



Position Statement: Physical Activity Offer

March 2022

Dear colleagues,

I write to provide an update on our current Physical Activity offer and the changes we have made over recent months.

Our physical activity offer remains an important piece of the Live Well jigsaw and as such we regularly review whether what we have on offer meets the needs of individuals as well as referral partners.

At the height of the pandemic, we were unfortunately forced, like many others to cease all face to face work and resort to finding new ways to engage with residents in a virtual way. Our Be Active, Be Healthy Navigation became the platform for us to have motivational conversations about how to be move more and stay active; offering resources, equipment, advice and signposting.

This engagement has proved successful and we will continue with this way of working, navigating individuals to the programme of activity which best suits their requirements.

The limitations during the pandemic also presented us with the need to review our Steps to Health programme which offers exercise on referral to those with long term health conditions. Although Steps to Health offers a good opportunity for people to participate in structured and supervised activity, not having our own facilities has limited the flexibility of the offer. This in turn has meant we have seen a continual decrease in numbers completing the programme. With this in mind, we have taken the decision to discontinue our Steps to Health programme and instead partner with Greenwich Leisure Limited (GLL) who will introduce their well-established Healthwise scheme in Swindon.

GLL deliver Healthwise in towns and cities across the country and are excited to be expanding into Swindon. We are in the process of finalising

arrangements with GLL and once all is confirmed, GLL should be in touch to promote the offer and get the referral process established.

In the meantime, Live Well continue to welcome referrals from our Health colleagues for anyone who would benefit from being more active and would like advice and support in doing so. Please continue to make referrals on our LW1 form or ask the patient to contact us directly. Tel: 01793 465513 or livewell@swindon.gov.uk

Please be assured that everyone you have referred previously is being contacted to discuss the opportunities available to them, including referring them onward to Healthwise.

Although we no longer offer our traditional Steps to Health, Exercise on Referral programme, we continue to deliver a range of other programmes, including: [Gentle Circuit class](#), [Weight Management](#), [OTAGO Strength and Balance and Wheels for All](#). Details of these and all of our Live Well programmes can found in the SOA 1 document (Summary of Activities 1).

I have included a further document which provides details of other opportunities for people to improve their health and wellbeing. We are looking at other ways to make this more easily accessible and will update as we soon as we can.

If you have any questions arising from this update or more generally about Live Well, please do not hesitate to get in touch with me.

With kind regards



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