



# Examples of Physical Activity in Health

**Active Connections Conference**

**Workshop 3**

**More People   More Active   More Often**



# Agenda

- **Introduction & Welcome.**
- **Anna Skiba** – PCN Project Coordinator, Hatfield Primary Care Network.
- **Andrew Rix** – Get Active Specialist, Active Herts.
- **Peter Jordan** – Sustainability Mobility Officer, Hertfordshire County Council
- **Adam Howard** – Head of Physical Activity (Herts & Bucks), Active In The Community



# Examples of physical activity in health

Hatfield PCN

# Benefits of physical activity



## Our why

- Utilising Personalised Care Team
- Obesity and weight management
- Staff wellbeing and morale
- Health prevention and promotion
- 5 ways to wellbeing (mental health)
- Reducing health inequalities

# Active Practice key areas

- **Reduce sedentary behaviour in staff** (standing desks, teaching sessions, display posters with desk exercise, walking at break times, step challenge)
- **Reduce sedentary behaviour in patients** (utilising Personalised Care Team, health walks)
- **Increase physical activity in staff** (PCN wide walk challenge, emails with ideas for short exercise at work, champion in practice,
- **Increase physical activity in patients** (GP referral schemes, personalised care team actively offers services, collaboration with local partners to deliver physical activity projects, PCN health walk, PPG health walk)
- **Partner with a local physical activity provider** (HSP, Birchwood Leisure Centre, Hatfield Leisure Centre, Shape Up, WelHat Council)



## Hatfield PCN

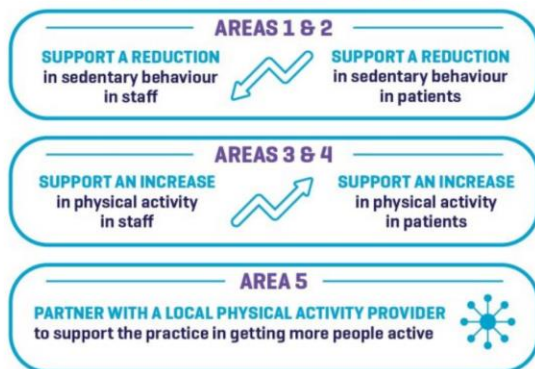
### What is an Active Practice?

The Active Practices Charter is an initiative by The Royal College of GPs and Sport England to inspire GP practices to commit to increasing activity and reducing sedentary behaviour in both staff and patients.

The Active Practice Charter is a fun, easy way to make some simple but impactful changes in your workplace that will demonstrate to your patients and staff that you mean it when you say that movement is the best medicine.

Its free to sign up, you just need to demonstrate that your practice has taken steps to meet the following five key areas:

#### THE FIVE KEY AREAS



Hatfield PCN practices are joining the move and becoming ambassadors to be more active in the local community.

# Advertise and share with your colleagues/staff/patients



# How do I sign up:

[Physical Activity Hub: Active Practice Charter | RCGP Learning](#)

Physical Activity Hub / Active Practice Charter

## Active Practice Charter

Mark as done

Sign up to the Active Practice Charter and join the national network of practices making positive changes in their surgeries to boost staff ar

[Sign up your practice or PCN](#)



And after:  
encourage,  
encourage,  
encourage.....



Steps added to our challenge!

#HatfieldPCNsteps

Powered By



“no matter how slow you go, you are still lapping everybody on the couch”

While you wait for the kettle to boil...



Hold the stretch for few seconds, then repeat on other side.

Feeling better? - thought so  
Now enjoy your brew back at desk



## March in March

Join us on **Sunday 17th March @10am**  
Verulamium Park, St Albans  
for PCN staff 5K walk (march) to raise funds for this worthy cause.

Bring your family, friends and dogs and wear something green



Start: Westminster Lodge Running Track  
Finish: Abbotts Kitchen (coffee and cake), and then The Ye Old Fighting Cocks pub to celebrate St Patricks Day with a shot of baby Guinness



To donate scan QR code (JustGiving)







*Thank you*



I'm doing it



FOR ME

Active Herts in the  
Borough of Broxbourne

[www.activeherts.org.uk](http://www.activeherts.org.uk)



# What is Active Herts?

In July 2015 a new £1m programme called Active Herts was commissioned targeting the most deprived and least active areas of Hertfordshire. It was funded by Sport England, Herts Public Health, Broxbourne Borough Council and Herts Valleys and East and North Herts Clinical Commissioning Groups.

The programme was a three-year project delivered in collaboration by Herts Sports Partnership (HSP), Broxbourne Borough Council, Stevenage Borough Council, Watford Football Club Sport and Education Trust, Hertsmere Leisure and Mind. It was also used as a research project by the University of East Anglia.

The project covered four districts: Broxbourne, Hertsmere, Stevenage and Watford.

# What is Active Herts?

The aim was to support inactive adults, with risk factors for cardiovascular diseases and mild to moderate mental health conditions, into physical activity.

The programme used highly qualified fitness professionals – Get Active Specialists (GAS) - with a background in motivational interviewing and behaviour change techniques. The project aimed to address the gap between Primary Care and the Sports Sector by having a Fitness Professional / Get Active Specialist work closely with local GP surgeries.

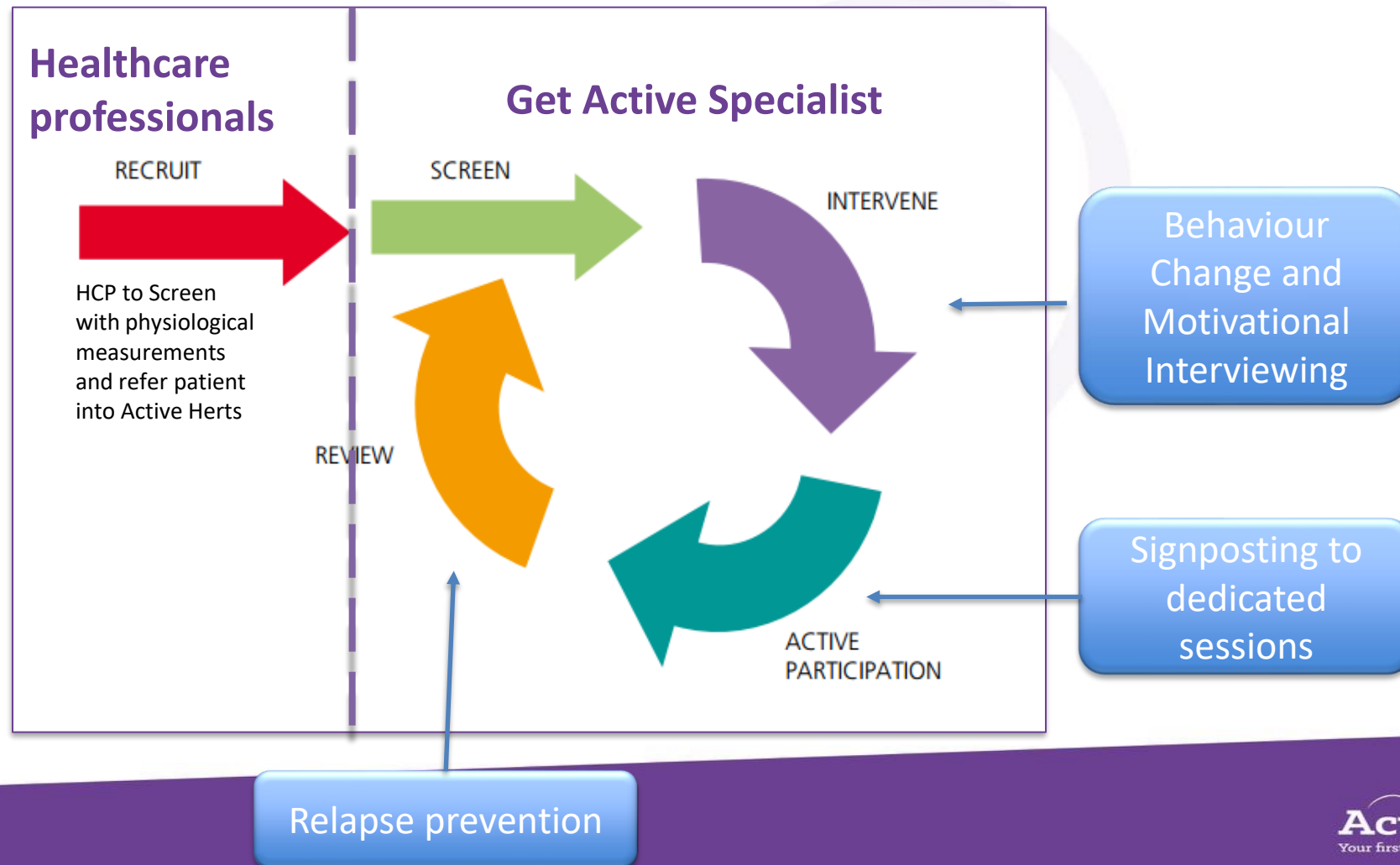
Referred adults would receive 12 months of continued support and 12 weeks of free low impact exercise classes to help them become more physically active and sustain lifestyle change.

<https://www.youtube.com/watch?v=R7FxGvuD0cE&t=12s>



# How does the programme work?

## Intervention Design





# Referral Criteria

## All referrals must meet the following criteria:

- Adults (aged 16 years and over)
- Resident living in the Borough of Broxbourne
- Inactive (<30 mins PA per week)

## Additional inclusion criteria (referrals may also have/be)

- Diabetes Mellitus
- Hypertension
- Obesity (BMI >30, or BMI >28 if one or more co-morbidities)
- Smoker
- High Cholesterol
- History of heart disease
- Mild to moderate mental health condition



# Who can refer?

- GPs
- Healthcare assistants
- Physiotherapists
- Practice nurses
- Diabetes nurses
- Social prescribers
- Dieticians
- Mental health specialists
- Health & wellbeing coaches
- Health care coordinators
- Pharmacists
- Self-referral



# Active Herts – Delivery Model in Broxbourne

## Time line of support for the patient

### **Initial consultation 45-60 minutes to be held at patients surgery or Council offices.**

At this appointment the Get Active Specialist will meet the patient and talk about the steps towards getting active. The GAS will set up a personal Get Active plan and also signpost suitable local activity. GAS will pre-book follow up consultation for 3 month review.

Initial questionnaire completed

### **2 week follow up via phone call.**

The GAS will contact the patient to see how they are getting on with their plan. Progress discussion including guidance, concerns and motivational booster.

### **3 month review 30- 40 minutes to be held at patients surgery or Council offices.**

GAS will contact patient and remind them about 3m review The review is used as a progress meeting and to capture health improvements. GAS to develop or tailor plan for the next few months

3m questionnaire completed

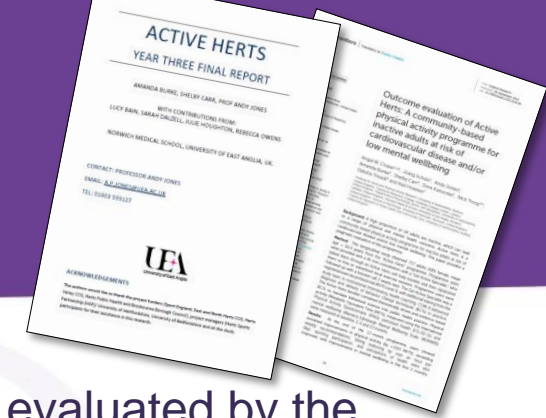
### **6-12 months**

Ongoing support will be available if needed via phone call.

Questionnaire for 6 and 12m to be either sent in post or conducted over the telephone



# Evaluation of Active Herts (2015-2018)



The countywide Active Herts programme was independently evaluated by the University of East Anglia (UEA) Medical School (Professor Andy Jones) which found it to be one of the most effective programmes nationwide in achieving positive lifestyle changes.

Of the 3,410 individuals that were referred onto Active Herts up to 13 December 2018, 81.3% participated in the programme. Of the 2,774 that started the programme, 66.6% had completed it or were still participating.

The largest changes amongst outcomes were observed between baseline and the first follow up (three months); for example, self-reported levels of moderate to vigorous activity rose from 67 minutes a week, to 218 minutes at first follow-up. Additionally, a statistically significant reduction was seen for mean minutes of self-reported sitting per day (365 minutes per day to 309 minutes).

# Where are we now?

At the end of 2018, the initial three-year funding from Sport England and Public Health came to an end leaving the four districts to source external funding for future project delivery. Only two of the four districts (Broxbourne & Watford) were able to continue the programme by successfully securing external funding.

Over the last six years, the Active Herts programme in the Borough of Broxbourne has had to adapt its delivery model for it to be more self-sufficient and sustainable.



# Where are we now?

## Changes made

- Two of the Borough's PCNs have used ARRS funding to set up service level agreements with the Council to contract the Get Active Specialists (GAS) as their Health and Wellbeing Coaches.
- A new part-time GAS was appointed in September 2022. This position turned full-time in November 2023.
- Participants on the programme now receive six weeks free of Active Herts sessions rather than 12.
- Participants still get 12 months of support via face-to-face, telephone, text and email. Follow up consultations take place at 3, 6 and 12 months.
- Participants now pay £4.50 per session (was £2.50 in 2018).

# What activities are offered?

The programme now delivers 23 sessions every week. These all take place on weekdays at multiple sites across the Borough including church halls, youth centres, leisure centres and community centres. Sessions run during the mornings, afternoons and evenings to help cater for everyone.

- Intro to Exercise (low-impact circuits) x13 a week
- Swim and Socialise (LTLC & JWSC) x5 a week
- Stretch & Relax x2
- Active Movers x1
- Health Walks x2

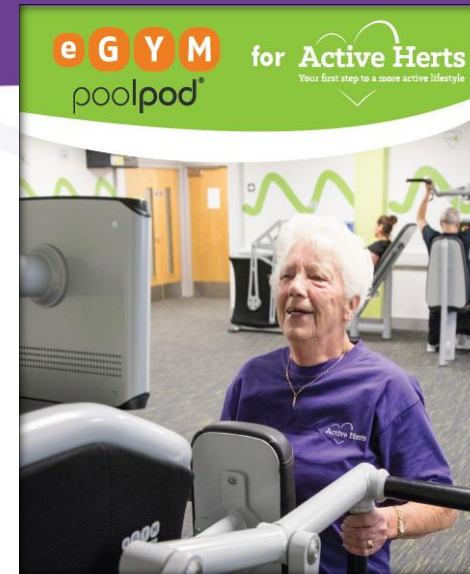




# What activities are offered?

Active Herts has teamed up with the local leisure centres which offers a discounted gym membership.

Benefits of the gym membership include peak access, e-GYM usage, no joining or induction fees, access to studio and pool timetable and a bespoke fitness plan.



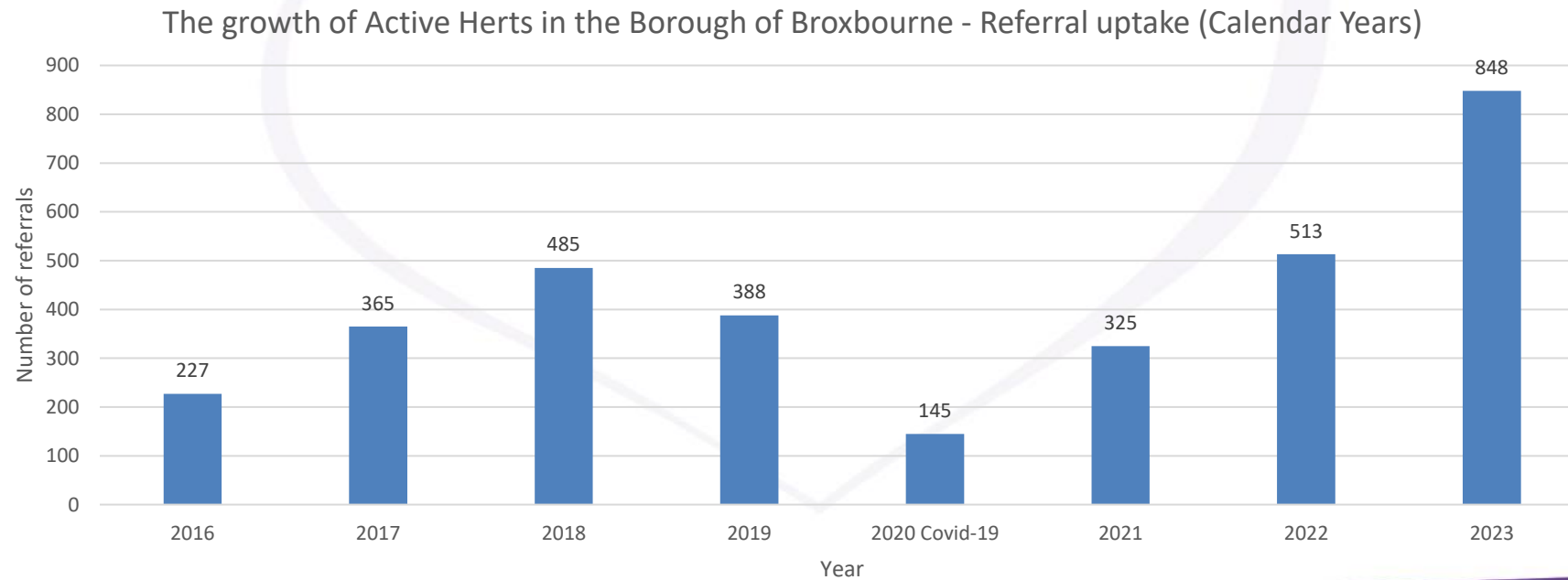
# Collaboration with Primary Care

- The two Get Active Specialists (GAS) are each seeing approximately 35 new referrals each month which equates to 840 referrals a year.
- Both specialists are based within two to four surgeries in the Hoddesdon and Broxbourne (H&B) PCN and Lea Valley Health (LVH) PCN.
- Referrals are also coming in via the Broxbourne Alliance PCN through the social prescribers and health & wellbeing coaches.



# Project Growth

Since 2022, the programme has seen a significant increase in the number of referrals to the programme.



# The Impact in Broxbourne

## Referral Uptake in Broxbourne

As of 29 August 2024, the Active Herts programme has seen a total of 4,102 referrals. 2,871 of these referrals have participated in the weekly exercise sessions. (70% take up).

Reasons for those who did not take up the programme were usually due to multiple factors e.g. uncontrolled mental and physical health, inappropriate referrals, timing of existing sessions and financial considerations.





# The Impact in Broxbourne

## Health Impact

It is estimated that the programme has helped over 3,000 people to adopt healthier lifestyles through behaviour change and exercise intervention. These individuals are now hitting or doing above the recommended guidelines of 150 minutes (2.5hours) of moderate physical activity a week.

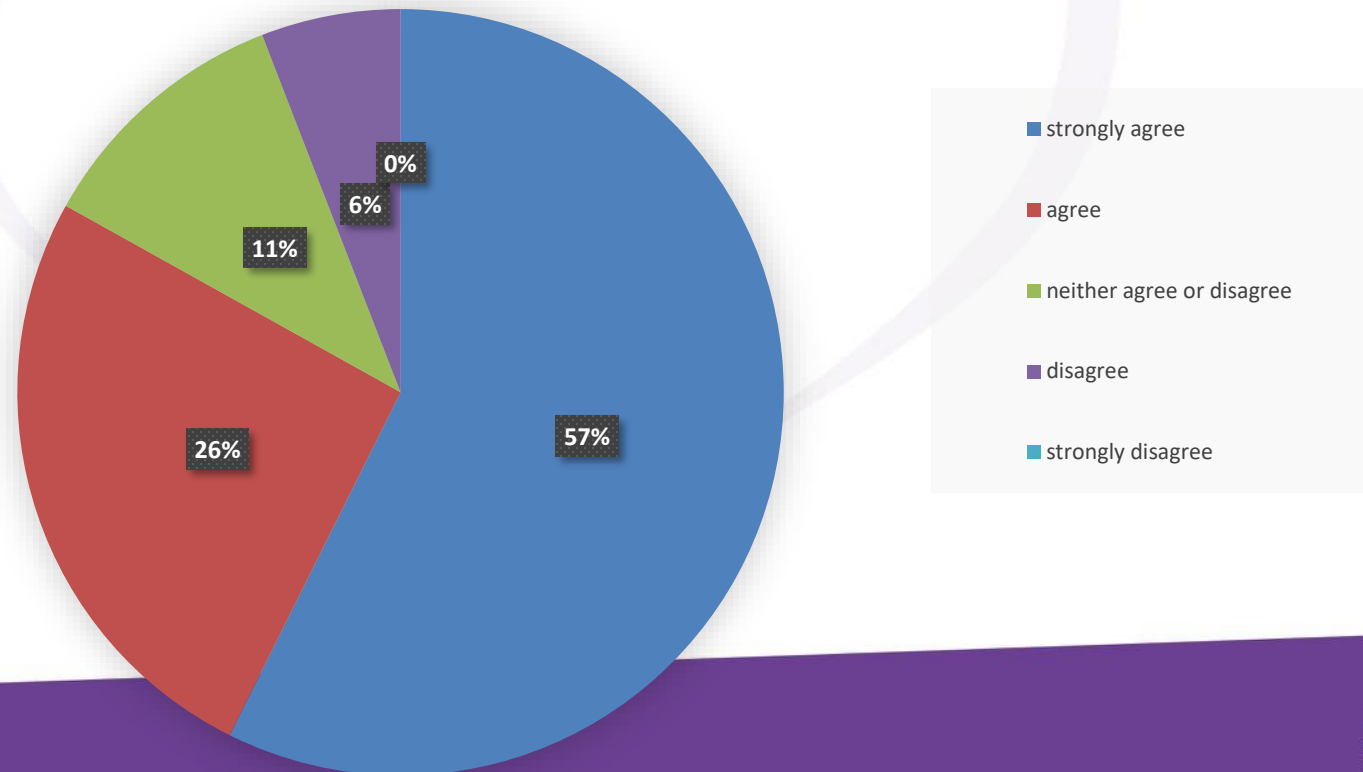
65-70% of these individuals have successfully sustained lifestyle change and have reduced their chances of developing cardiovascular diseases e.g. Type 2 diabetes, high blood pressure, high cholesterol and heart disease.



# The Impact in Broxbourne

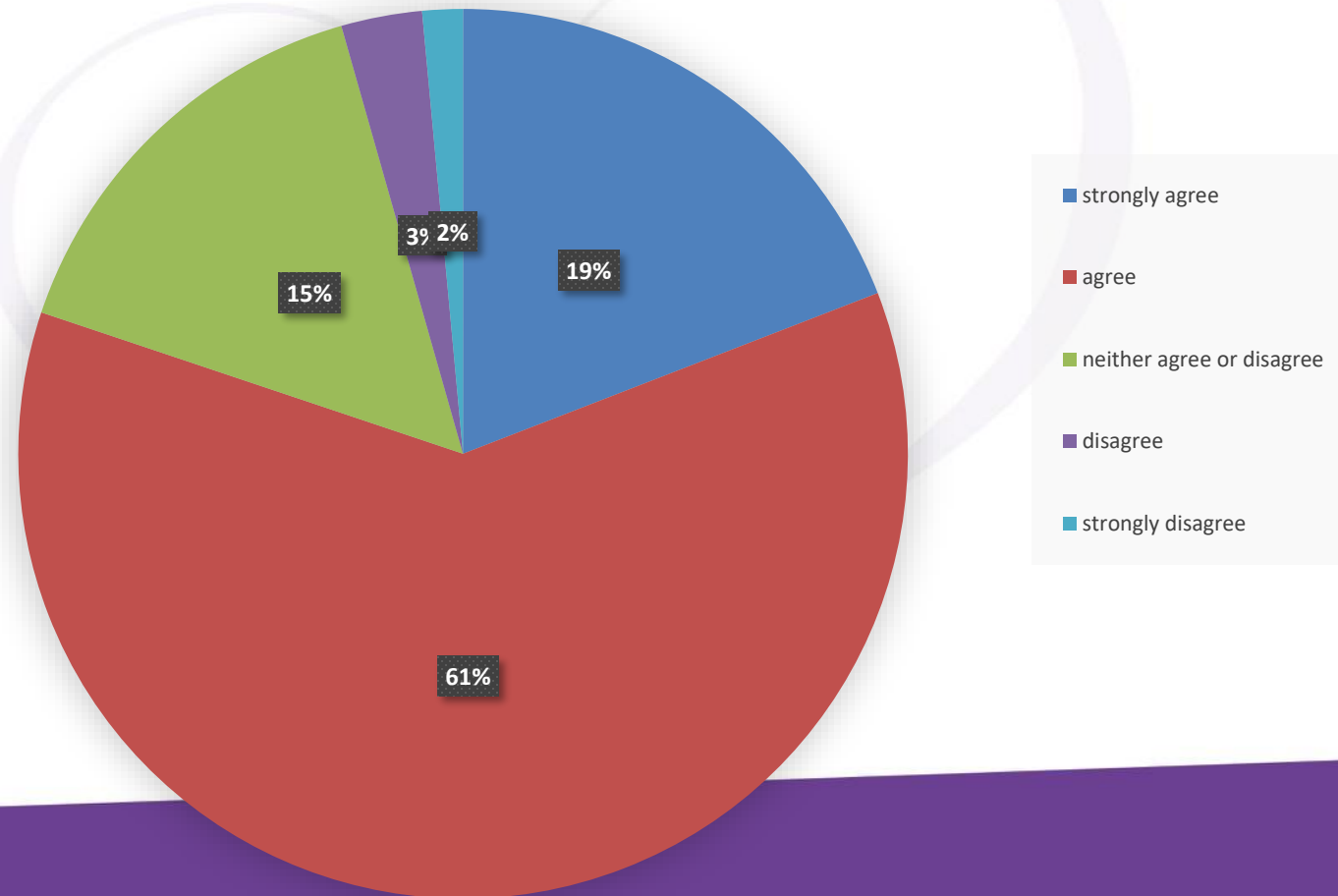
A short questionnaire was created to collect some qualitative data from participants taking part on the programme at 3 months. 136 people completed the survey.

## I would recommend Active Herts to a friend or family member



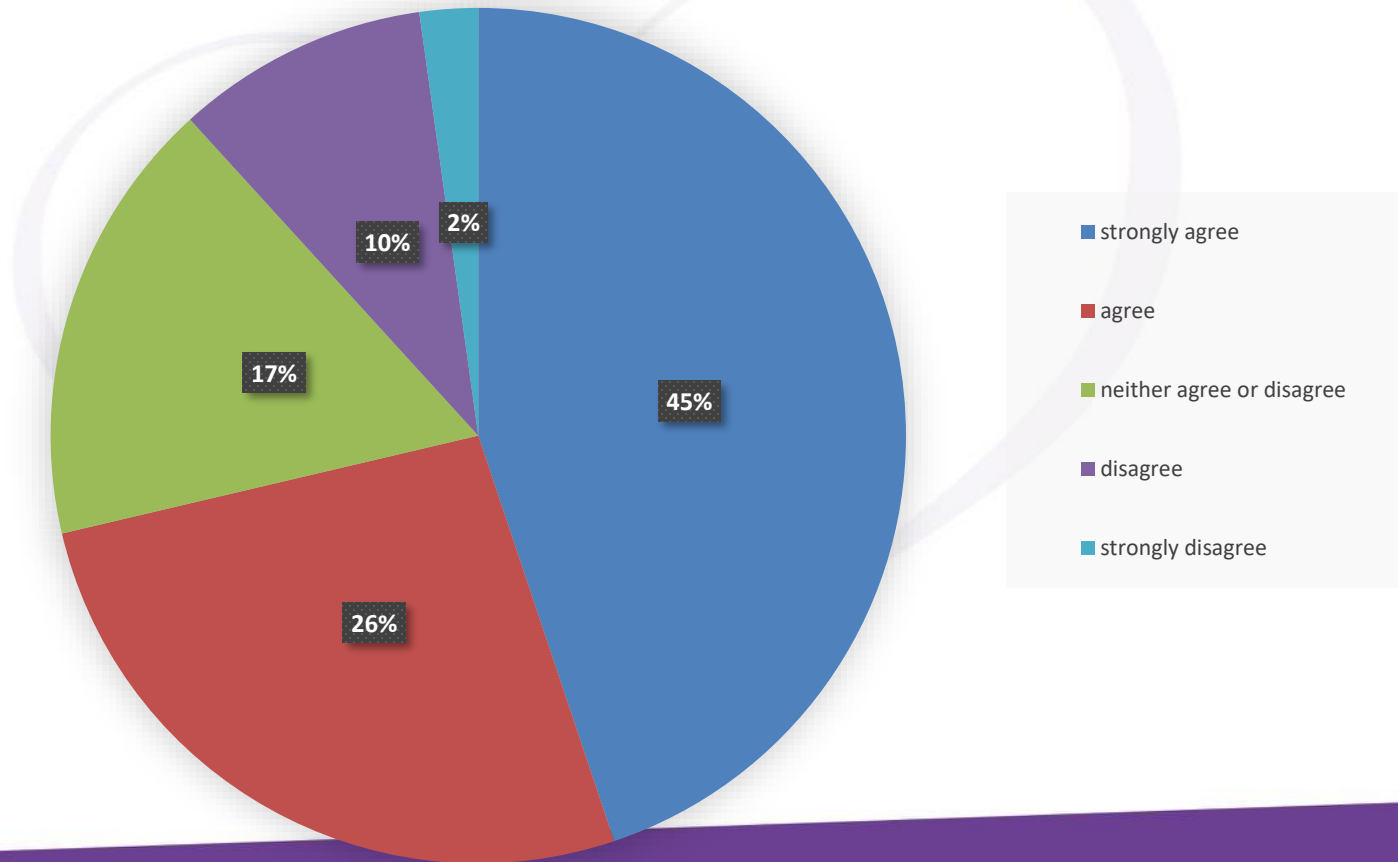
# The Impact in Broxbourne

I intend to keep living an active lifestyle



# The Impact in Broxbourne

My mental health has improved since being on the programme



# Who funds the programme?

The programme is currently funded by multiple sources including the PCN's, health grants and Public Health.

## 2024/25 Funding

- S106 funding from Cheshunt School development
- Repurposed COMF funding (HCC)
- Lea Valley Health PCN
- UK Shared Prosperity Fund
- Active Communities Grant (LVRPA)
- Income from participant fees

# Supporting the ill health prevention agenda

Inactivity related illness costs the UK economy more than £5 billion a year and the implications of this are wide ranging. Community-based physical activity interventions such as Active Herts, provide a cost effective, readily accessible option for people to take their first step to a more active lifestyle.

Depending on future funding from wider partners and organisations. The Active Herts model could potentially be replicated within other districts in Hertfordshire.

The Active Herts team are keen for this innovative and exciting approach to be shared and applied in other locations. For further information please visit our website at: [www.activeherts.org.uk](http://www.activeherts.org.uk) and click on the 'Our Approach' tab under Healthcare professionals. Here you can submit an online form.

# Summary

Active Herts is a client-centred service aiming to elicit behaviour change whilst signposting patients onto a wide range of in-house physical activities based on their interests and motivations. These all take place at a variety of times and venues convenient to the patient.

Active Herts is seen as the leading clinical pathway for Exercise on Referral in the Borough.



The flyer features a photograph of a man, a child, and a dog walking in a park. The text 'I'm doing it' is written in a cursive font at the top left. The 'Active Herts' logo is in the top right corner. The main heading 'FOR MY KIDS' is prominently displayed in the center. Below it, a green box contains the text 'Talk to us about getting active' and 'Contact your local Get Active Specialist today for free, professional and friendly guidance to help you get started.' At the bottom, contact information for Andrew Rix is provided, along with logos for Lottery Funded, Sports Partnership, and NHS.

*I'm doing it*

Active Herts  
Your first step to a more active lifestyle

**FOR MY KIDS**

**Talk to us about getting active**  
Contact your local Get Active Specialist today for free, professional and friendly guidance to help you get started.

**Andrew Rix, Get Active Specialist for Broxbourne**  
Mob: 07506 503 316  
Email: [Andrew.Rix@broxbourne.gov.uk](mailto:Andrew.Rix@broxbourne.gov.uk)

LOTTERY FUNDED | SPORTS PARTNERSHIP | NHS



# Thank You

**Andrew Rix**

**Telephone:** 07506 503316

**Email:** [andrew.rix@broxbourne.gov.uk](mailto:andrew.rix@broxbourne.gov.uk)







# Travel plans in healthcare settings

Peter Jordan / Sustainable Mobility Officer / Hertfordshire County Council



# Introduction



# Active Practice Charter



**Project:** HSP supporting PCNs to achieve Active Practice status

**Actions:** surgeries must prove that they have taken steps in the following areas



**Increasing physical activity  
in patients and staff**



**Reducing sedentary behaviour in  
patients and staff**



**Partnering with a local physical  
activity provider to support the  
practice to get more people active**





Harvey House

# HaLo PCN



Jersey Farm



Highfield Surgery



Redbourn Health Centre



The Lodge

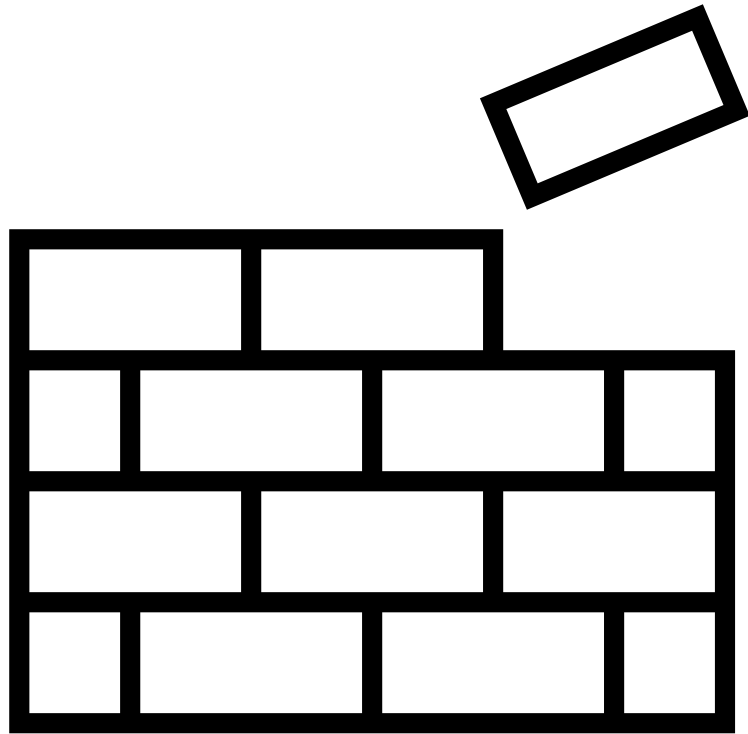


# What is a travel plan?



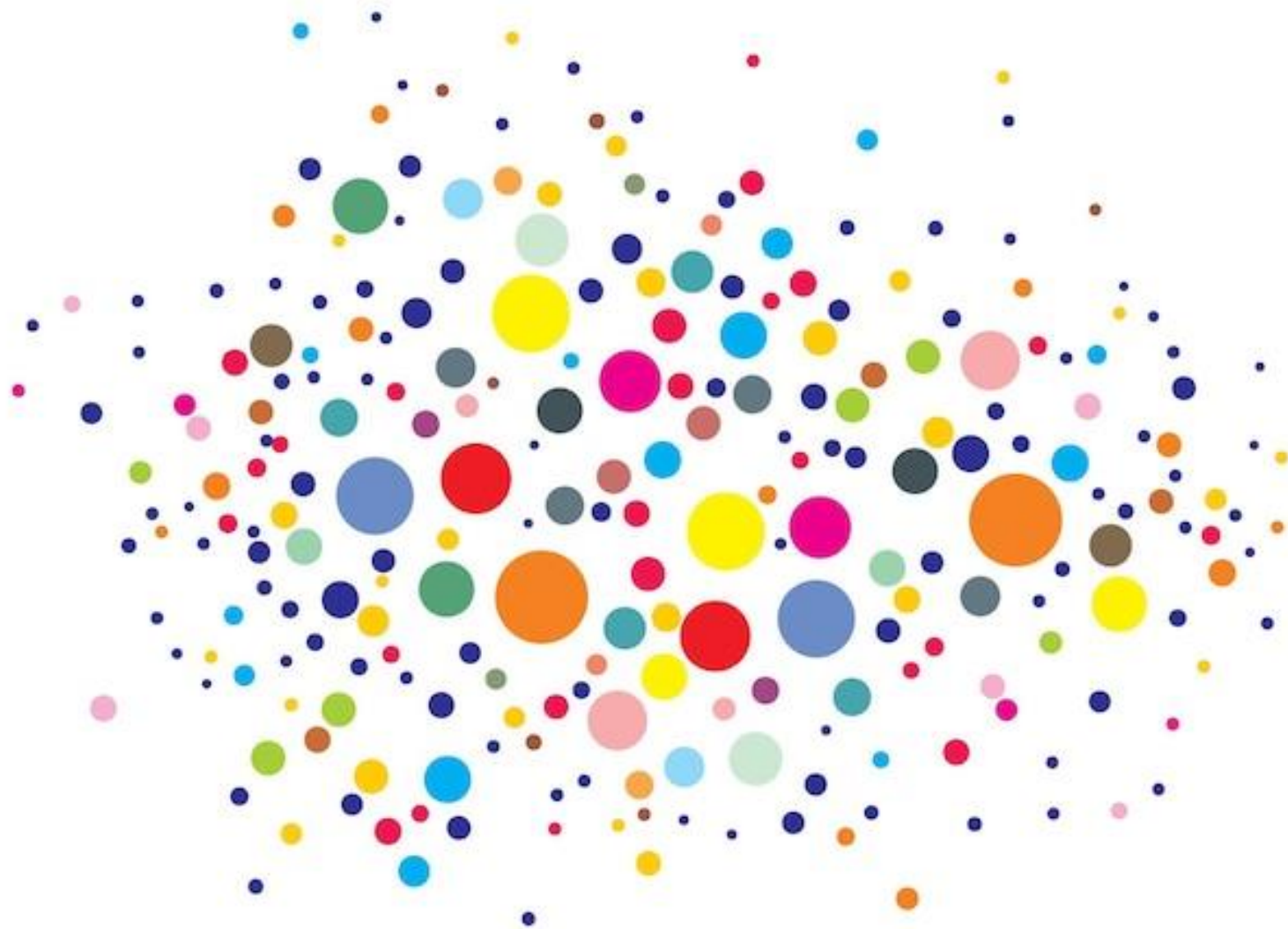






- Introduction
- Site audit
- Travel & transport policies
- Aims & objectives
- Targets
- Travel initiatives
- Surveys

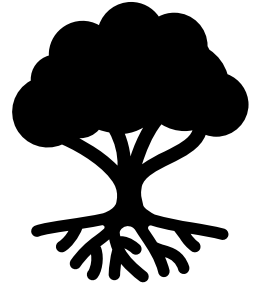
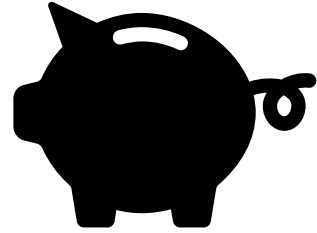






# Benefits of a travel plan





# Modeshift STARS





### APPROVED TRAVEL PLAN (GREEN)

Complete your STARS Application  
Set at least two targets  
Plan – 10 Sustainable Travel  
Initiatives, 5 Supporting Initiatives,  
2 Consultation Initiatives



### GOOD TRAVEL PLAN (BRONZE)

Completed everything identified at  
Approved Travel Plan level  
Complete a Pupil & Staff Survey  
Deliver – 10 Sustainable Travel  
Initiatives, 5 Supporting Initiatives,  
2 Consultation Initiatives



### VERY GOOD TRAVEL PLAN (SILVER)

Completed everything identified at  
Good Travel Plan level  
Establish a working group  
Deliver – 20 Sustainable Travel  
Initiatives, 10 Supporting  
Initiatives, 7 Consultation  
Initiatives



### EXCELLENT TRAVEL PLAN (GOLD)

Completed everything at Very  
Good Travel Plan level  
Shift away from Car use in pupil  
travel data of at least 5 percent  
Deliver – 25 Sustainable Travel  
Initiatives, 15 Supporting  
Initiatives, 10 Consultation  
Initiatives



### OUTSTANDING TRAVEL PLAN (PLATINUM)

Completed everything at Excellent  
Travel Plan level  
Have completed a minimum of  
three annual pupil travel surveys in  
the last 4 academic years including  
one from the current year.  
Increase in active modes of travel  
of at least 5 percent in the last 4  
academic years



# Case study





**Venue:** Farnham/Robertson House, Stevenage

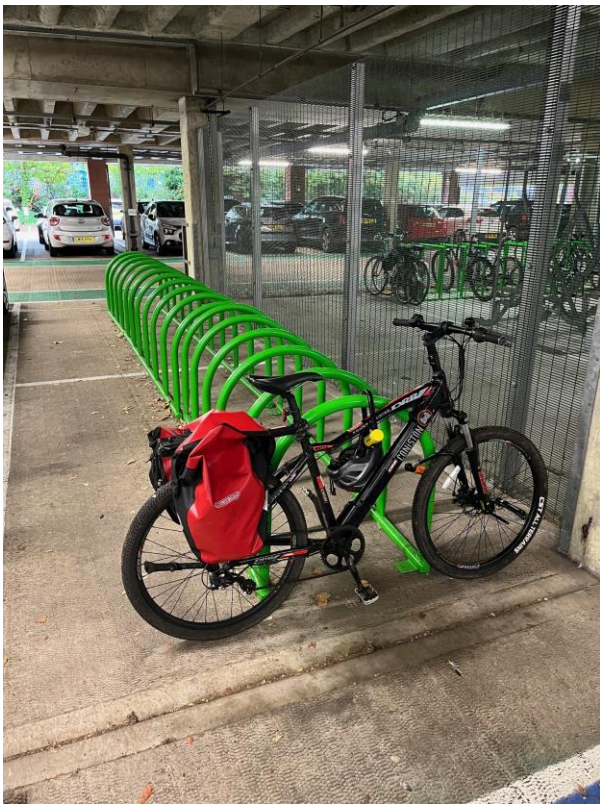
**Use:** Office facilities, business, community and social events

**Staff:** 4,021 employees

**Modeshift accreditation:** Pending approval







**Hertfordshire Health Walks**  
Free and sociable short walks across Hertfordshire, led by volunteers

g  
carers  
ence today  
00 917 0925  
VITHUS  
e.gov.uk/foster  
@HCFosterAdopt  
Hertfordshire

www.hertfordshire.gov.uk/healthwalks

Countyside Management Service  
H H W  
Hertfordshire

**cycle2work**  
SAVE MONEY & SPREAD THE COST ON A NEW BIKE & ACCESSORIES

01 CHOOSE YOUR PRODUCTS  
02 SPREAD THE REDUCED COST  
03 ENJOY THE BENEFITS

**HOW DO I SIGN UP?**  
Choose your bike and/or accessories at Halfords, Tredz or one of the independent shops we work with before applying so you know the total value to apply for up to the value of £3,000. Apply on [www.halfords.com/cycle2work](http://www.halfords.com/cycle2work) with **HERTSCC2W** during **1st September till 30th September 2023**

**HOW MUCH CAN I SAVE?**

If you apply for	£100	£500	£1,000
RRP Monthly Cost*	£8.33	£41.67	£83.33
<b>CYCLE2WORK MONTHLY COST</b>	£4.42	£22.01	£44.17
<b>CYCLE2WORK TOTAL COST</b>	£53	£265	£530

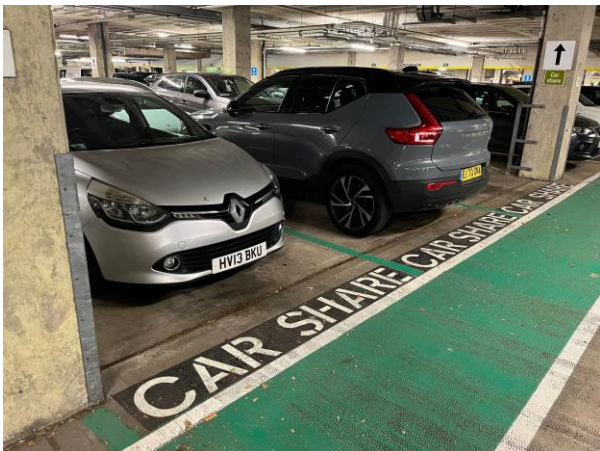
\*Please note this is the amount that will appear on your payroll. Numbers have been rounded up to the nearest pence. Based on a 40-hour full time (9.5 hours a 5.5 month) lease agreement.

You can save up to 47% through Cycle2work, depending on your tax bracket. For an accurate quote, use our savings calculator on [www.cycle2work.info/bikes/savings-calculator](http://www.cycle2work.info/bikes/savings-calculator)

**WHERE CAN I SHOP?**  
You can choose your new bike and accessories from hundreds of brands in-store or online from Halfords, Tredz, or one of the independent bike shops we work with.

**halfords** **tredz** Independent Bike Shops

0345 504 6444 [www.halfords.com/cycle2work](http://www.halfords.com/cycle2work) [cycle2work@halfords.co.uk](mailto:cycle2work@halfords.co.uk)



Apps

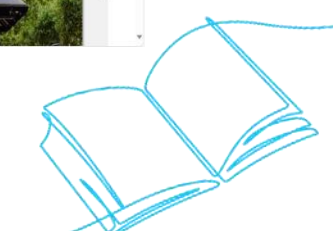
- Property Teams
  - Commercial & Operational Support Team (C&OS)
  - Design & Capital Delivery Team (DCD)
  - Development Team (DEV)
  - Facilities Management Team (FM)
  - Strategic Asset Management & Estates Team (SAME)
- Property Projects
  - Our Workplaces
  - Go Paperless

**Our Workplaces: Travel Guidance**

The Our Workplaces team have created new travel guidance to provide information and support to all colleagues travelling to the Stevenage campus, specifically those who are impacted by the move of services from County Hall, Hertford to Stevenage.

Travel Guidance.pdf

<https://www.hertfordshire.gov.uk>



# HaLo PCN







## HaLo Primary Care Network

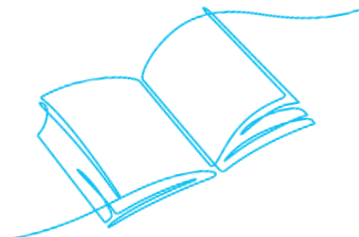


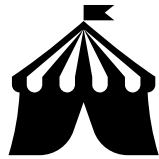
**Venues:** Five sites across St Albans district

**Use:** GP Services

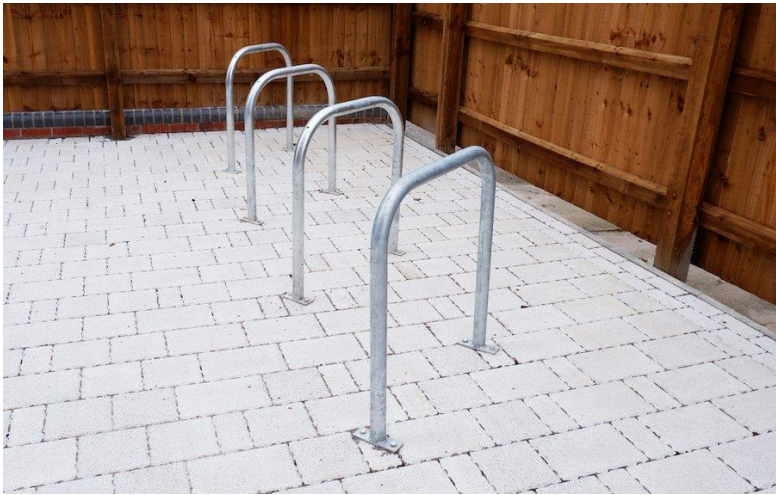
**Staff:** 143

**Modeshift accreditation:** None









**Share your vision for Victoria Street**

**Until 12 November**

Hertfordshire County Council and St Albans City and District Council are working together with the community to develop ideas to transform Victoria Street in St Albans.

Changes could help create a safer, more sustainable and vibrant gateway to the city and will support health and wellbeing, local businesses, and tourism.

Get involved by 12 November:  
[www.hertfordshire.gov.uk/VictoriaStreet](http://www.hertfordshire.gov.uk/VictoriaStreet)



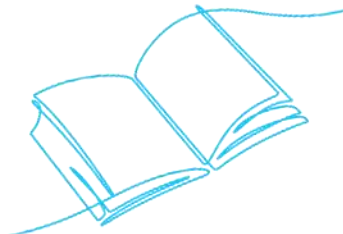
**Connect**  
with new  
opportunities.

Use code  
**CATCHBUS24**  
to claim your free  
Intalink Connect  
All Zone Daily  
Ticket!

#Connectbybus



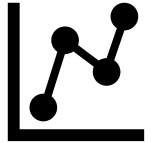
Creating a cleaner, greener, healthier Hertfordshire



# Summary









**Hertfordshire**

Creating a cleaner, greener,  
healthier Hertfordshire



[travelplans@hertfordshire.gov.uk](mailto:travelplans@hertfordshire.gov.uk)





Adam Howard  
Head of Physical Activity  
*Hertfordshire and Buckinghamshire*

# Active in the Community CIC

- Not for profit
- Project management in the sports sector
- Working across Herts, Bucks and Berks
- Sports development - Affordable and Accessible





# Hertford PCN Tai Chi

- Previous relationship with social prescribers
- Approached by the PCN who saw first hand the need for a accessible session to support older adults physical, mental & social health
- Applied for funding and successful
- Tai Chi focus - Harnessing the specific benefits of Tai Chi in improving mind-muscle connection, balance, coordination, physical and emotional resilience, circulation & relaxation

**NHS** Funded Tai Chi classes supported by the NHS Hertfordshire and West Essex ICS Grants Programme and the Assura Community Fund

## Hertford Tai Chi

Proudly Partnered with Liz Welch

Promoting health, well-being and opportunity for all, by tackling health inequalities in Hertfordshire and West Essex



**Referral only class**  
📍 Hertford Methodist Church  
Talk to your GP/ Social Prescriber

**assura** **AITC** **Community Alliance** **Hertford & Rurals**

**NHS** Funded Tai Chi classes supported by the NHS Hertfordshire and West Essex ICS Grants Programme and the Assura Community Fund

## Tewin Tai Chi

Proudly Partnered with We Be Tai Chi

Promoting health, well-being and opportunity for all, by tackling health inequalities in Hertfordshire and West Essex



**Referral only class**  
📍 Tewin Pavilion  
Talk to your GP/ Social Prescriber

**assura** **AITC** **Community Alliance** **Hertford & Rurals**



# Referral only

- Why referral only?
- Referral process established
- Patient & GP/ Practitioner

## Referral Booklet & Workshop

- Referral numbers - Hertford central class Full & waitlist only within 3 weeks of launching Hertford Rural class - Last few spaces available
- Key learning - early buy in (4-5 key people involved from the start)

**NHS** Funded Tai Chi classes supported by the NHS Hertfordshire and West Essex ICS Grants Programme and the Assura Community Fund

## Hertford & Rurals Tai Chi Workshop

Tai Chi Workshop delivered by Hertford Central Instructor Liz Welch & Tewin Instructor Sarah Baker

 Friday 27th September

 1.30- 3.00PM

 Hertford Methodist Church  
Ware Road, Hertford, SG13 7DZ

- Meet the Instructors
- Experience Tai Chi for yourself
- Learn about the practice of Tai Chi and its long term benefits to an ageing population

RSVP - Fiona.mcardle@aitc.org.uk



### Hertford & Rurals Tai Chi Referral - Patient Information

You have been given this Patient Information booklet upon being referred into the Hertford & Rurals Tai Chi Classes. Please read through to help your understanding of Tai Chi and how regular practice will benefit you.

#### What is Tai Chi ?

Tai Chi is a series of different moves combined together to create a slow, gentle, focused, flowing practice. It involves using the mind and body together and has been described as an internal martial art.

There are many different styles of and approaches to Tai Chi but all incorporate similar principles in using the mind and body together. We explore the application of these principles in everyday life which includes falls prevention and physical and mental resilience.

#### What is Chi Kung? (Mindful movement & breathing)

All Tai Chi classes commence with Chi Kung practice which combines standing awareness with gentle movement coordinating the mind and body and breath (similar to mindful breathing and movement). Chi Kung is one of the oldest and highest forms of self-healing, next to meditation.

Tai Chi and Chi Kung practice is used widely in China to maintain the health and fitness of the ageing population, both physically, mentally and through social interaction in groups.

#### What to expect from your first Tai Chi session

- Settling down and developing self-awareness
- Mobilisation of the major joints of the body
- Standing or moving Chi Kung
- Learning a short Tai Chi sequence slowly over several months, incorporating all the main principles of the practice.
- Focus is on ease, relaxation and light heartedness.





# Feedback so far

- **Feedback from social prescribers**
  - Tai Chi Workshop for PCN enabled practitioners & social prescribers to meet the instructors, experience Tai Chi for themselves & providing an insight to what the session will look like/ discuss who the session would be most beneficial / suitable for
  - Easy / non time consuming



# Feedback so far

- **Feedback from participants**

-As the weeks go by it feels as though something is kicking in

-Instructor - It is amazing to see the difference in participants from when they walk in to when they leave the session. One participant was visibly, shoulders up and uptight anxious and by the end of the session, their shoulders have dropped and there is complete change in character



# The power of partnership

- AITC, social prescribers and other local partners
- AITC, HSP and NHDC Live Longer, Better event
- HSP and Live Longer, Better

Live  
Longer  
Better.  
in Hertfordshire





# Could it work elsewhere?

- Partner buy in - proof of need
- Costs to consider



# Any questions?

Adam Howard

Head of Physical Activity - Hertfordshire and Buckinghamshire

Email: [adam.howard@aitc.org.uk](mailto:adam.howard@aitc.org.uk)

Phone: 07538 706 560

Instagram: @aitcherts

