and will continue to support the activities over the longer term.
- The Rosmini Centre is an important community partner for engaging people from Eastern Europe. The Centre assists with translation and works with LGMC to support the development of activities at the Centre.

### **East Cambridgeshire LGMC**

- Littleport Leisure Centre has emerged as a particularly valuable partner in a priority area. It has an open and innovative approach that has enabled LGMC to try new ideas to engage the least active residents in physical activity.
- Millbrook House is a care home in Soham. The local LGMC Coordinator leads a bi-weekly walk from the Care Home with residents taking a brisk and manageable walk around the town. It is open to the wider community and promoted as such through various local routes. It is part of a new community based model for delivering social care which is being piloted in St Ives and Soham.

### **Huntingdonshire LGMC**

- The local leisure service provider “One Leisure” has been proactive in enabling and sustaining activities.
- Papworth Hospital has provided LGMC with the opportunity of promoting local physical activity opportunities including exercise referral with cardiac patients completing the cardiac rehabilitation programme.
- Local Back to Netball and Walking Netball activities linking with England Netball have been developed, supported by Living Sport funding.

### **Cambridge City LGMC**

- LGMC worked with a Physical Education teacher from the North Cambridge Academy who had identified a particular demographic (girls not engaging in PE) to develop an after school programme that would appeal to them.
- A partnership with the Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) CAMEO is an early intervention service for people with mental ill health. It has developed a joint initiative for engaging patients in physical activity.
- Chesterton Sports Centre has been working with LGMC to try new approaches to engage local people in physical activity using the facilities at the Centre. It is piloting a number of new activities that includes Swim and Tone (a women only activity for those who experience anxiety, low self-confidence and body image concerns) and Try it for 10.

### **South Cambridgeshire LGMC**

- LGMC worked with Cambridge United Community Trust on its Man V Fat initiative.
- The Forever Active Programme targets older people with appropriate physical activities and worked with LGMC to develop a number of new activities for older people in locations with limited access to leisure facilities.
- The Granta Medical Practice (Group of GP surgeries) has a social navigator to support the wide ranging needs of many of its patients. LGMC is developing a package of physical activity opportunities in conjunction with the practices.