

Health & Wellbeing News



**All the
very latest
KAL Health
& Wellbeing
news**

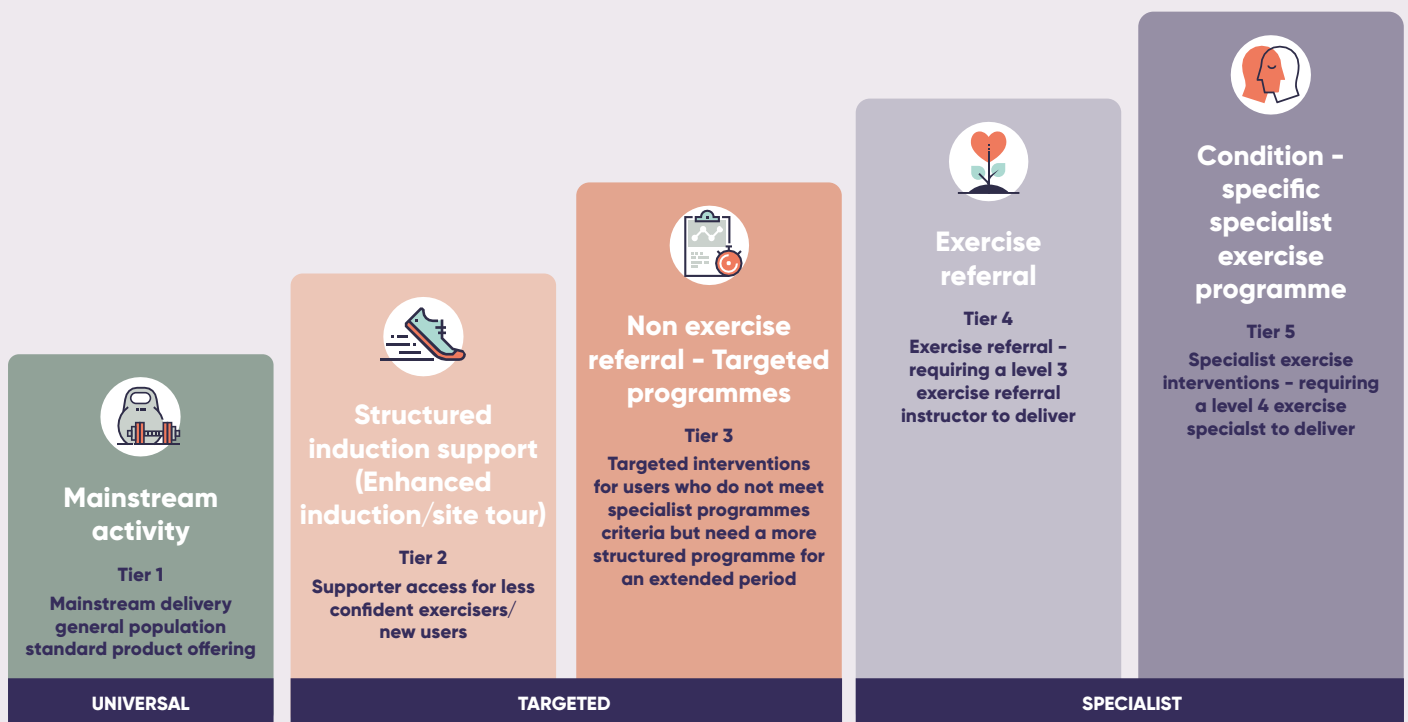
Welcome!

Welcome to the first edition of the KAL Health & Wellbeing Newsletter. We are keen to keep all staff and partners updated on KAL's Health and Wellbeing programme developments and we hope to share new developments, project updates and good news stories on a quarterly basis.

Introduction to KAL's Health & Wellbeing Model

Why a health and wellbeing focus? KAL developed the approach below in line with the new strategy in 2021 to extend service delivery from the traditional universal leisure offers to expanding and developing programmes, to help tackle inequalities and provide specific programmes to meet the health needs of the local population.

The approach was developed from local, regional, and national good practice and the role that leisure services have to play in the delivery of wider health and wellbeing services.



Over the last year, KAL have introduced targeted programmes such as Moving Mums, First steps to Fitness, a Keep Active (60+) programme and Specialist programmes as part of the Exercise Referral programme, with further programmes in the pipeline with partners in the next year.





Meet the team

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KAL have a small but steadily growing team who support the development and delivery of the health and wellbeing programmes, and links to key health services.

Amy Roden

Health Partnership Manager

Amy's role involves working with existing and new partners to develop health and wellbeing programmes and opportunities in line with national, regional, and local strategy within KAL's health and wellbeing model.

Hannah Longster

Health Programmes Co-ordinator

Hannah manages the exercise referral team of instructors below who deliver both the Livewell and Fitness for Health programmes, and First Steps to Fitness.

Alex Knibbs

Exercise Referral Co-ordinator

Peter Clarke

Exercise Referral Instructor

Alison Carr

Exercise Referral Instructor

The Exercise Referral team co-ordinate all the referrals received from healthcare professionals. They deliver the pre and post assessments and both the gym and class-based sessions.

Jade Redman

Volunteer Manager

Jade co-ordinates all KAL's volunteering opportunities and manages both the volunteer and work placement recruitment.



Partnerships

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University of Huddersfield Partnership

Initially, KAL formed a partnership with the University of Huddersfield to develop an evaluation framework across the new health and wellbeing model of delivery. The partnership has gone from strength to strength and KAL are working closely with various partners, including the new Health and Wellbeing Academy to support delivery of services, develop further research projects and evaluation of health programmes as well as offering student placements.

"We have been working with KAL for a few years now. Together, we developed a standard evaluation framework to support the evaluation of KAL leisure and community offers. KAL is now directly connected with the University of Huddersfield's Health and Wellbeing Academy. We provide student placements from different health disciplines (e.g. Sports and Exercise Science, Physiotherapy, Occupational Therapy, and Midwifery) and our nursing students are offering health checks from various KAL sites. We are also working together on a PhD in partnership in which we will develop and evaluate an evidence-based intervention delivered by KAL to improve our community's health-related quality of life." (Dr Liane Azevedo, Reader in Health Research, School of Human and Health Sciences)

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For more information please visit
kal.org.uk



First Steps to Fitness and Third Sector Leaders Partnership

KAL formed a partnership with TSL in supporting refugees and asylum seekers in becoming more active, supported initially through KAL's First Steps to Fitness programme.

The programme has seen **over 150 referrals** over the last twelve months from TSL.



WELCOME
MENTORS

#kirkleeswelcomes

Working together to support and celebrate migration



"We approached Kirklees Active Leisure with the view of working together to be able to offer support to our Asylum Seekers, Refugees and Migrants, we had found that people were asking us on a regular basis about support to access KAL services, unfortunately due to restricted finances joining a gym would usually be out of reach for most of our service users.

We had several meetings with KAL, and we all agreed that supporting them to access First Steps to Fitness which is a new programme which delivers four sessions covering nutrition, sleep, wellbeing, physical activity etc would be a great taster for them, we wanted to be able to then provide them with a gym membership following on from this if they had found the sessions beneficial.

We applied for funding through the Health Inequalities fund and were successful, which meant that the service users committed to longer term health and wellbeing progression could receive a membership to the gym free of charge.

The first 4 people completed the First Steps to Fitness sessions this week and have now collected their gym memberships, the 4 people are Asylum Seekers and Refugees who could not have accessed this without the support from TSL and KAL. They are all engaged in gym sessions, fitness classes and swimming sessions.

The offer has been so popular that KAL have given us our own TSL session once a week, the sessions are full, and referrals have been constant. The KAL staff delivering the sessions have been fantastic with our participants and we have been in regular contact with them to ensure everything worked as well as it could do.

It has been an absolute joy to speak to them all and see how happy they are now that they have gym memberships, working in partnership with other services and organisations is so important to be able to address the needs of people in our community and work together to come up with a plan to break down barriers and get them this kind of essential support." **TSL Kirklees**

What the participants said:

Nelson: "KAL have given me a plan to support me with nutrition as I was really struggling since moving to the UK, I feel so much better for it."

Rama: "I feel full of energy, I never knew there was a ladies only swimming session, it is my favourite, and I made a new friend here."

Fnan: "I really needed something that was just for me, life has been stressful as a new Refugee, and I love to go to the gym to get away from everything."

Chunyan: "I have taught myself to swim in the last 5 weeks - I have never had the opportunity before and now I am going to teach my young child to swim, I am so excited - I just love it! "



Exercise Referral Programmes

Fitness for Health & Livewell

KAL introduced the exercise referral programme just over 12 months ago as part of the specialist programmes approach. The programme is aimed at people with long term conditions and provides a 12- and 16-week route into either class or gym-based programmes specific to individual needs. Following the initial programme, KAL have a timetable of health class opportunities and activities for people to maintain and stay active long term.



KAL have 2 specialist exercise programmes



Fitness for Health

A specialist physical activity referral programme for people aged 18+ with one or more of the following conditions:

- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Osteoarthritis
- Rheumatoid arthritis
- Joint replacement
- Simple mechanical back pain
- Osteoporosis
- Hypertension
- Hypercholesterolaemia
- Depression, Stress, Anxiety
- Diabetes

An initial 12-week programme of exercise with a choice of class-based or gym-based sessions with a Level 3 exercise specialist, tailored to your health needs.



Live Well

A specifically designed programme, delivered to support condition management and help prevent de-conditioning for specific conditions. The aim is to improve quality of life, post-treatment or rehabilitation.

KAL currently deliver exercise programmes within Live Well for:

- People who have had a heart attack or heart surgery and have completed rehabilitation.
- An initial 16-week programme of exercise in a class-based session with a Level 4 exercise specialist.

On average KAL receive 20-25 referrals per week from healthcare professionals across Kirklees. Early data is showing...

Referrals are currently being received from general practice, physiotherapy services, hospitals, Kirklees Wellness Service and local health providers.

Over **900** referrals to date

66% of referrals are female

66% of referrals are aged under 60

39% from IMD area (top 10%)

50% completion rate

49% continuing on a programme post initial 12 weeks

We are currently collating health outcome data from the first 12 months of the project. This includes reported improvements and maintenance in quality of life, health related physical activity, mental wellbeing, and self-reported health as well as physiological data collated at weeks 1 and 12. We will be sharing this with partners over the coming months.

Moving Mums Programme

As part of the targeted health and wellbeing approach, KAL introduced the Moving Mums programme towards the end of 2022. The programme has both pre- and post-natal exercise opportunities with support classes for new mums and mums to be.

Classes are delivered by level 3 pre/post-natal exercise specialists.

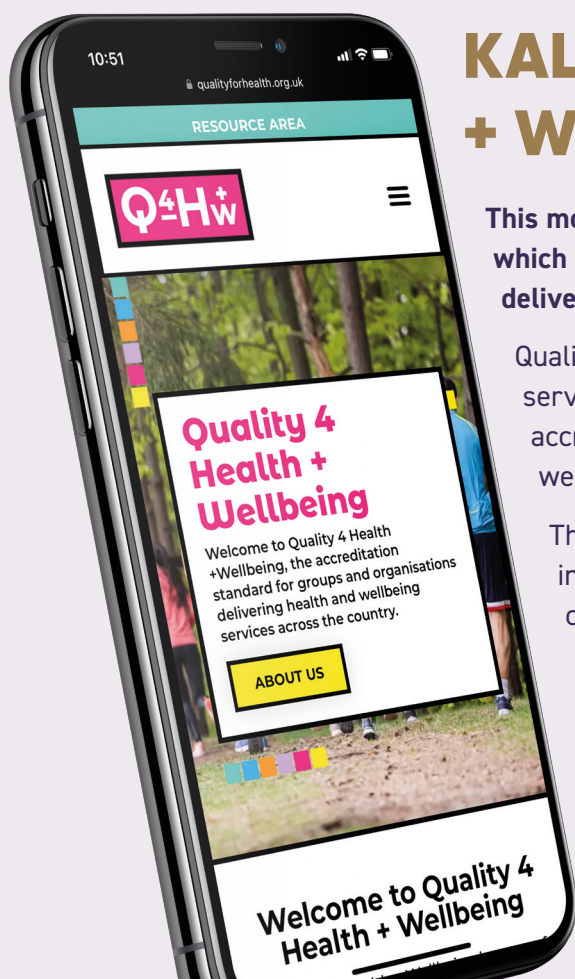
To date we have seen over 500 self-referrals to the programme, and we are keen to continue to work alongside partners to further promote the programme.

Exercise and support classes for mums, new mums, and mums to be.



Good News

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KAL Achieve Quality 4 Health + Wellbeing Accreditation

This month KAL achieved the Quality 4 Health + Wellbeing Level 2 which is an accreditation standard for groups and organisations delivering health and wellbeing services across the country.

Quality 4 Health is an easily identifiable kitemark of high-quality service delivery in the Voluntary and Community sector, this accreditation, designed for those already delivering health and wellbeing services, or those looking to expand into this sector.

This is a great step forward as the Kitemark will support KAL in further developing partnerships and projects to enhance the current Health and Wellbeing offer.

For more information on KAL's Health and Wellbeing programmes please contact:

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