



SEPT 2023 – AUG 2024

WISE MOVES PROJECT REPORT

**12 MONTH PILOT PROJECT – PARTNERSHIP OF
LIBERTY LEISURE LIMITED AND NOTTINGHAM
WEST PRIMARY CARE NETWORK**



**Nottingham
West**
Primary Care Network



BACKGROUND

Liberty Leisure Limited (LLeisure) in partnership with Nottingham West Primary Care Network (NWPCN) identified that Broxtowe was an outlier for hospital admissions due to hip fractures.

As of the end of January 2023, Nottingham West PCN has 7395 citizens with an eFI (electronic frailty index) score denoting mild frailty and in the previous 12 months the PCN had 305 citizens aged 65+ experience a fall.



OUR VISION

To offer Postural Stability classes across the Borough of Broxtowe for patients who are mildly frail.

OUR MISSION

To reduce hip fracture related hospital admissions as a result of falls. To support the community of Broxtowe Borough to be stronger and more independent into later life.

In order to reduce the likelihood of falls as a result of frailty there are four scientific methods for prevention: chair based exercise, postural stability, Tai Chi and adaptations in the home.

Across the PCN there is already provision for chair based exercise (and this is limited). However, there was a complete absence of Postural Stability. This lack of provision and the falls related data drove the passion for this work.

OUR TEAM

L Leisure and NWPCN would like to take this opportunity to thank all those involved for their support with implementing this new service to support the community of Broxtowe Borough.



*L LEISURE – ACTIVE LIFESTYLES
MANAGER*



CLARE WATSON

NWPCN – HEALTH INEQUALITIES LEAD

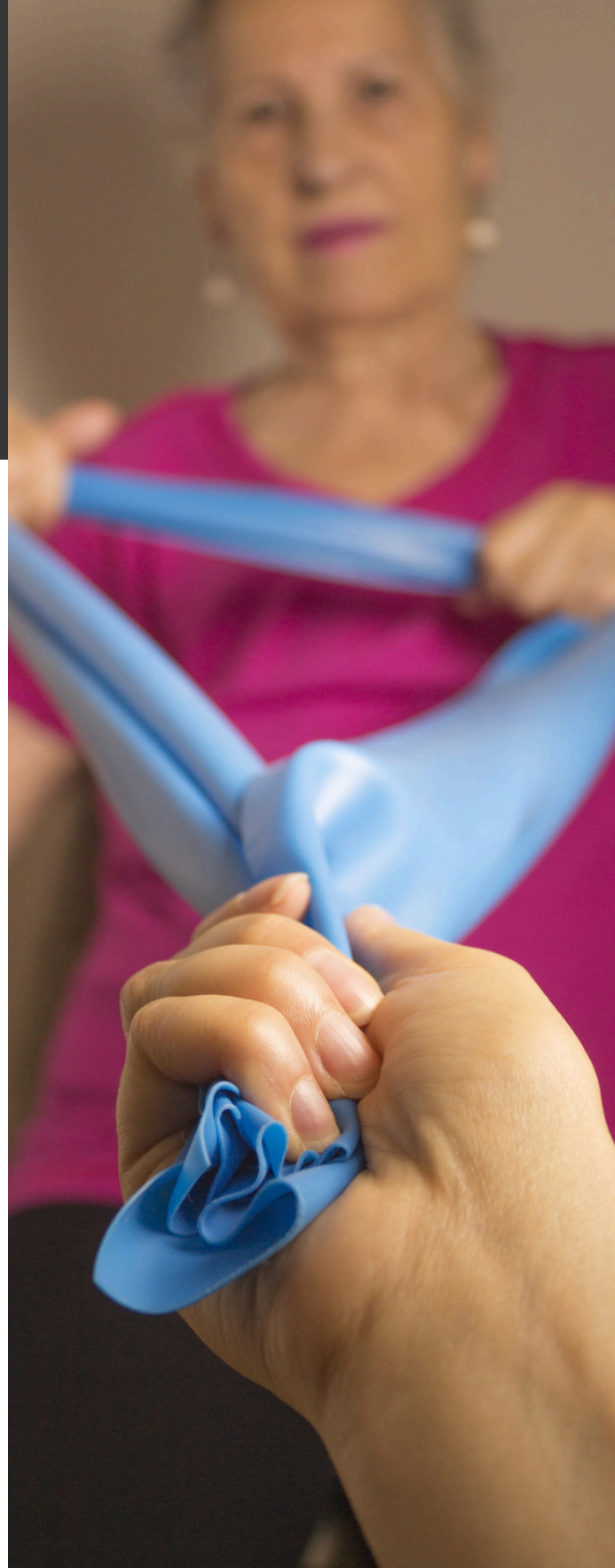


***L LEISURE – ACTIVE LIFESTYLES
INSTRUCTOR / POSTURAL STABILITY
INSTRUCTOR***

THE FIRST STEP

Falls prevention and management classes led by a trained postural stability instructor are proven to help people over 65 to increase and maintain their strength and balance as well as improve their ability and understanding of how to get up from the floor if they did fall. Classes also help participants to increase their social interactions reducing social isolation and loneliness.

We targeted this intervention at citizens with mild frailty in the hope of providing targeted support before a fall has happened and therefore reducing the number of falls and subsequent admissions to secondary care.



L Leisure were successful in securing 1 place on the

LEVEL 4 POSTURAL STABILITY COURSE

delivered by Later Life Training funded through the ICB aging well fund. In April 2024 Sarah Starbuck successfully qualified.

IDENTIFY GAPS IN PROVISION

TRAINING & UPSKILLING

IMPLEMENT NEW SERVICE PROVISION

MAKING IT HAPPEN

BEST PRACTICE

FUNDING

CASE FINDING PATIENTS

L Leisure were successful in a joint funding bid from Sport England of

£14,493

for a 12 month pilot in June 2023.

A partnership project plan was devised by L Leisure and NWPCN to implement a 12 month falls prevention programme called

WISE MOVES

covering 3 neighbourhoods in Broxtowe as a preventative measure for people who are mildly frail.

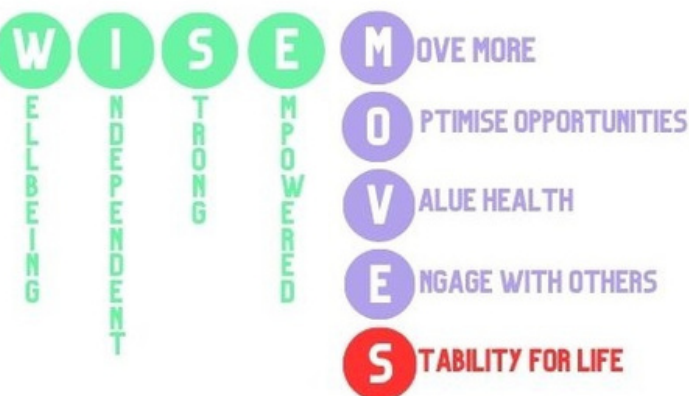
NWPCN CARE COORDINATORS

supported the case finding of eligible patients and invited them to join our programme via SMS through MJOG.



IMPLEMENTATION

SEPTEMBER 2023 saw the launch of the Wise Moves classes.



Three classes weekly covering Beeston, Eastwood and Stapleford.

HOPE HOUSE, BEESTON

ST HELEN'S CHURCH, STAPLEFORD

PLUMTRE HALL, EASTWOOD

For just **£15** per month, participants can attend 1 class per week and have free access to general swimming and aqua care classes at Bramcote Leisure Centre.

The Wise Moves programme follows the official assessment criteria for Postural Stability, assessing various movement patterns and fear of falling.

Each participant can stay on the programme for up to **9 MONTHS**

To maintain lifelong health and wellbeing on completion of the course and when the participant feels confident exercising independently they are offered to join the

EXERCISE REFERRAL MEMBERSHIP

with L Leisure to continue their health and fitness journey.



WE NOW ACCEPT REFERRALS FROM VARIOUS HEALTH CARE PROFESSIONALS AND SELF-REFERRALS



REVIEW

OVER THE LAST
12 MONTHS...

REVIEW OF BEESTON

253 ATTENDANCES
4 PEOPLE MOVED ON TO EXERCISE
REFERRAL SCHEME


REVIEW OF STAPLEFORD


376 ATTENDANCES
2 PEOPLE MOVED ON TO EXERCISE
REFERRAL SCHEME


REVIEW OF EASTWOOD

341 ATTENDANCES
3 PEOPLE MOVED ON TO EXERCISE
REFERRAL SCHEME

Reflections

 Feedback has identified that delivering the classes in familiar community spaces has enabled the participants to feel encouraged to attend.

 Many of the participants found the classes so beneficial they brought family or friends along with them.

 Throughout the pilot we learnt to adapt our method of invite moving from sole invite via text to professional and self-referral to overcome digital exclusion.

Following a review of the service coupled with L Leisure's strong partnership with Greasley Sports and Community Centre, in June 2024 the decision was made to **move the Eastwood class location**. This location change is beneficial for the sustainability of the service due to a lower room hire cost and a smooth transition following completion of Wise Moves in to the L Leisure exercise referral scheme based at Greasley Sports and Community Centre.

NEXT STEPS



PILOT EXTENDED

ONGOING REVIEW

PARTNERSHIP WORKING

L Leisure and Nottingham West PCN are delighted to **confirm that the Wise Moves service will continue for another year** as an extended pilot. Throughout the year there will be many reviews to assess the success of the programme and service continuation for September 2025 will be reviewed by June 2025.

We are hopeful that with the **support from our partners** and raising awareness of the programme L Leisure and Nottingham West PCN will be able to continue delivering Wise Moves as a core part of their business model.

