



# Active Wellbeing

## Specialist SMI exercise referral service

### Active Wellbeing

Active Wellbeing is delivered by Enable and commissioned by the NHS South West London Integrated Care Board (Wandsworth and Richmond) to provide a mental health service.

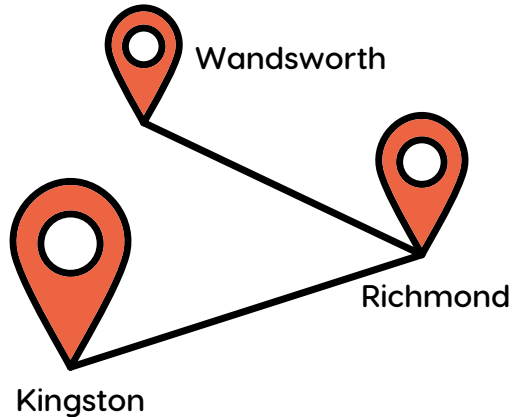
### Locations & Service

Active Wellbeing Wandsworth

Active Wellbeing LD (Learning Disabilities)

Active Wellbeing Richmond

Active Wellbeing Kingston (BME Communities)



### Service Users Journey

<p><b>1. Referral</b></p> <p>We accept referrals from keyworkers, care coordinators, GPs, or self-referrals</p>	<p><b>2. Initial Assessment</b></p> <p>Primary measurements are taken. Personalised goals are set.</p> <p>Current health and wellbeing is assessed through questionnaires</p>	<p><b>3. Start of sessions</b></p> <p>The client begins 10 weeks of 1:1 exercise sessions with their instructor for 1 hour a week</p>	<p><b>4. Final Assessment</b></p> <p>Goals and progress throughout the programme is discussed with the Coordinator and their instructor</p> <p>Exit routes discussed</p>	<p><b>5. 6 Month Follow up</b></p> <p>Progress reviewed with the programme coordinator 6 months after entering the programme</p> <p>Further goals and exit routes are discussed</p>	<p><b>6. 12 Month Follow up</b></p> <p>Progress is reviewed for the final time with our Coordinator at 12 months</p> <p>Client has now completed the full programme</p>
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## The Programme

The Active Wellbeing programme is delivered across the Richmond and Wandsworth borough. This unique programme is designed to engage and promote health and wellbeing to individuals experiencing severe and enduring mental health conditions (bipolar, schizophrenia, schizoaffective disorder, severe clinical depression etc).

Since 2016, Active Wellbeing has worked with over 800 individuals to improve their physical activity levels, reduce isolation and loneliness and supported people to live an independent and fulfilling life. We understand the changing nature of mental illness and offer a close relationship between participant, instructor and the health and wellbeing team.

## Impact

Service users progress is monitored and reported at their initial assessment, 5 week check in, follow up and a their 6 and 12 month follow ups. Current impact data displays:

- Over **90%** completion of the programme over the past year
- Recorded **84%** improvement on their mental wellbeing
- **64%** improvement on their physical activity levels
- **93%** increase in participants in scoring 'above average at their follow up assessment
- Average **98%** attendance rate to sessions
- Average **1% DNA** rate across the service

*I went from doing virtually no physical activity to now exercising every day. My confidence has improved! My mental health has improved significantly – my fitness instructor was lovely and so empathetic. I no longer feel hopeless, the routine of attending each week gave my life a routine that I've continued to follow*

*- Janize (service user)*

## Who is Eligible?

A patient must meet three main categories to be eligible for our programme.

1. **Over 18 years old**
  2. **Diagnosed with a severe mental illness (SMI)**
  3. **Reside in or be registered with a GP in Richmond, Kingston or Wandsworth**
- Service users can self-refer or be referred via their GP, care coordinator or key worker.

## Case Study



At the end of their 10 week programme Steven has incorporated a new exercise routine into this lifestyle, lost 1 stone in weight and now feels confident to maintain his health and wellbeing independently.

### Why and how were you referred to the Active Wellbeing programme?

After I was diagnosed with schizoaffective disorder I had a support worker at the time who put me forward and referred me to the active wellbeing program

### What elements of the programme did you particularly enjoy?

The routine and the consistency I really liked. I also enjoyed learning the exercises and how to use the machines, when you join a gym you do get inducted but you don't completely figure out how the machines best work for you. My instructor showed me techniques that I had never used before and we kept doing those exercises and techniques until I felt confident.

### What changes, if any, do you feel you will make to your lifestyle now?

I have found it hard to have a routine in the past, especially with my mental health issues, often the medication is very strong which makes it hard to get up in the morning. The exercise routine throughout had helped this. It was good to have the social element with Andy and the other people in the gym.

## Contact Details

To find out more information please contact:

Email: [swlicb.activewellbeing@nhs.net](mailto:swlicb.activewellbeing@nhs.net)

Website:

<https://enablelc.org/activewellbeing>



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