

Understanding and accessing the local physical activity system

Active Dorset and Dorset ICS

active dorset

Community Interest Company

Active Partnerships



Who are we?

There are 43 Active Partnerships across England who work collaboratively with local partners to create the conditions for an active nation using the power of sport and physical activity to transform lives.

Active Partnerships are strategic organisations that recognise activity levels are affected by a complex system of influences, no single organisation or programme creates sustainable change at scale.

Our priorities

Our core purpose is to create the conditions for an active nation. Active Partnerships seek to make active lifestyles the social norm for everyone and address the worrying levels of inactivity in society by adopting a collaborative whole system approach.

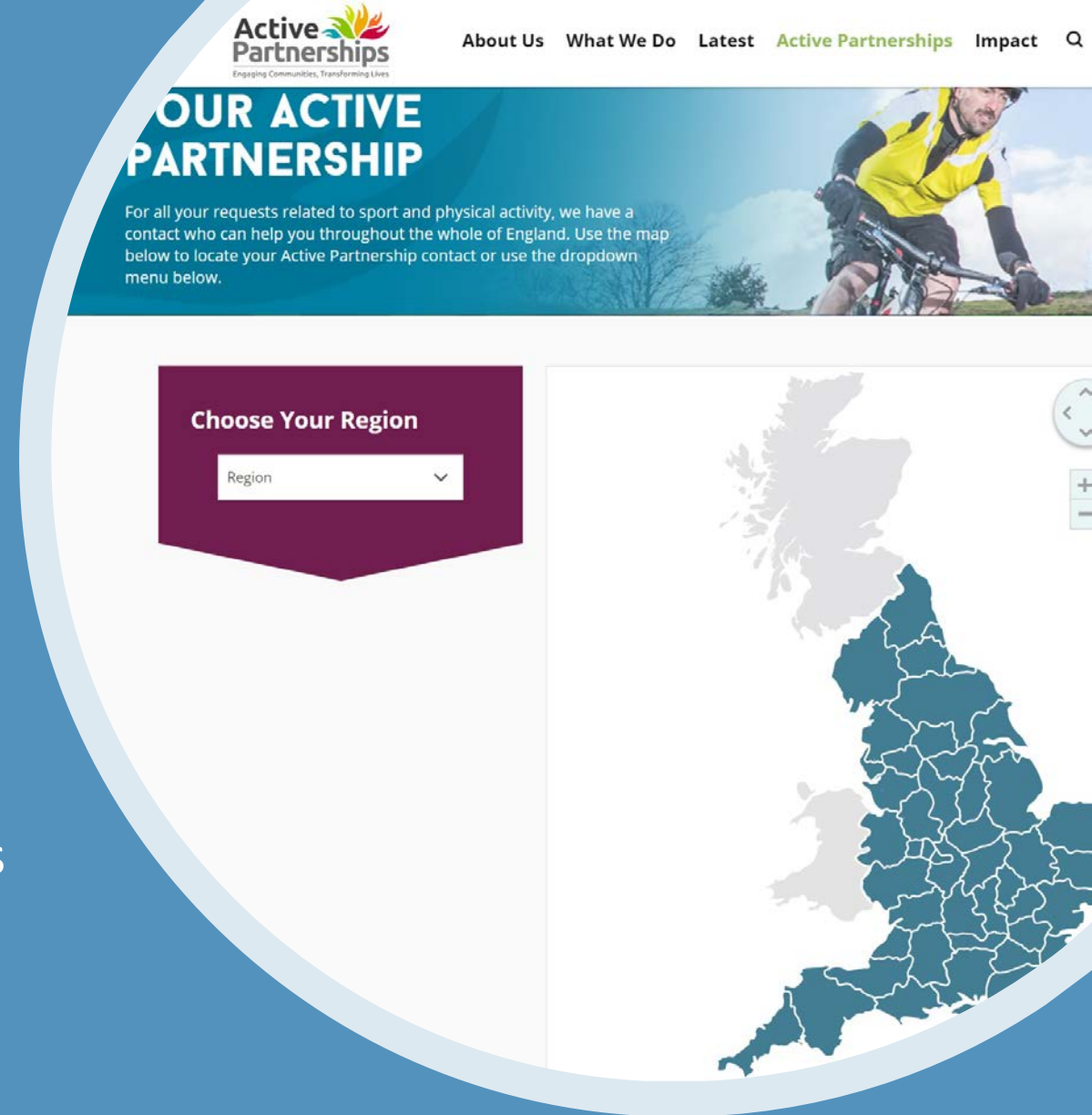
What we do

They do this by creating an in-depth understanding of the needs of the local community, brokering cross sector partnerships, supporting the development of a welcoming and inclusive workforce, engaging communities and sharing learning of what works locally.

Insight and Influence, Strategic Enabling, Workforce Development, Awareness and Advocacy, Co-ordinate delivery, Learning and impact

Finding out about your local physical activity offer

- Active Partnerships are knowledgeable about their local areas and understand their target audience.
- A unique feature of Active Partnerships is their independence, working across all sports, activities, providers and audiences, focused on the needs of their local communities.
- Inactivity – Active Partnerships focus their efforts on inactive people and under-represented groups who will benefit the most from an active lifestyle.
- Find your local Active Partnership [online](#).
- Find out more about Active Partnerships by watching our [animation](#).



Opportunities with Active Partnerships



1. Activity Finders
2. Advice on getting active and local provision
3. Activity Provision and Campaigns - it varies but some commonality
4. Influencing and embedding physical activity into systems and pathways
5. Training healthcare professionals

Challenges

- County structures/provision for physical activity provision differs
- Active Partnership priorities, and their capacity, varies

Physical activity and NHS Health Checks - How we've worked together in Dorset

We are taking a whole systems change approach to embedding physical activity across Dorset ICS

Step 1: We embedded physical activity signposting in the specification

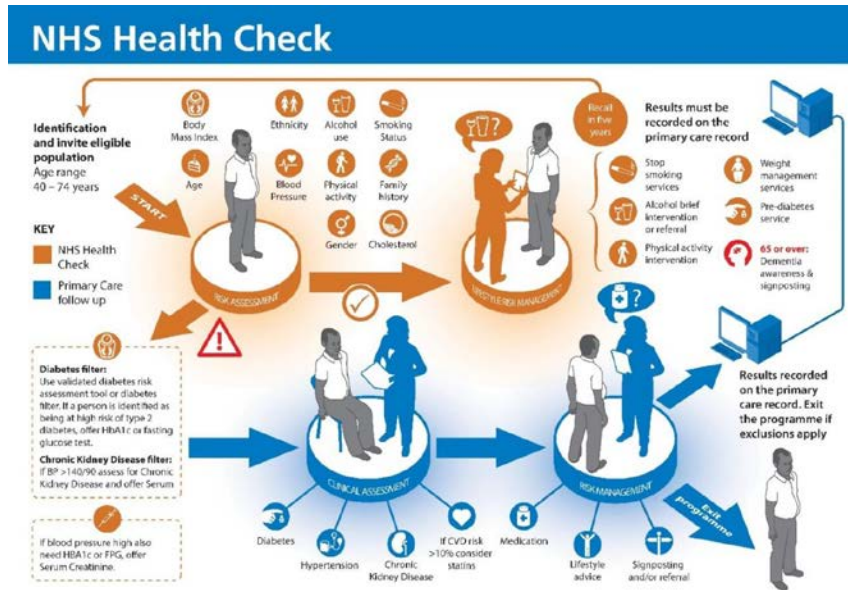
Step 2: We embedded the signposting process in systems

Step 3: We are upskilling providers

Step 4: We are continually improving the physical activity pathway at LiveWell Dorset. Active Dorset officer working with the team.



Step 1: Embedding physical activity in the specification



3.7.1. Description:

*as declared by individual at point of presentation

2.2.3. Eligible service users are able to request a NHS Health Check from any Provider contracted to provide the services on behalf of Public Health Dorset (PHD).

2.3. Service User Support

2.3.1. To signpost Service Users who are identified with an increased risk of cardiovascular disease as set out by the NHS Health Checks Referral Criteria. Service users identified as requiring further support can be signposted to:

- Their registered GP for further testing, advice and/or support
- LWD to enable them to make changes to their lifestyle to reduce their risk of CVD (LWD is a service delivered by PHD to act as a single point of contact for adults who want support in making changes to their lifestyle; for further information see www.livewelldorset.co.uk)

3. Service Description

3.1. Best practice Guidance

3.1.1. The Provider will be required to deliver NHS Health Checks (The Service) in accordance with this agreement and NHS Health Checks Best Practice Guidance (Public Health England (PHE) Dec 2017).

outlines the referral criteria to the service for the outlined pathways above. Providers are expected to refer individuals to LWD to support the advice and guidance they provide within the NHS Health Check.

Step 2: Embedding signposting into systems - Systmone

Public Health Dorset - NHS Health Check

NHS Health Check | Alcohol Screening | Physical Activity, History & Risk | Referrals | Referral Guidance - Part 1 | Referral Guidance - Part 2

NHS Health Check 4

Referral to GP

Referral to LiveWell Dorset [LiveWell Online Referral - Contact My Patient](#)

LiveWell Dorset Referral for physical activity

Smoke Stop Referral to LiveWell Dorset

Referral to LiveWell Dorset for Alcohol BI

Referral to Alcohol Treatment Services

Weight Management Referral to LiveWell Dorset

Date NHS Health Check completed

Date NHS Health Check completed by third party

Third party consultation

Date of Recall arranged (5 years from today)

*NHS Health Check completed **<<<<< IMPORTANT! TICK THIS BOX**

When you complete this template the QRISK2 calculator will automatically launch with the data you have entered on the Health Check. Please ensure you check the details and **SAVE** the QRISK2 result to the Patient record. (This option is available on the QRISK calculator)

Referral Guidance from Public Health Dorset

Dorset CCG- For feedback or suggestions please email: it.training@dorsetccg.nhs.uk quoting: T0007

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- Electronic link from systmone to LiveWell Dorset (home of our activity finder and behavior change service)
- We can track data on numbers signposted and feedback to NHS Health Check providers
- We still have more to do – PharmOutcomes etc
- It's not perfect - getting everyone to use it over ardens templates
- Digital changes like this link to another ICS priority 'Digitally Enabled Dorset'

Step 2: Embedding signposting into systems – LiveWell Dorset



GET ACTIVE LOSE WEIGHT STOP SMOKING DRINK LESS SUCCESS STORIES HOW WE'RE DIFFERENT

HOME / HEALTHCARE PROFESSIONALS / CONTACT MY PATIENT

CONTACT MY PATIENT

Is your patient ready to take their next step to a healthier lifestyle?

With the permission of your patient, please complete the following form. We'll send them an email and/or text message inviting them to find out more about how we can support them. We'll encourage them to register by completing a short lifestyle assessment which will unlock their personalised advice and support.

'Contact my Patient' has replaced 'Request a Callback'. [Learn more](#) or [contact us](#) to receive an update from our [Engagement Team](#).

EMAIL

MOBILE NUMBER

WHAT'S YOUR ROLE?

WHERE FROM?

WHAT WAS IT IN REGARD TO?

LiveWell Dorset offers advice and support to help you make a healthy lifestyle change. By providing an email address and/or phone number, you agree to LiveWell Dorset contacting you to inform you about the service and how to register. For details about how we use your data, please see our [privacy notice](#).

- Free behaviour change service for adults covering 4 main lifestyle behaviours, funded by Public Health Dorset
- LiveWell Dorset provides online and telephone support as well as coaching.
- 'Contact my Patient' gives healthcare professionals a simple process for signposting patients to the service
- A range of training and information about the service is available for providers
- Lessens the time burden on providers and healthcare professionals. LiveWell Dorset can explore lifestyle behaviours in more detail, identifying barriers and solutions to change using a range of behavior change techniques



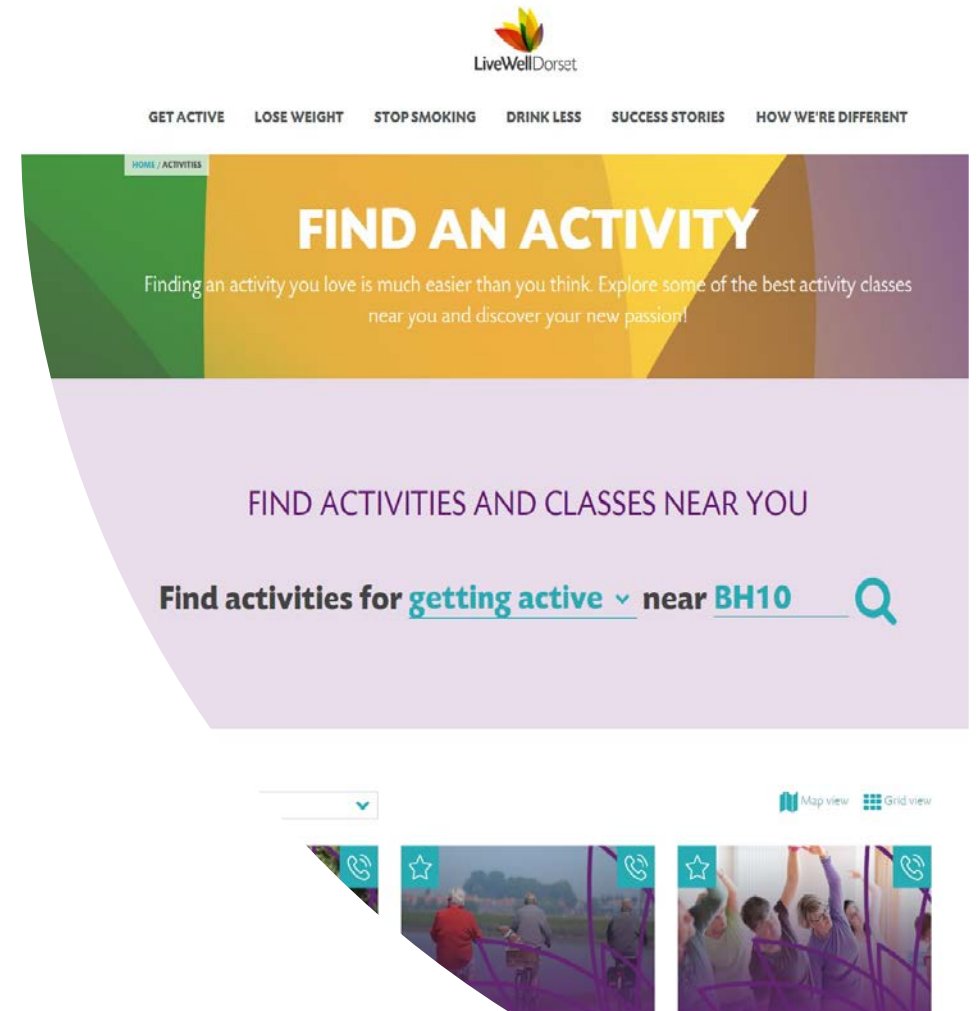
Step 3: Upskilling providers



- A range of organisations are working collaboratively to offer training to upskill professionals
- Public Health Dorset offer MECC training
- LWD training offer includes; motivational interviewing and healthy conversations
- Active Dorset are offering RSPH courses including; level 2 encouraging physical activity and level 2 supporting behaviour change.
- Promotion of PHE's moving healthcare professionals training including; physical activity clinical champions and e-learning modules on BMJ and Health Education England websites

Step 4: Improving LiveWell Dorset's physical activity pathway

- We have an officer from our team at Active Dorset working at LWD once a week with an agreed set of objectives. Both organisations are contributing to this collaborative way of working
- Emphasis on giving permission to be active
- Focus on moving more and recognising that this will look different for everyone
- Empowering patients/clients to make good decisions by providing best practice information
- De-medicalising and reducing risk attached to exercising at low intensity levels
- Exercise on Referral part of the offer but not sold as **the only** solution
- Working towards one activity finder for Dorset – sharing and consuming data (open data, Local Government datasets, social prescribing providers)



Summary Points

- 1. Get in touch with your local Active Partnership**
Work collaboratively using the skills and expertise available to you locally
- 2. De-medicalise** Give permission to be active and empower patients to find something that they enjoy. Acknowledge that more movement looks different for everyone
- 3. Simplify using AAA** Follow the 'Ask Advise Act' principle when talking about physical activity
- 4. Upskill the workforce** Increase confidence to talk about physical activity
- 5. Simplify the patient journey** deconstruct pathways to physical activity and try simpler ways to connect to parts of the physical activity system
- 6. If you can, embed it in your systems/processes**



To talk further about the work happening in Dorset contact ccoward@activedorset.org