



“Get in shape and structure my life”

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Shining a light on the future

Northumberland, Tyne and Wear **NHS**
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Where Do We Work



Bamburgh Clinic + Bede Ward

41 Bed Medium Secure Unit
3 Wards

Aidan Acute/Assessment (10Beds)

Cuthbert Rehabilitation (15 Beds)

Oswin Personality Disorder (16 Beds)

and **Bede** Low Secure (10 Beds)



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Who Are We?



Andy

Lisa

Dimitrios



Our Aims

- To promote maximum inclusion in sport & physical activity by providing a wide variety of opportunities for all service users to participate in a range of sport, leisure and physical activity related pursuits / groups
- To play a key role in promoting physical activity by tackling health inequalities while targeting the barriers that prevent individuals from engaging in physical activity
- To encourage , support , motivate & educate individuals to lead a healthier and more active lifestyle
- To support occupational therapy & work as part of a multi disciplinary team in addressing physical health concerns & lifestyle issues



What do we offer





Social Inclusion

“People with severe MH problems are often the most socially excluded and occupationally deprived members of society ”

“..enabling the individuals to overcome these barriers so that can access the health and quality of life enhancements benefits of occupation and achieve greater social inclusion should be a priority of mental health services..”



Community Gym and Swim Group

Aims of the group:

- Experience physical activity in a community setting
- Promotion of physical and mental well being
- Provide an environment for the development and maintenance of communication and interaction skills
- Interact with members of public and staff
- Promote adoption and adherence to exercise
- Develop knowledge of using public fitness facilities



How do we know if we are achieving these?

- Verbally: We ask the patients for feedback after each session and participate in feedback team meetings.
- Questionnaires: We ask the patients to complete feedback questionnaires in order to receive both quantitative and qualitative data.
- Statistics: we collect participation numbers and monitor reasons for non attendance.



Feedback Questionnaires

Before

- 4/11 had never used a community fitness or leisure facility before

Because

- of lack of confidence
- social phobia
- not interested
- lived a different lifestyle

After

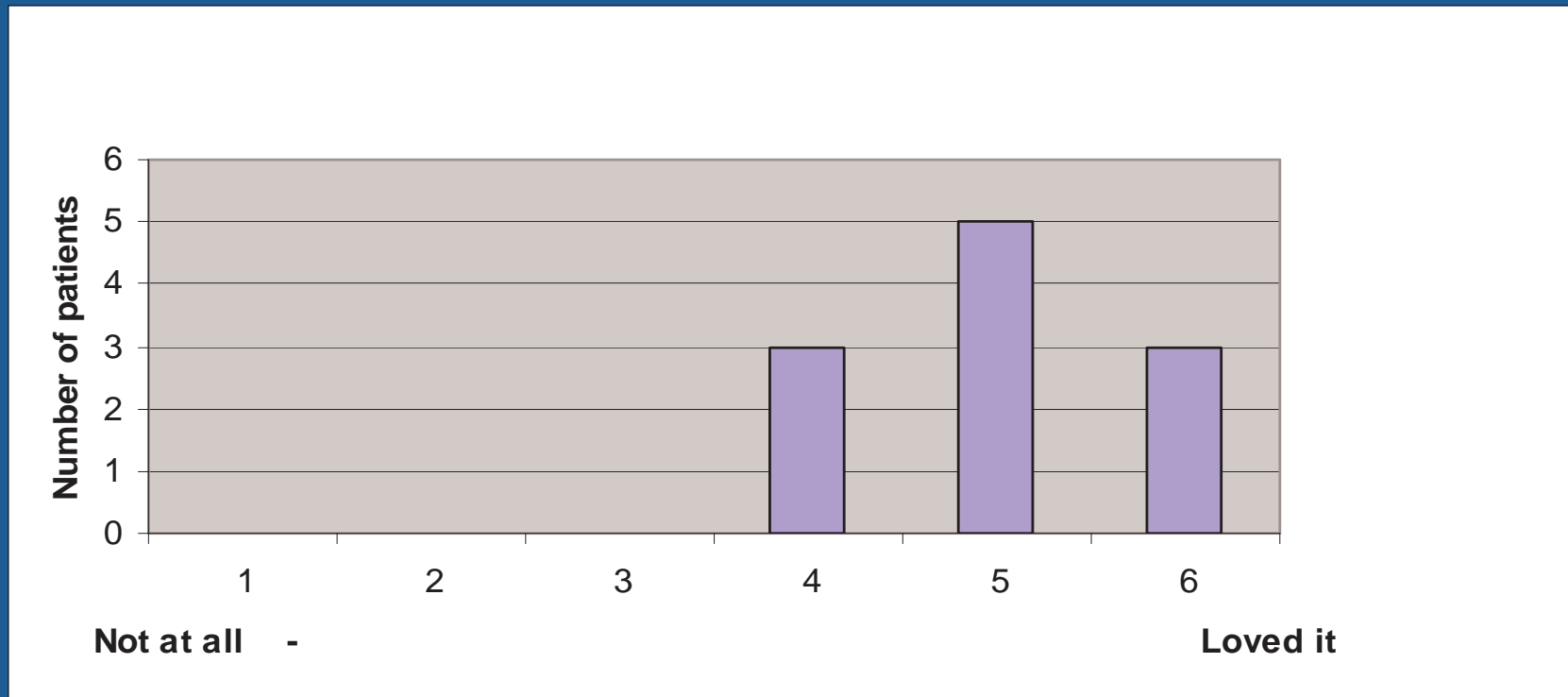
- 10/11 said that the gym/swim group experience has made them more confident to use a community fitness facility upon discharge and aim to continue using it.
- two most common answers given were:

“want to meet new people”

“keep fit and healthy”

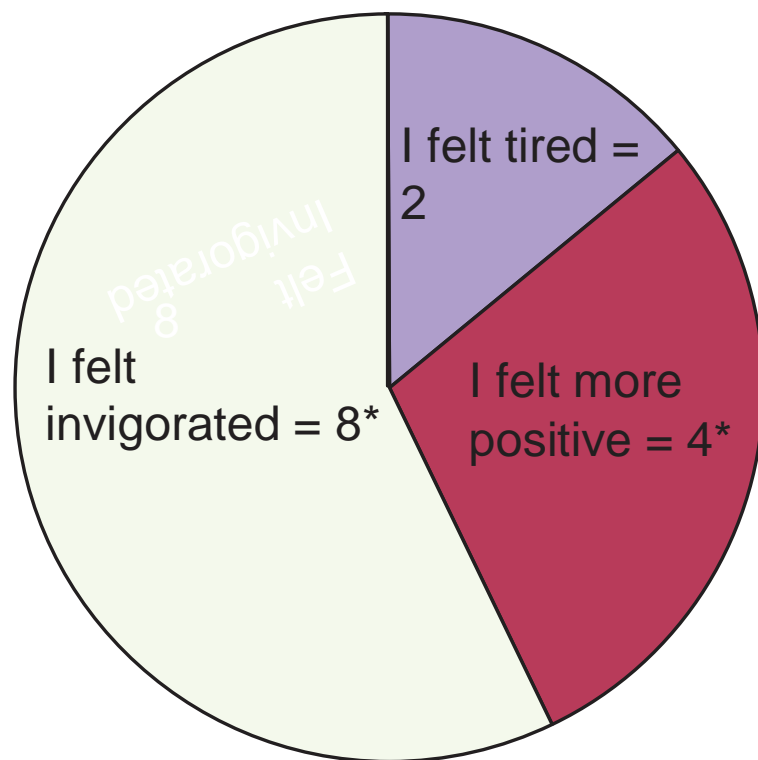


How much did you enjoy the experience....





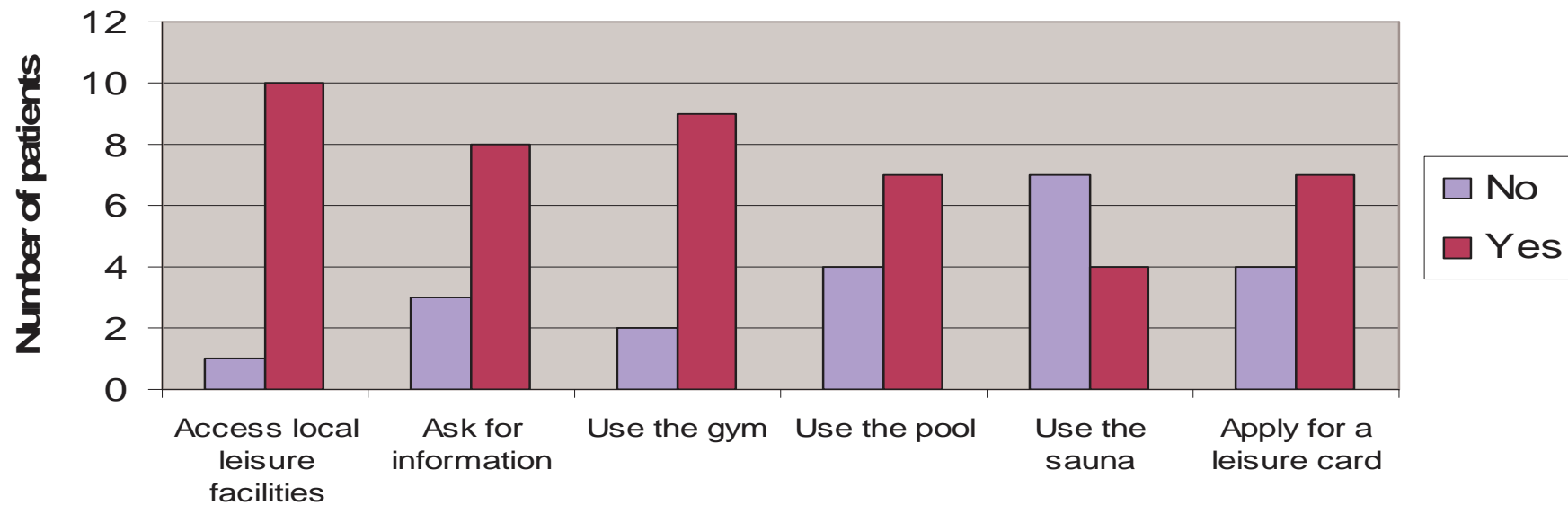
Feelings after a session..



- I felt tired
- I felt more positive
- I felt invigorated
- What a waste of time
- It felt bad



Have you learnt something..





Statements included

“Working out is part of my routine now..”

’I am more confident because I am used to meeting different people in a different environment, using money and exercise with others”

‘I can keep my health and fitness by going there, also to meet new people and make new friends”

“To get in shape and structure my life”



Conclusion.....

From the feedback received there are indicators, that the patients feel the benefits of exercising in a community setting.

There are also links from the statements made by the patients that the aims of the group are being met

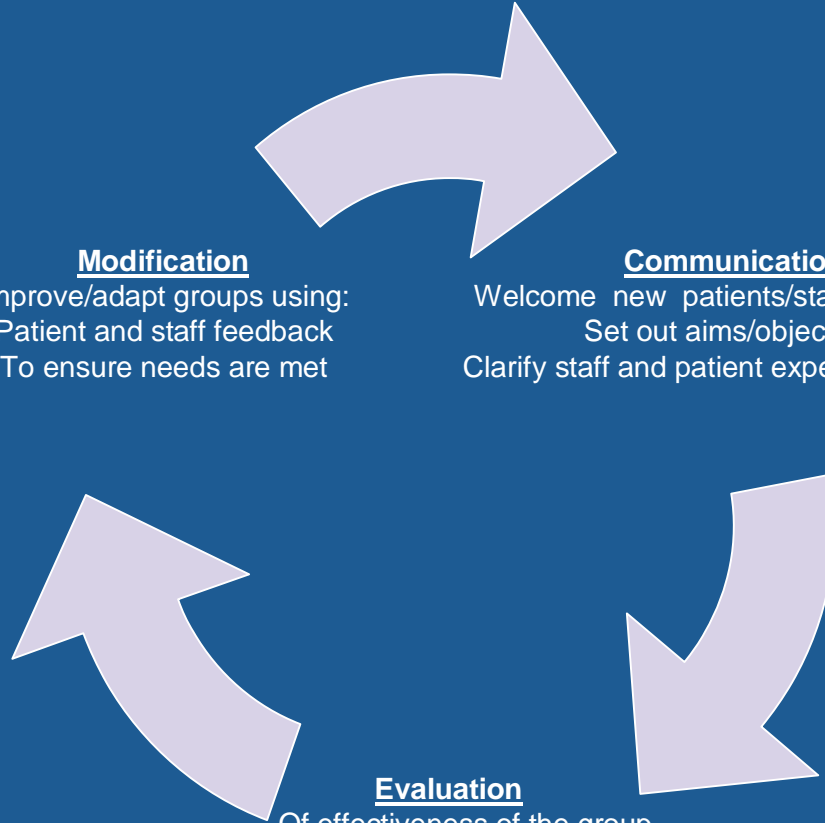


Future Considerations.....

Modification
Improve/adapt groups using:
Patient and staff feedback
To ensure needs are met

Communication
Welcome new patients/staff facilitators
Set out aims/objectives
Clarify staff and patient expectations/rules

Evaluation
Of effectiveness of the group
Are we meeting the patients needs/goals?
How can we do this?





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Discussion/Questions.....





References

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- Dr S E Lakhan (2006) *The Biopsychosocial model of health illness version 1:2*
- L Kravitz (1998) *Physical exercise and psychological well being: a critical review*. British Journal of sports medicine
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