

July 2021, Vol 2

# ACTIVE HOSPITALS

Newsletter



## WELCOME

It's been a busy couple of months at the Active Hospital pilot sites with a huge amount of progress and 'go live' with pathways, strategies and systems. With rising Covid rates and increased pressure on all the teams, it's a real testament to the commitment and dedication from you all that has meant the work has continued in the way that it has. **Thank you.**

It has never been more important to work as team - both in your hospitals and across the wider geographical footprint with other organisations. In recognition of all the work you're all doing across your local and regional systems and through **developing great partnerships**, in this edition we'll be showcasing some of this work and the positive impact it's having on patients, families and your communities as a whole. These are just some great examples and we know there are many more!

As always, please **continue to share any information**, updates and good news stories; we know from feedback that many people have found reading about the work you're doing very interesting and useful for programmes of work they are looking to develop.

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## **SPOTLIGHT ON - TOM FLETCHER**

### **EXERCISE AND PHYSICAL ACTIVITY THERAPIST**

### **SHEFFIELD CHILDREN'S HOSPITAL**

#### **What is your role and who do you work with?**

I work as an Exercise and Physical Activity Therapist at Sheffield Children's Hospital and the aim of my role is to increase the amount of exercise and physical activity done by patients across our Active Hospitals pathways. This includes 1:1 sessions, online and distance support and referring to local services. The 1:1 sessions comprise of an 8 session block of exercise therapy with follow up support after the 8 weeks. The type of exercise therapy is multifactorial dependant on the pathway, gender, age, condition, treatment and reactions to said treatment all playing a key role. The other part of my role is to increase staff participation in exercise and physical activity and wellbeing through increasing awareness and opportunities.

#### **Tell me more about the course...**

The active conversations course is designed to give medical practitioners the confidence and tools to have active conversations with patients and their families through motivational interviewing techniques.

#### **How do you measure activity and outcomes?**

We use a variety of measures depending on the needs and goals of the patient. We are using the PACES (Physical Activity Enjoyment Scale) and the YAS (Youth Activity Score) to determine any changes in attitudes towards physical activity vs sedentary lifestyle habits. Aside from the questionnaires we also take a small testing battery depending on the needs and aims of the patient. Physical testing includes hand grip dynamometry, sit to stand, standing stork and standing march test. We are also keeping track of the numbers of referrals for each pathway, session's participated in and case studies which are due to start soon.

#### **How do you support families outside of the support you provide?**

Our main source of support outside the 1:1 sessions is via signposting to local services. Given how many of our patients come from outside the immediate region, face to face sessions are not available so we are proactive in looking for suitable local services. Aside from signposting we are also in the early stages of setting up social prescribing for our patients as this there is a significant gap in the current social prescribing network when it comes to children and young people.

#### **That sounds like great work! Which organisations do you work with?**

We have built a significant partnership with Move More Sheffield whose aim is to improve health and wellbeing through physical activity across Sheffield. We have built great relationships and partnerships with Tom Hughes at the Yorkshire Sport Foundation, Chloe Atkinson at the National Centre for Sport and Exercise Medicine based at Sheffield Teaching Hospitals, Adam Fuller at Move More schools and Dave Hembrough at Sheffield Hallam University. We are also looking to set up a junior park run next to the hospital which will be the 1st to prioritise inclusivity of children and young people with disabilities and conditions such as Cancer, Cystic Fibrosis and Cerebral Palsy.

## What has the feedback been like from the families you have worked with?

So far we have had incredible feedback from our patients and families via feedback cards as you can see here and will soon be adding case studies from patients who have been through the journey. The feedback has been very promising with parents highlighting both physical and confidence/psychosocial improvements with regards activity and everyday life.

**Your feedback matters** Sheffield Children's NHS Foundation Trust

Can you tell us why you gave that rating?

Oliver is absolutely loving the sessions with Tom - they have really helped his fitness but more importantly his confidence. Thank you.

Equality information (these details will not be published)

Your gender: M.  
Your age: 8  
Your ethnic group: White.  
Do you have any additional needs or disabilities?: NO -

**Thank you!**

**Your feedback matters** Sheffield Children's NHS Foundation Trust

Can you tell us why you gave that rating?

Walking with Tom has improved my walking ability, flexibility, strength and stamina. Doing this along side physio has hugely improved my physical abilities. But also my confidence in doing more things independently like dance, being outdoors etc.

Equality information (these details will not be published)

Your gender: female  
Your age: 18  
Your ethnic group: White British  
Do you have any additional needs or disabilities?:

**Thank you!**

## What are your plans to continue to develop the work you're doing?

I have many plans and ideas! These are a few of the things that I will be working on with the team:

- Firmly establish the pathways with consultants, therapists and specialist nursing so that staff are aware of the process and are confident in referring patients.
- Create the junior parkrun at Weston Park to link in weekend patients with the local community.
- Develop a streamlined directory for exercise and physical activity across the city of Sheffield with easy access and communication across service providers.
- Create the framework for more exercise and physical activity therapists to be employed across the Trust.
- Design a regional streamlined paediatric exercise and physical activity therapist service throughout Sheffield CCG incorporating Barnsley, Doncaster, Bassetlaw and Rotherham with Sheffield Children's Hospital as the hub.
- Close the gap between primary and secondary care through establishing priority social prescribing for children and young people.
- Turn Sheffield Children's Hospital's wards into walking wards creating an environment that engages and encourages physical activity whether staff, patient or family.

**For more information about Tom's work, you can contact him via:** [thomas.fletcher7@nhs.net](mailto:thomas.fletcher7@nhs.net)

## PARTNERSHIP WORKING

### NORTH TEES & HARTLEPOOL NHS FOUNDATION TRUST

As an Active Hospital site with the remit of increasing physical activity within our pathways, we have understood from the beginning that a patient's journey neither starts nor finishes within the hospital. To make a lasting difference to a person's activity levels we need a system wide approach to increase awareness of the benefits of physical activity, supporting people to take steps to become more active and then continue to support them to maintain activity beyond the influence of the hospital setting.

Our project group is continually developing and evolving and has representation from the local authorities, a patient, the voluntary sector, public health, our clinical commissioning group, and clinical champions from the pathway areas. Having system representation within the project group has brought a diversity of thought, with each representative viewing the problem through a different lens. This has challenged our thinking, made us change our approach and we hope will lead to better outcomes within the project. We are certainly stronger together.



From the start, we have collaborated with our local authority partners; Hartlepool Borough Council and Stockton Borough Council, who form a vital part of our project group to steer the project. They provide advice about the best ways to engage and maintain a connection with our population and have supported the development of our 'Movement is Medicine' patient group in which participants are given information about the benefits of physical activity. They are then inspired and motivated by our patient & parkrun representative and provided with bespoke local opportunities within their community by the local authority.

### HEIDI MORRISON & MOVEMENT IS MEDICINE

Anyone referred to the physiotherapy or musculoskeletal departments at North Tees and Hartlepool has an opportunity to discuss their activity levels with a health care professional and is offered further support. This includes informal advice, recommending a local gym or a referral to a Movement is Medicine (MiM) support group. Working with local partners including Hartlepool Borough Council, Stockton-on-Tees Borough Council and a variety of voluntary sector organisations, the sessions hope to offer patients a clear and easy route into physical activity.

Alongside local authority and community partners, volunteers play a key role in delivering the sessions. One of the key members of the MiM team is Heidi Morrison. Despite spending all of her adult life dealing with a variety of debilitating illnesses, mum of three Heidi is using her experiences to encourage people to benefit from being more active. Through her own experiences, she is able to support people with help and guidance.



Diagnosed with a rare form of cholera, Heidi became progressively ill resulting in Crohns Disease and was told she would likely be in a wheelchair by her thirties. The lowest point came in 2012 when, weighing just five and half stones, Heidi underwent a major operation which left her feeling permanently weak and tired. Heidi says she accepted her fate and didn't feel she had any more fight left in her. When a friend recommended she join parkrun, she took the step into running and hasn't looked back since. She is now a run director for the Hartlepool parkrun at Seaton Carew, event director for the junior parkrun at Rossmere Park in Hartlepool and parkrun volunteer outreach ambassador.

Now running and enjoying exercise classes in the gym several times a week, Heidi has volunteered with the Active Hospitals team and is helping to deliver 'Movement is Medicine' sessions with patients who would benefit from increased movement. Working in partnership with Stockton-On-Tees Borough Council at the Splash Leisure Centre, Heidi has led group sessions with patients to encourage them to find ways to fit regular movement into their daily lives.

Heidi commented: "We have five or six referred patients at each session and we begin with just a chat. I tell them my story and they tell me theirs. I look to find out about their regular lives, their jobs and lifestyle and find ways they can put a little movement into it. I feel like I've missed out on a career due to my health problems but volunteering with parkrun and Movement is Medicine means I can turn my negative experiences into positives and encourage other people to be more active."

The Trust has ambitious plans to roll this approach out to further pathways to ensure they can support the highest number of patients, whilst evaluating the impact. Working with partners to deliver these sessions has been very successful and there are plans to develop this further.

# OUR COMMUNITY PROMISE & BIKE4HEALTH PARTNERSHIP

## NORTHUMBRIA HEALTHCARE

### Our Community Promise

The focus of everything we do in Northumbria Healthcare is about providing the best care for our patients and what we can do to prevent people from becoming patients in the first place by helping them to live well and healthily for as long as possible. We know that there are a range of factors that affect people's ability to do this, many of which are not part of traditional healthcare operations, but we are certain that we can play a major role in supporting our communities in more ways than many might expect and this involves working closely with key partners.

With this in mind, we recently launched Our Community Promise which details how, as a large organisation, we can have an impact on the lives of everyone who lives and works in the area and wider region. Our Community Promise is based on six key pillars, which relate to the wider factors that fuel health inequalities – poverty, employment, education, economy, environment, wellbeing. Understandably, our staff play a vital part in this and therefore looking after their wellbeing is important. Our partnership with Bike4Health is keeping the wheels turning in our wellbeing plans.

### Bike4Health Partnership

Our aim in Northumbria Healthcare is to make bikes a part of everyday life for more members of staff, promote personal, physical and mental wellbeing, bring people together through a range of cycling activities and encourage active/sustainable travel.

To help us achieve this, we have been working in partnership with local Community Interest Company (CIC) Bike4Health for a number of years now. The partnership helps to encourage staff and their families to get cycling, with free bike safety checks, support with routes into work and most recently, a scheme to help staff access affordable bikes.



## Dr Bike+ sessions

The Trust fund sessions to ensure all staff and their families have access to free bike safety checks. Dr Bike visits Trust sites and offers a mobile service to those who can't attend the sessions. The sessions have proved extremely popular and ensure staff and their families can enjoy time cycling together safely and supports the Trust's wellbeing agenda.

## Getting more people on bikes

During the pandemic, public transport was restricted and it was apparent that it was difficult to access affordable bikes. In partnership with Bike4Health, the Trust developed the Recycle Your Cycle scheme. This enabled staff to donate old bikes to the scheme and the Trust funded the servicing of the bikes. These are then sold back to staff and their families on a 'pay-as-you-feel' basis, no questions asked, meaning bikes really are affordable and accessible for all.

## Supporting staff to cycle more

Our continued partnership work with Bike4Health is helping us to test approaches to encourage our staff to be active, and is just one way of us supporting staff health. Our learning will support the development of further cycling initiatives that support staff wellbeing, active travel and sustainability. As an Active Hospital pilot, staff who increase their own physical activity levels will also find it easier to discuss physical activity with not only patients but their colleagues, friends and families too, helping us influence behaviour change in our wider community.

To ensure staff have access to the information they need to help them cycle safely, a webpage was produced which features a range of practical advice, tips, links to cycling routes and cycling to work schemes and a variety of short films from Bike4Health and you can access it [here](#).

## TOGETHER WE MOVE COLLECTIVE

### NOTTINGHAM UNIVERSITY HOSPITAL NHS FOUNDATION TRUST (NUH)

The Active Hospital Steering Group members from Nottingham have been participating in the **Together We Move Collective in Nottingham** and attended an event in July. The collective brings together representatives from the City council, charities, health and social care partners with a shared interest in promoting physical activity. The event provided excellent networking opportunities and led to subsequent discussions in seeking common approaches to health and wellbeing coaching that can be implemented in the planning for the work in Nottingham. This initiative will be supported by the new project lead for the Trusts Active Hospitals programme - **Jo Mcaulay**. Jo is an experienced Occupational Therapist and has extensive experience of leading service improvements across health and social care. She has promoted both physical and cognitive activities using innovative and creative approaches for patients on wards. Jo and the team are undertaking a programme of engagement with staff and external stakeholders to scope and shape some of the activity and build relationships and partnerships that will support them. We are looking forward to hearing more about this work in future editions of the newsletter!

## COMMUNITY OF PRACTICE

Over the past few weeks we have been talking to Trusts across the country who are interested in joining the Active Hospitals Community of Practice (CoP). We have had some great conversations with hospitals who are passionate about creating a culture where the healthcare workforce support patients to move more and get active.

The CoP will bring together the four leading pilot sites and the new members to create an sustainable forum to interact with each other, and share experiences and lessons learnt when creating change across clinical pathways. We officially launch on the 8th of September and are looking forward to seeing you all there.

For further information about the CoP, please contact: [safeera.ahmed1@nhs.net](mailto:safeera.ahmed1@nhs.net)





## UPCOMING EVENTS FOR YOUR DIARY

### FUSE RESEARCH MEETING

#### LED BY THE COMPLEX SYSTEMS PROGRAMME

Showcasing Regional Innovations in Preparation For Surgery:  
Improving Patient Experience, Health Outcomes and Efficiencies



#### Workshop - Thursday 9 September 2021, 09:00 to 12:00

This workshop will introduce the concept of prehabilitation/preparation for surgery and will showcase various regional innovations and approaches that have been rolled out across North East England. Research findings and evaluation results funded by multiple external funding bodies, about improving the patient experience, health outcomes and service efficiencies from the region will be presented.

#### Who should attend?

These innovations are often delivered across multiple sectors and settings involving primary and secondary care, public health and the third sector. Therefore, the meeting has relevance for clinicians, healthcare professionals, commissioners, providers, policy experts and the academic community.

#### What will I gain from this?

Insight into the exciting innovations across the region and robust evidence regarding patient outcomes and NHS efficiencies. The event will also provide facilitated opportunities where participants can reflect on the findings, and shape meaningful recommendations for collaborative cross-sector working for future policy, practice and research in the region.

This event will take place via Zoom with video or dial in options available. Details will be circulated nearer to the event. For more information and to register please click [here](#).

### COMMUNITY OF PRACTICE LAUNCH

#### Wednesday 8th September 2021, 09:30am - 12.00pm

The launch will take place via Microsoft Teams and details have been circulated. If you would like to attend and haven't received an invite please contact on Safeera Ahmed on the email address below.

## WE WANT TO HEAR FROM YOU

This newsletter is your opportunity to share learning, good practice and case studies with the other AH sites and partners. **As always - we would love to hear from you.**

Please continue to send your updates, news and stories to us by emailing [safeera.ahmed1@nhs.net](mailto:safeera.ahmed1@nhs.net). The next edition will be at the end of September; if you want to share anything with the team before then, please get in touch.

