



# Examples of Physical Activity in the Community

**Active Connections Conference**

**Workshop 4**

**More People   More Active   More Often**



# Agenda

- **Introduction & Welcome.**

- **Hannah Marsh** – Head of Health and Wellbeing, Stevenage Football Club Foundation.
- **Rachel Ashe** – Managing Director, Mental Health Swims
- **John Molyneux** – Director MolyFit Wellness
- **Chris Perera** – Social Care Information Librarian.
- **Darren Black** – Punch and Pause instructor, Parkinson's Support Group

# Mental health swims

Mental Health Swims is an award-winning, mental health peer support community, hosting free, safe, and inclusive swim meet ups nationwide.

Rachel would like to introduce their Swim Together project aiming to bring people together who are living with mental illness to an indoor pool, with support from both Leisure Centres and Primary Care Networks.





We have lots of



# ***Physical Activity in the Community: Strength and Balance***

***Hannah Marsh – Head of Health & Wellbeing***

# Stevenage FC Foundation

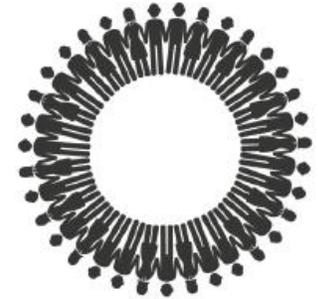


**13**

*Years As The Official  
Charity of Stevenage FC*



**£2.2m**  
*Social Value*



**15727**  
*Yearly Unique  
Participants*



**184**  
*Weekly Sessions*



**£876,739**  
*Invested Into The Local  
Community*

**2023 - 2024**



# ***Our Mission***

***“Delivering local and accessible opportunities for all, using the power of sport and Stevenage FC to inspire our community to live active, healthy, positive lives and create a sense of belonging and purpose”.***



# ***Strength and Balance***

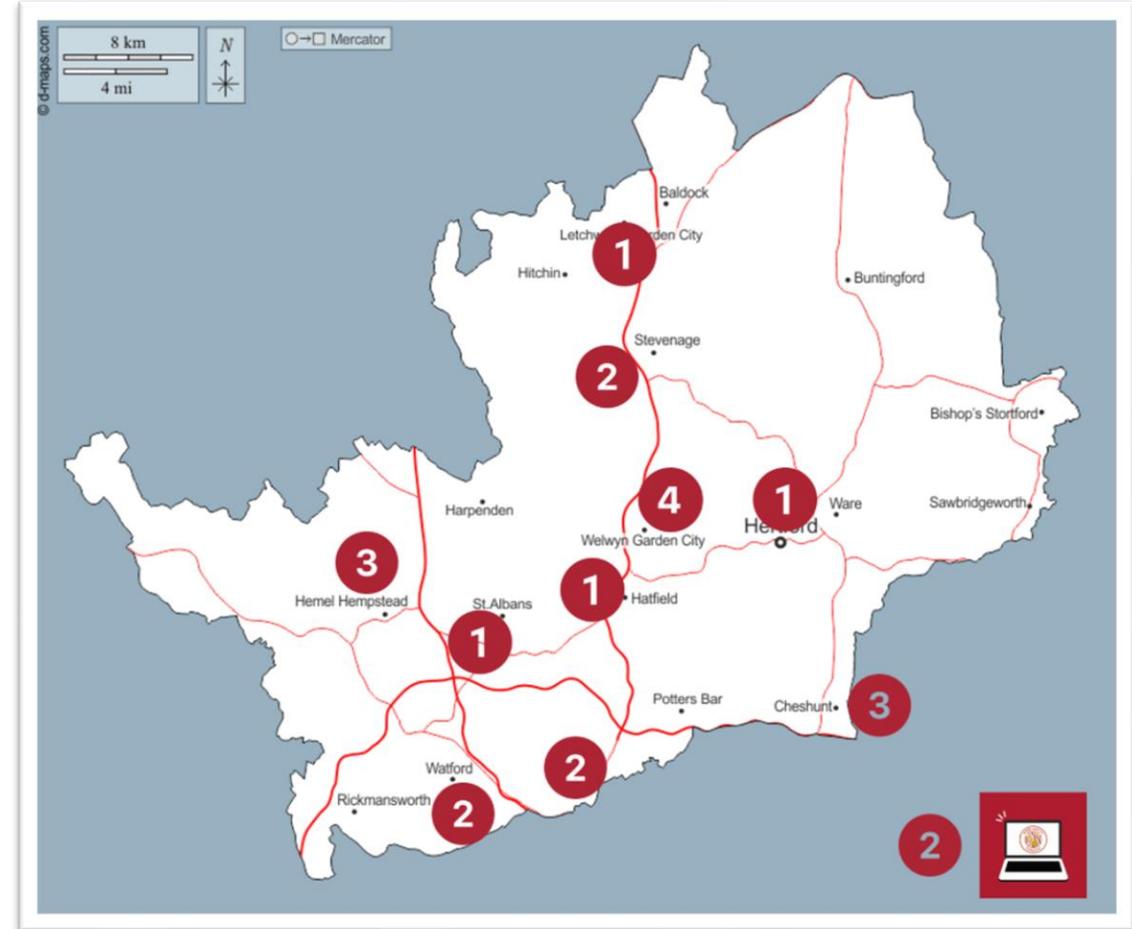
## **Timeline**

- **January 2019:** 12 Week OTAGO Programme delivered in Sheltered Accommodation across 6 Hertfordshire venues. Coordinated by Herts Sport & Physical Activity Partnership (HSP), delivered by Stevenage FC Foundation (SFCF).
- **June 2019:** SFCF Commissioned by HSP to coordinate and deliver Falls Prevention programme across 10 Hertfordshire Districts/Boroughs with funding first from Sport England, then Hertfordshire Public Health. Classes are free and take place within community venues.
- **March 2020:** Covid-19 Pandemic forces venues to shut, instructor base is repurposed to make welfare phone calls to participants until restrictions lift and venues re-open.
- **2021 – Present Day:** Core funding for 11 weekly classes provided by Hertfordshire Adult Care Services. Additional top up funding sourced by National Lottery and Local Authorities to take total number of weekly classes to **22**.



# Current Weekly Classes

- **Borehamwood x 2**
- **Cheshunt x 2**
- **Hatfield x 1**
- **Hemel Hempstead x 3**
- **Hertford x 1**
- **Letchworth Garden City x 1**
- **South Oxhey x 2**
- **St. Albans x 1**
- **Stevenage x 2**
- **Waltham Cross x 1**
- **Welwyn Garden City x 4**
- **Virtual (Zoom) x 2**



# Impact

From 2023 – 2024 Contract



**78%** of the participants said attending the class has allowed them to be **more physically active** outside of the class



**26%** of participants are **unpaid carers**



Participants rated their **satisfaction with the classes** **9.85/10**



**93.3%** of participants agreed the classes **improved their physical wellbeing**



**86.5%** of participants agreed the classes **improved their mental wellbeing**



**87.6%** of participants agreed that the classes **improved their social connections**



# Impact

- *Feedback has identified that whilst falls can still happen amongst participants, they are able to use the knowledge taught in the classes to help them in such situations and they have been able to bring themselves up from a fall.*
- *Cost of falls to the NHS is estimated at more than **£2.3 billion** per year (NICE, 2013). The programme has a long-term impact on participants quality of life and health and is highly valuable in helping to reduce not only the number of falls but the long-term effects that having a fall can cause.*
- *Social aspects of classes have proven to be vital in enabling participants to make new social connections and in-turn improve their wellbeing, not just within peer-to-peer connections but the bond participants make with their instructors as well.*



# Feedback

*“Before attending my anxiety used to be extremely high but now I don’t - it’s so manageable that I don’t even think about it. **I’m happier, more energised and I can see the end of the rainbow everyday.**”*

*“I’m 80 and I can now do my **10,000 steps a day.**”*

*“Before doing this class I couldn’t lift my hand or feet due to my stroke and now I can. And now I can cook my own food and do the washing. I have been housebound for about 8 months and now **I am starting to go out again.**”*

*“I feel I have got over a hurdle as before the class I used to struggle to get out of a chair and go up and down stairs. **I feel much more confident walking** and my stride has got stronger and longer so it helps to keep me feeling more stable. “*

*“My knees are stronger and I have lost a little bit of weight. **This is encouraging me to do more.** Before I wasn’t doing anything but now doing this and my workplace thing (walks) it’s good. I now don’t need to take as much painkillers for my arthritis.”*

*“**Lifts my mood,** met new people and puts things in perspective.”*



# *Referring to a class*

*For a full list of classes, please visit*

***[www.stevenagefcfoundation.com](http://www.stevenagefcfoundation.com)***

- *Patients can be referred by email to ***community@stevenagefcf.com****
  - *Self referrals are also accepted*
- *Booking is essential for classes – individual class instructors operate their own booking systems*





***WWW.STEVENAGEFCFOUNDATION.COM***

***THE LAMEX STADIUM, BROADHALL WAY, STEVENAGE, HERTFORDSHIRE, SG2 8RH***

***COMMUNITY@STEVENAGEFCF.COM / 01438 222222***

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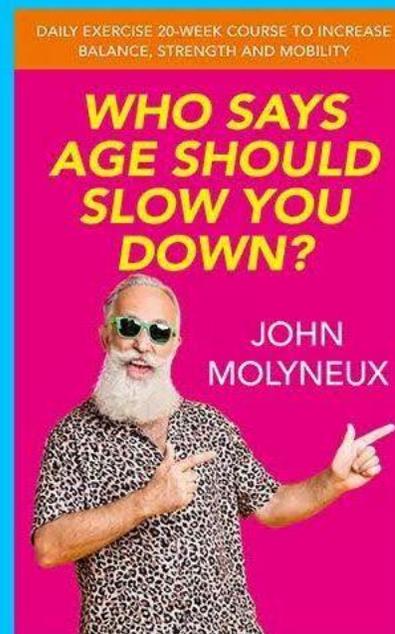
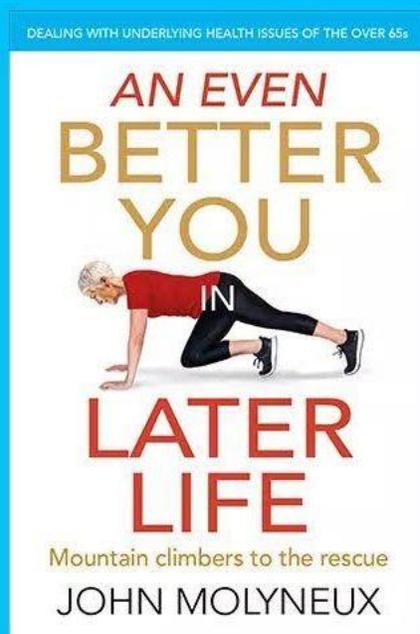
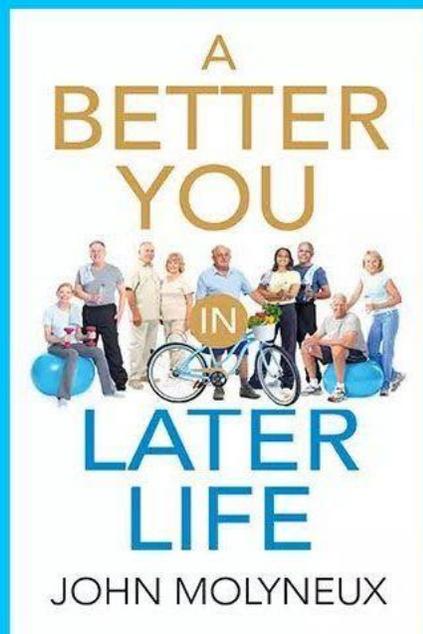
***(C) STEVENAGE FC FOUNDATION 2024***



**I WILL NOT LET AGE  
CHANGE ME.  
I WILL CHANGE THE  
WAY THAT I AGE.**

**MolyFit**

# Your Guides To A Better You In Later Life.



[www.molyfit.co.uk](http://www.molyfit.co.uk)



# Hertfordshire Libraries

[www.hertsdirect.org](http://www.hertsdirect.org)



AN EVEN BETTER YOU IN LATER LIFE

JOHN MOLYNEUX

A BETTER YOU IN LATER LIFE

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613.043 4  
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## Welcome to MolyFit!

Thank you for participating in the MolyFit exercise programme. We'd like to begin our journey with a little information about what we do and what you can expect from this course.

### What is MolyFit?

MolyFit is all about exercises designed specifically for the over 65s to increase your



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balance. The easy-to-follow instructions that's in this pack. Each week every new week, you'll receive an exercise to help with your balance and coordination.

In the book, you can take part in MolyFit. We will go over the top tips out of doing them

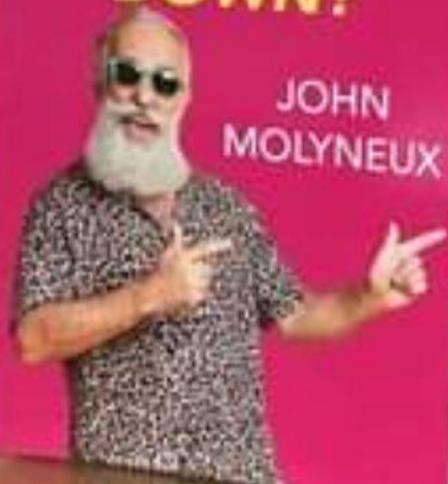
at home. They will be live, direct to you at [molyfit.co.uk/wellness](http://molyfit.co.uk/wellness).



[molyfit.co.uk](http://molyfit.co.uk)

DAILY EXERCISE 20-WEEK COURSE TO INCREASE  
BALANCE, STRENGTH AND MOBILITY

# WHO SAYS AGE SHOULD SLOW YOU DOWN?



JOHN  
MOLYNEUX

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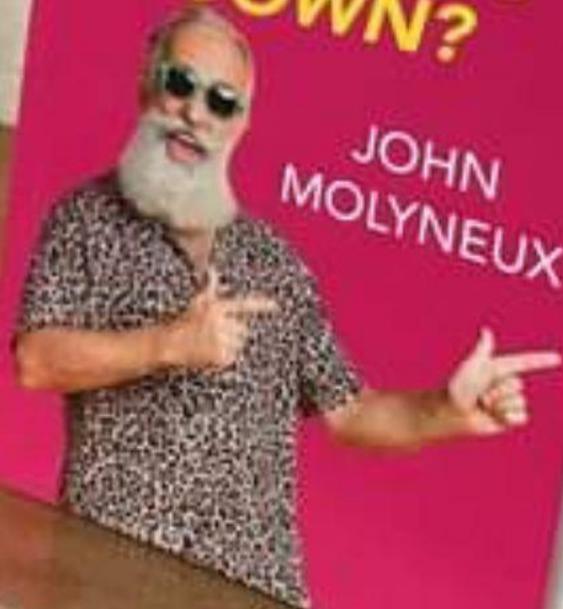
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MOLYNEUX



# Move Yourself to Better Health

Self-Help and Body Awareness  
GUIDEBOOK



The Functional  
Approach to  
Improving Your Body

**JOHN MOLYNEUX**





**Bishops Stortford Library**  
10.30 am  
Wednesday 18th Sep, 16th  
20th Nov, 18th Dec

Drop in for advice and tips on gentle movement to keep yourself active

[www.hertfordshire.gov.uk/libraries](http://www.hertfordshire.gov.uk/libraries)

**St Alban's Library**  
10.30 am  
Wednesday 11th Sep, 9th  
13th Nov, 11th Dec

Drop in for advice and tips on gentle movement to keep yourself active

[www.hertfordshire.gov.uk/libraries](http://www.hertfordshire.gov.uk/libraries)

**Hatfield Library**  
10.30 am  
Wednesday 4th Sep, 2nd  
6th Nov, 4th Dec

Drop in for advice and tips on gentle movement to keep yourself active

[www.hertfordshire.gov.uk/libraries](http://www.hertfordshire.gov.uk/libraries)

**North Watford Library**  
10.30 am  
Wednesday 25th Sep, 23rd Oct  
27th Nov

Drop in for advice and tips on gentle movement to keep yourself active

[www.hertfordshire.gov.uk/libraries](http://www.hertfordshire.gov.uk/libraries)







# Moving Medicine





**Thank you**

