

mytimeactive

Improving wellbeing in our local community



Health and Wellbeing Board: September 2021

The importance of physical activity for health

Physical inactivity is responsible for:

- 1 in 6 UK deaths
- Up to 40% of many long term conditions
- Around 30% of later life functional limitations and falls

Disease	Risk reduction	Strength of evidence
Osteoarthritis disability	22-80%	Moderate
Alzheimer's disease	20-30%	Moderate
Hip fracture	36-68%	Moderate
Depression	20-30%	Moderate
Early death	20-35%	Strong
CHD and stroke	20-35%	Strong
Type 2 diabetes	35-40%	Strong
Colon cancer	30-50%	Strong
Breast cancer	20%	Strong
Hypertension	33%	Strong
Functional limitation, elderly	30%	Strong
Prevention of falls	30%	Strong

Wider Wellbeing and the Mytime Active pathways



Be Active

- More regular physical exercise
- Improved awareness of own fitness levels
- Improved knowledge to make healthy activity choices
- Ideal weight attained/maintained
- Increased energy levels
- Improved health measures
- Improved sleep quality



Be Together

- More opportunities for social interaction
- Broader social networks
- Strong social relationships
- Increased regular social participation
- More volunteering
- More local community involvement
- A sense of belonging



Eat Well

- Better, more balanced diet
- Improved nutritional knowledge
- Increased confidence in choosing healthy eating
- Ideal weight attained/maintained
- Increased energy levels
- Improved health measures
- Improved sleep quality



Be Positive

- Improved self confidence and self esteem
- Improved mental health resilience
- Improved knowledge of healthy choices
- Increased independence
- More personal achievements
- Increased commitment to improve wellbeing
- Feel able to exercise choice and control
- More positive outlook
- Expectations of improved wellbeing



Responding to post Covid need – continue and grow



Supervised physical activity programme for those recovering from illness or living with a long term medical condition

FSF

Fresh Start Friendly on-going classes for those completing a health programme: circuits, MAP classes (Managing Arthritic Pain)



NICE-approved rehabilitation programme for the management of osteoarthritis of the hip and/or knee



For older adults and deconditioned adults. Includes: gym, dance, group exercise, aquafit, table tennis



specialist sessions for secondary prevention for cardiovascular disease

Personal Coaching

Qualified staff work with the customer on a 1-2-1 to improve training effectiveness and efficiency

Continued Activity – Pay per session or through a concessionary membership

Responding to post Covid need – new programmes on offer

Programme	Summary	Start Date
Motivational interviews	To identify goals and support behaviour changes	August 2021
Health Assessments & Health Assessments+	Body composition tests to enable the coach to design a personal wellbeing journey	July – Sept 2021
Water Wellbeing	A Swim England programme, which has been added to our Fresh Start Friendly activities	July 2021
Restore & Recover	A physical activity Covid-19 rehabilitation programme with a specialist Exercise Advisor	October 2021
Wellbeing Walks	Taking on the coordination of the Bromley Walking for Health programme	October 2021
Weight Management	Our Healthy Habits 12 week course is accredited by Active IQ, based on eat well guidelines, includes education in behaviour change and each session includes physical activity	October 2021

We can do more in partnership....

Referrals

- Trusted partner
- Working across the Borough to increase the number of referrals
- Reach a wider audience
- Expand our provision

Partnerships

- Work with a wider range of organisations
- Financial sustainability
- Self funded programmes for people who can pay
- Make joint applications for funding

Questions.....

- What other services are needed by Bromley residents that Mytime Active can provide? Across #BeActive #EatWell #BePositive #BeTogether?
- How can we work with local authority and community partners to improve access? E.g. identifying need and / or improving referral pathways (GPs, Hospital trusts, Adult Social Care, voluntary sector groups)
- Recognising the limitations of Mytime Active finances post-covid, how can we work in partnership to provide these services in a financially sustainable way?