

Group 1 - Dementia/Mental Health

What positive outcomes occurred in the last 12 months of your projects?

Active Oadby & Wigston:

Dementia Day Service Project –

- We have just finished a very successful pilot project with the J and S Dementia Day Service in South Wigston. A coach from Leicester City has been delivering a weekly physical activity session with the service users and the activities include Boccia, Skittles, Table Tennis and Kurling.

Community Capacity Building Project –

- Several projects are now set up and developing well i.e. Dementia Care Groups, Incredible Edible, Step Out Youth Group, Mental Health Forums, Crafting for Cause, Local Sport Alliance, Kennedy House – Sanctuary and Inclusion, South Leicestershire College Volunteering Projects.

J&S Day Service –

- Started Aug 2016 - Providing a day service for all individuals with a Dementia related illness also providing respite time for carers. Our main aim was to promote our service for individuals to access if required.

Alzheimer's Society –

- 3 x monthly support groups for people with Dementia and their carers
- 1 x dedicated support worker

Helping Hands –

- 6 month pilot project mental health support worker 1:1 in people's homes across the borough. Working and helping people get back into the community around 70 people. Shires grants finished July last year.
- Mental health, wellbeing and recovery funding available – helping hands are bidding in.

Community Group –

- Based in Sainsbury (free), every week around 8-10 carers of dementia turn up.
- Constituted group – opportunity for future funding.

What are the challenges going forwards?

- Carers recognising their need for respite, how it will be funded.
- Time and capacity are a personal challenge, given the limited time remaining for the project.
- Funding for different projects
- Volunteer capacity – both to deliver and manage projects in the long term
- We need to be in consultation with GPs and health professional to agree the service.
- Communication
- Appeals process relating to benefits
- Promotion of these services to GP's.

Group 2 – Diabetes/Weight Management

What positive outcomes occurred in the last 12 months of your projects?

Active Oadby & Wigston -

- Diabaters – Ran a second successful block of the 12 week Diabaters programme at Parklands Leisure Centre. The project includes a weekly session combining physical activity and information about nutrition for residents with type 2 Diabetes.
- FliC – Delivered two blocks of our 8 week FliC programme at the Freer Centre, which is aimed at families with overweight children. The sessions include workshops on healthy eating and a weekly physical activity session for the children. Many of the children have gone on to our Community Energy Club.
- LEAP – Delivered four blocks of our 11 week LEAP programme at the United Reformed Church in Oadby. The programme runs weekly with half of the session containing information about healthy eating and the other half is a physical activity class.
- Workplace Challenge – getting people active whilst at work i.e. Yoga sessions at OWBC getting staff away from their desks and doing some physical activity.
- GALS and LADS – Inactive Young People projects have been happening within primary and secondary schools to engage young people who are disengaged with PE and physical activity as a whole.

Incredible Edible –

- Introducing community spirit and provide fresh fruit and vegetables to the community.

Ingeus UK –

- An NHS diabetes prevention programme for those individuals that have been identified at risk of developing Type II Diabetes. This programme has resulted in a reduction in the increase of people developing diabetes, increased healthy lifestyles, improved mental health, and social interaction.

Everyone Active –

- Introduced a healthier menu within their restaurants and are promoting healthy eating
- Success with the walking and running groups, which are having a positive effect on mental health.
- Participation as a whole and the overall foot fall within both leisure centres are increasing in members each year.

What are the challenges going forwards?

- In relation to the Incredible Edible, Engaging people in growing fruit and vegetables.
- In addition to getting through the message that what is grown is actually free and can be picked.
- Identifying and recruiting participants to take part in groups
- Cost of gym memberships and sessions
- Sustaining participation and supporting them through their next stage
- Funding

Group 3 – Alcohol and Substance Misuse

What positive outcomes occurred in the last 12 months of your projects?

Stop Smoking:

- QuitReady Leicestershire Stop Smoking Service – setting up the newly commissioned service, and promoting it to the wider community.
- Technological based approach – text messages , phone calls and web chats
- 700+ people on the books across Leicestershire in January 2017.
- 300+ people have now quit smoking, 44% (usual rate 50%) - currently no county service reaching this.
- Prevalence low in Oadby and Wigston = low engagement
- Pregnant clients tend not to attend appointments, technological approach works better.
- Telephone appointments suits older clients, similar to door to door service.
- Available methods depending on individual needs.

Turning Point –

Pre July – 126 clients, currently 86, 1 death, 10 left drug free,

What are the challenges going forwards?

- Due to the many changes that the County stop smoking service has experienced in the past year i.e. changing providers. There has not been an opportunity to forge strong relationships between the stop smoking service and other partners such as district councils.
- Physically unable to check 'medication' is being taken as intended, phone checkups etc only.
- Self reported quitting, no CO2 monitoring as per 'standard' services, rapport built to avoid this.
- Referral methods for substance misuse projects typically via a GP – Master Gardeners?
- Restructure of Turning Point, streamlining to Emodules etc.