



Be active
Be healthy
Be happy

Be Active, Be Healthy, Be Happy E-zine

December | 2011

Welcome to the ninth edition of **Be Active, Be Healthy, Be Happy** produced by the Health Development Service Health and Physical Activity Team.

The aim of this e-zine is to update you on the success of our healthy eating and physical activity initiatives and new projects.

The activities and events we develop are aimed at improving health.

Welcome to another edition of the Be Active Be Healthy team newsletter. We are continuing to meet the needs of the Coventry clients in relation to physical activity, demonstrated by the growing numbers of clients attending our programmes and gaining benefits from them.

OBOL One Body One Life (OBOL) is launching a new special programme called "Fathers and football" to attract more men to the programmes.

Coventry Healthy Walks is now delivering regular Nordic walking sessions.

Active for Health will be launching from the Xcel Leisure Centre, Mitchell Avenue, Canley, Coventry CV4 8DY in the new year.

EXTEND has trained up new EXTEND tutors.

More information on these developments can be found in the relevant sections.

Thank you again for your continued support.

Marsha Towey

Health and Physical Activity Development Manager



One Body
One Life

One Body One Life

What is it?

A **FREE** healthy lifestyle course for people who are looking to maintain a healthy weight.

- The course lasts for 8 – 10 weeks – one session per week for up to two hours.
- First half is a fun interactive healthy eating session.
- Second half is playing fun games and exercise.

We provide motivational coaching and support to help clients meet their healthy lifestyle goals. Clients receive a FREE body MOT at the beginning and end of the programme which helps them to see the physical benefits.

Who is it for?

- The individual or one member of the family must be underweight, overweight or obese.
- Children must be accompanied by an adult to every session, encouraging the whole family to get involved.

What programmes are running?

- Early years (Mini-MEND for children aged 2 to 4 years, together with their parents).
- Family based programme (children aged 5 to 16 years, together with their parents).
- In curriculum (children at school).
- Learning disabilities (clients who are aged 16 years and over and their parents/carers).
- Older people (aged 50 years and over).
- Adult groups (run from 5.30pm on a weekday to allow working people to attend).
- OBOL at the allotments (running in the summer months, teaching clients about growing and eating fresh ingredients).
- Medical centres (OBOL programmes in rooms in medical centres).

Where is it running?

To find out where current programmes are running please visit our website at the following address:

www.coventry.gov.uk/beactivebehealthy

How much does it cost?

Nothing. The course is FREE.

How to join

Telephone: 024 7683 3148

E-mail: beactivebehealthy@coventry.gov.uk

If you are a health or social care professional, please phone the number above to request referral forms.

Success to date

April - October 2011

- 521 referrals
- 351 new starters
- 237 (68%) have completed 3/4 of the course
- 91% average attendance
- 59% improved activity levels
- 79% showed physiological improvements
- 61% showed improvements in healthy eating habits
- 48% showed mental wellbeing improvements

3 month follow up

- 58% maintained or improved their activity level
- 70% maintained or improved their physiological levels
- 49% maintained or improved their healthy eating habits
- 35% maintained or improved their mental wellbeing levels

Course news

Demand for OBOL is as high as ever as we approach the final quarter of the year, the OBOL teams have been taking bookings well into next year. The popularity is an indication of the success of the programme, helped further by the launch of new specialist programmes such as Fathers and Football. This is an OBOL course based entirely on football. The programme was launched as an initiative to encourage more male participants to the programme and so far it's been an absolute success. The first programme began in October with 23 participants and a reserve list of nine families! On the course the usual OBOL structure is followed but the activities centre on football drills and matches.

The Work & Health Programme has also moved forward, two new businesses have been booked in for January next year and a third for April. Feedback from one of the clients on the first work place programme has been very encouraging:



“I enjoyed the opportunity to get away from my desk and take part in a little bit of exercise, the sessions encouraged me to think more about how much exercise I need to be doing.”

The launch of our Health Habits Tool Kit has played a big part in helping our clients towards achieving their healthy lifestyle goals. We have set time aside in each session to set and review goals so that using a number of different techniques, participants can monitor their success, learn from others and plan the way forward

Spot light on three month follow ups

We're very pleased that we can continue to support our OBOL clients beyond the end of the 10 weeks. One method used is our three month follow up, all the clients are invited back for a health check so they can celebrate any further success, or speak to us about any obstacles they may have encountered. One success story of the three month follow up is detailed below, the results were taken from a client on our city centre adult programme.

Parameter	End of OBOL programme	Three month follow up
Weight (kg)	78.8	70.7
Body Mass Index	31.2	28
Visceral fat	9	6
Body water (%)	42.6	47.1
Expiratory Volume	340	420
Waist circumference (cm)		
Hip circumference	115	104
Metabolic age	61	44
Body fat (%)	39.9	32.9

More feedback from participants

“Children have been more aware of Sugars and fats in food.”

“Changed cereals to healthy ones, walking more, look at what you eat, portion control.”

James Family

“We have changed from fry ups to boiled eggs for breakfast as well as fruit we have cut down on fuzzy pop and tend to drink fruit juices or cordials.”

Bygate family

“One Body One Life is a great course as it changes a persons lifestyle without making a real effort and yet one gets the desired result. For me, since the course, I have started to drink more water and started to walk to my corner shop instead of taking the car. Just by doing these two things have reduced my blood pressure and has made me look young and fit (so says my family and friends).”

Harjit

One Body One Life 2 – 4

Our OBOL 2 – 4 course has now moved into its second quarter, we saw such a demand at our first venue that we had to run a second course straight away. The clients really enjoyed the chance to play with their children and learn new games that they can do at home:

“Since joining the programme I have introduced lots of new foods and encouraged Thomas to join in when cooking. We're also doing more physical activity as a family when we have free time.”

Verity

Where is it running?

To find out where current programmes are running please visit www.coventry.gov.uk/beactivebehealthy



Coventry Healthy Walks

What is it?

Coventry Healthy Walks organises **FREE** local walks around Coventry, from walks in the park to lap walks. The scheme is accredited by the Walking for Health initiative.

Who is it for?

Everyone, all walkers of any age are welcome.

What walks are available?

There are currently 22 weekly walks ranging from lap walks, pushchair, wheel-chair walks, to urban, canal and street walks. To view our most up-to-date timetable, visit our website at www.coventry.gov.uk/healthywalks.

In January 2011 we introduced a reward card scheme where once walkers had attended 16 walks and had filled all health improvement questionnaires they would receive a freebie. All the walks are **FREE** to attend.

Would you like to be a Volunteer Walk Leader?

Being a Volunteer Walk Leader is something that anyone can do. Some of our volunteers are from the community and others are health professionals who have incorporated walks with their groups.

All you need to do is come on a free, one day course, and be committed to leading your walk. A lot of the time we can pair you up with someone else, so you can share the responsibility.

How much does it cost?

Nothing, all the walks are **FREE**.

How to join

Telephone: **024 7683 3148**

E-mail: beactivebehealthy@coventry.gov.uk

If you are a health or social care professional, please phone the number above to request referral forms.

Six week Buggy Workout sessions

Buggy Workouts are aimed at postnatal and antenatal clients. It is an outdoor circuit class which involves pushing your toddler/baby in a buggy most of the time, whether just walking or performing exercises carefully selected to help you get toned. Benefits include improved posture, reduced back pain and, strengthening the pelvic floor, together with the social benefits of and making friends with other mums as well as spending time with your baby. Sessions held

Success to date

April - September 2011

244 referrals

22 weekly walks

590 registered walkers

205 new walkers

36% regular walkers (attended six or more times in a 12 week period)

41% improved activity levels

30% with mental wellbeing improvements

16 walk leaders trained

at Children Centres and are free to attend.

Learn to Nordic Walk six week sessions

Nordic Walking uses poles while walking. The use of poles means the upper body muscles are used as well as the legs and the poles help propel the walker along which makes them work harder than usual, and also alleviates pressure on lower body joints. Nordic courses run at Longford Park and the War Memorial Park and costs £10.

Walk4Life 1 Mile routes

Change4Life joined forces with Walk England and launched a new campaign called Walk4Life last year. The aim of this project is to encourage people to walk a mile during their day. Change4Life intend to set up 2012 one mile routes all over the country by the 2012 Olympics. We have put together a Walk 4 Life Step by step guide for schools, and have had hundreds of children and teachers walking one mile in their lunchtimes. If you are interested in setting up a 1 mile route at your school then please let us know by contacting Be Active Be Healthy on 024 7683 3148.



This is what one of our Nordic Walkers had to say:

This is what one of our mums from the Buggy Workout session at the Radford/St Augustine Children Centre had to say:

Where did you first hear that Coventry Healthy Walks were doing Nordic Walking?

From a presentation given at the St Augustine Children Centre.

How long have you been going on this walk?

This is my fifth week.

What are the things that you enjoy about Nordic Walking?

Meeting other mums and the activities e.g. hula hoops and skipping – getting fitter!

If you could, what would you change about the walks?

It would be good if the sessions would carry on in addition to the baby group. I'll miss the workouts.

Any other comments?

Our Instructor was amazing! Really encouraging and made it a very enjoyable and fun experience!!

Have you noticed any positive changes that coming on the walks has made to your general life and wellbeing?

I do feel fitter, and it has helped me to lose weight.



Active for Health

What is it?

Active for health is an exercise referral programme that enables health professionals to refer patients who would benefit from taking regular exercise. The programme is 12 weeks in length, with free body MOT checks at weeks 1, 6 and 12. Each client will be provided with a 12 week individually tailored programme of exercise. The choice of exercise is varied, including swimming, gym exercise and group exercise classes.

Who is it for?

Anyone who is 16 years or over, who does not participate, as a minimum, in the recommended five sessions of thirty minutes of physical activity per week. The programme is also aimed at clients with chronic health conditions, such as hypertension, diabetes and asthma. These conditions must be stable and mild to moderate in severity. Please contact the Health & Physical Activity Team for full referral pathway and inclusion/exclusion criteria.

Where does Active for health take place?

Active for health currently runs from the following locations:

- Coventry Sports & Leisure Centre
- Foleshill Sports & Leisure Centre
- Moat House Leisure & Neighbourhood Centre

There are plans to extend service provision further across the city.

How much does it cost?

Each exercise session costs the participant the concessionary fee of £2.50 (other payment method options available for those who wish to exercise regularly throughout the week)

How do people join the scheme?

To join the scheme the client must be referred by a GP, or any health professional that has access to the individual's medical records

Who do I contact for referral forms?

Please contact the Health & Physical Activity Team;
Telephone: 02476 833 148

E-mail: beactivebehealthy@coventry.gov.uk

How does the next stage of the process work?

Referral forms should be completed then sent to the Health & Physical Activity Team (address provided on the form). In order for the forms to be processed quickly the following should be completed:

- Patient's desired exercise location
- Reason for referral
- Patient's current medication
- Brief medical history relevant to exercise
- Name, position and signature of referring health professional

Once the referral has been received, the individual will be sent a letter requesting them to call the Health & Physical Activity Team to make their initial appointment.

Success to date

April - September 2011

245 referrals

157 new starters

80% of completers with activity level improvement

84% of completers with physiological improvements

67% of completers with mental wellbeing improvements

Course news

The Active for Health scheme runs a weekly Extend class at the city centre site, which has proved particularly popular with less able bodied clients. The sessions encourage movement to music, with the aim of stimulating physical and mental health, promoting independence and helping individuals overcome loneliness and isolation.

From April 2011, the Health & Physical Activity Team have been offering three free healthy lifestyle sessions for all Active for Health clients to enjoy during their programme. These sessions provide further information on ways to increase and maintain activity levels, but also provide advice on healthy eating and how to achieve a balanced diet.

“ Feedback from participants ”

Female Active for Health participant

Changes made:

	Start	End
Waist circumference	137cm	131cm
Hip circumference	132cm	126cm
Blood pressure	153/62	132/55
Lung function	170L/min	200L/min

Male 12 week completer comments

“ I was a little unsure before I started as I had never used a gym before. All I needed was to be given the right guidance and create the exercise habit! I have found the programme very enjoyable and the environment friendly. I needed to be self motivated to create the habit but I understood that was the only way that I would make exercise a part of my life. I have started to see changes to my weight and am also aware of an increase in strength in both my upper body and legs. I would recommend Active for Health to others. ”

“ I have now joined a gym at the leisure centre which I plan to use regularly, in addition to recreational walking. ”

For further information on Active for Health please

Kathryn Cooke – Active for Health Coordinator

Telephone: 024 7683 3148

E-mail: beactivebehealthy@coventry.gov.uk

www.coventry.gov.uk/beactivebehealthy

EXTEND

What is it?

EXTEND is based around light, dynamic movement to music, designed for men and women over sixty and for less able people of all ages.

The main aim of **EXTEND** is to promote health, increase mobility, and make improvements in strength, co-ordination and balance. This helps to increase confidence, counteract loneliness and isolation, give greater independence and enhance quality of life.

EXTEND plays a large part in the Falls Pathway. The carefully tailored exercises can help build strength, flexibility and mobility, helping in both recovery and prevention of falls, rehabilitation, osteoporosis and stroke management.

Who is it for?

People aged 60 years plus and the less mobile of all ages.

Where is it running?

Courses are running across Coventry. To find out where current courses are running, please visit our website on www.coventry.gov.uk/beactivebehealthy or contact the team on 024 7683 3148.

How much does it cost?

Course costs vary between £1.50 and £2.50, depending on location and tutor.

How to join

Individuals can be referred through an agency or can call the Health and Physical Activity team directly on 024 7683 3148.

Providing recreational exercise to music for older adults and those who are less able.

Benefits:

- Increase your mobility and independence
- Improve your strength, co-ordination and balance
- Counteract loneliness and isolation
- Enhance your quality of life
- Specifically tailored for stroke survivors

EXTEND is an excellent choice of affordable exercise for people with a disability and the older person to challenge their fitness levels, from the very active to the not so active. Stroke Specific EXTEND classes have the potential to reduce this disease burden and improve quality of life for people after stroke.

Course news

EXTEND Tutor Networking Day

I am pleased to announce that the Extend Tutor Networking event has been booked for Friday 2 December 2011. All active tutors will be invited along to share their success stories and have an opportunity to meet up with fellow Extend Instructors and share their experiences. The aims of the day will be to cover the following topics:

- Welcome ice breaker activity
- Group Activity - equipment ideas and routine demos
- Sharing Opportunity from current classes
- Evaluation and Monitoring Importance
- Health & Physical Activity Team
- 3 Steps to Healthier Living

Hagard Community Centre 2 months on Willenhall Healthy Active Group Wednesday 10.00 – 11.00am

The Willenhall Healthy Active Group has had a regular slot at the Hagard Community Centre for the past two years. The group of around eight members meet up once a week and weigh in whilst discussing healthy living, with input from related services across the city. It was decided through the key spokesperson within the group that they would benefit from some form of regular exercise to support their healthy eating plan and it was decided that Extend would be

Success to date

April - September 2011

- 278 referrals
- 39 weekly EXTEND sessions
- 908 registered EXTEND users
- 45% regular attendees (attended six or more times in a 12 week period)
- 44% with physiological improvements
- 55% with mental wellbeing improvements

introduced. Extend and Age UK decided to team up and promote this service to any potential clients that live in the surrounding area.

As the group only had eight regular attendees the group decided to promote the Extend class to other members of the community and to their neighbours – Poppy Court (residential care home). This was done through posters and leaflet distribution. With support from Joanne Payne (Communications Officer) the group put together a funding proposal to help pay for the sports hall hire and cover tutor costs. They have just been informed that they have secured funding from Whitefriars that covers their rental cost of the room. All of the clients are paying £1.50 and this money can be used to invest in potential instructor costs in the future.

Breakdown of the number of clients from the registers during August and September 2011:

3 Aug	10 Aug	17 Aug	24 Aug
6	6	9	11

7 Sep	14 Sep	21 Sep	28 Sep
11	11	14	12

The group has increased from 6 to up to 14 in two months.

New class in the community

**Every Thursday – St Oswald’s Church
Tile Hill, Jardine Crescent, Coventry CV4 9PL
3.00pm – 4.00pm**

New Classes in residential/closed setting:

Bonds Hospital – City Centre
Knightlow Lodge – Willenhall

For a current timetable of Community Extend Classes please contact:

**Telephone: 024 7683 3148 or visit
www.coventry.gov.uk/beactivebehealthy**

Feedback from clients



I have been a member of Extend for five years but health issues have restricted me from time to time. I have septic arthritis all over my body and a heart condition called Articular Fibulation. I was consistently attending for two years where I have met lots of nice people and made some good friends. I always try to exercise three times a week whether it's EXTEND, walking or doing some housework. The more exercise I do the more mobile I feel. I find that if I stop exercising I quickly become less mobile, which affects my daily life. I find that I start to drag my feet rather than picking them up when I walk, where as if I am regularly exercising I can pick my feet up.

The exercise also helps with my posture and my general attitude towards life... I feel more energised and positive about myself when I am active and in good health. With my arthritis I find that I have to put my feet up when I am at home as I am often in a lot of pain, tend to read and do a lot of sewing. The exercise definitely helps and I try and push myself through the pain barrier when exercising as I know how much it helps with being able to continue with daily activities. I think extend exercise has tremendously improved the quality of my life and it is nice that there is no pressure on me as the instructor will encourage me but I know my limitations. Just do what you can and its an improvement! I tried another class years ago at a sports centre, it was good but I could not keep up and it made me feel inadequate. EXTEND makes me feel enabled and I feel more equal for meeting the demands for the rest of the day.





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Healthy Children in Healthy Families Project – Volunteering in Coventry

This European funded project finds Coventry City Council Health & Physical Activity Team working in partnership with Coventry University to try and recruit volunteers to help improve the health of families throughout Coventry.

Aim of the Project is to recruit 20 volunteers over two years 2011/12, and provide some training to help volunteers:-

- 1) Deliver Healthy Lifestyle messages to families.
- 2) Raise awareness of existing health projects/services for families in Coventry
- 3) Support/volunteer on existing health projects and try and develop new projects.

The emphasis of the Healthy Children in Healthy Families Project is on assisting/supporting families within their own communities.

The first 10 Coventry volunteers have been recruited and attended a very successful Brief Interventions training workshop led by Natalie Bazeley, Health Development Officer, Coventry City Council at West Orchard House, Corporation Street on 21 October 2011.

If you would like more information about the project or you are interested in becoming a volunteer on the project please contact.

**Martyn Rubery - Health Development Service
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Martyn Rubery Hc/Hf Co ordinator and Natalie Bazeley Health Development Officer with the first Healthy Children in Healthy Families volunteers