

# Project Test of Change Update

**Sport Aberdeen and Aberdeen City Health &  
Social Care Partnership**

**Health & Wellbeing Hub @ Northfield**

# Project Aim & Test of Change

This project set out to trial a programme of health, social care and wellbeing services in a sports facility, bringing services to local communities to have a higher level of outreach to patients and service users engaged in preventative and rehabilitation services.

The project plan set out to test the following;

A) Pull together like-minded projects looking for test of change sites. E.g.

- LOIP COPD Respiratory Project – Increase Pulmonary Rehab uptake by 20%
- Establishment of the Community Respiratory Team
- Community First Intervention Hub Objectives
- Strategic Review of Rehabilitation Pathways

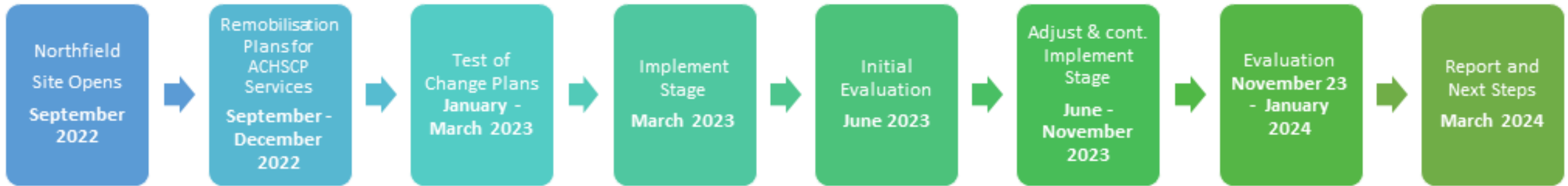
B) provide information at the site for self-referral services to help preventative agenda.

C) Target area for service uptake – building programmes to engage local population.

Some of the questions we wanted to explore with this project are as follows;

- Can we increase uptake on rehab programmes and continue engagement?
- Will increased engagement help decrease exacerbation episodes of symptoms for Rehabilitation patients. Eg. Pulmonary Rehab, Physio etc
- Is service engagement at Sports Facility easier for Patients?
- Will Patients continue with other Sport facility services? (Increased physical activity)
- Do health services at this location help reduce social isolation?
- Do patients find information on self-referral health services useful at a Sports Facility?
- Patient/staff/colleague experience?
- Does the shared site stimulate more collaborative opportunities?
- Are there learnings that we can spread to other areas of the city?

# Project & Timeline



## What worked

18 months is a good amount of time to explore options for services to trial new ways of working and time to embed.

Taking this test further ahead of schedule due to rapid improvement projects such as Aberdeen City Vaccination Centre and other Health and Wellbeing Hubs development.

“Free” to hire/ use allowed options for services to test the site at minimal risk.

## Challenges

Initial slow start due to timing of services remobilising after pandemic period.

Project Manager role changing and conflicting priorities.

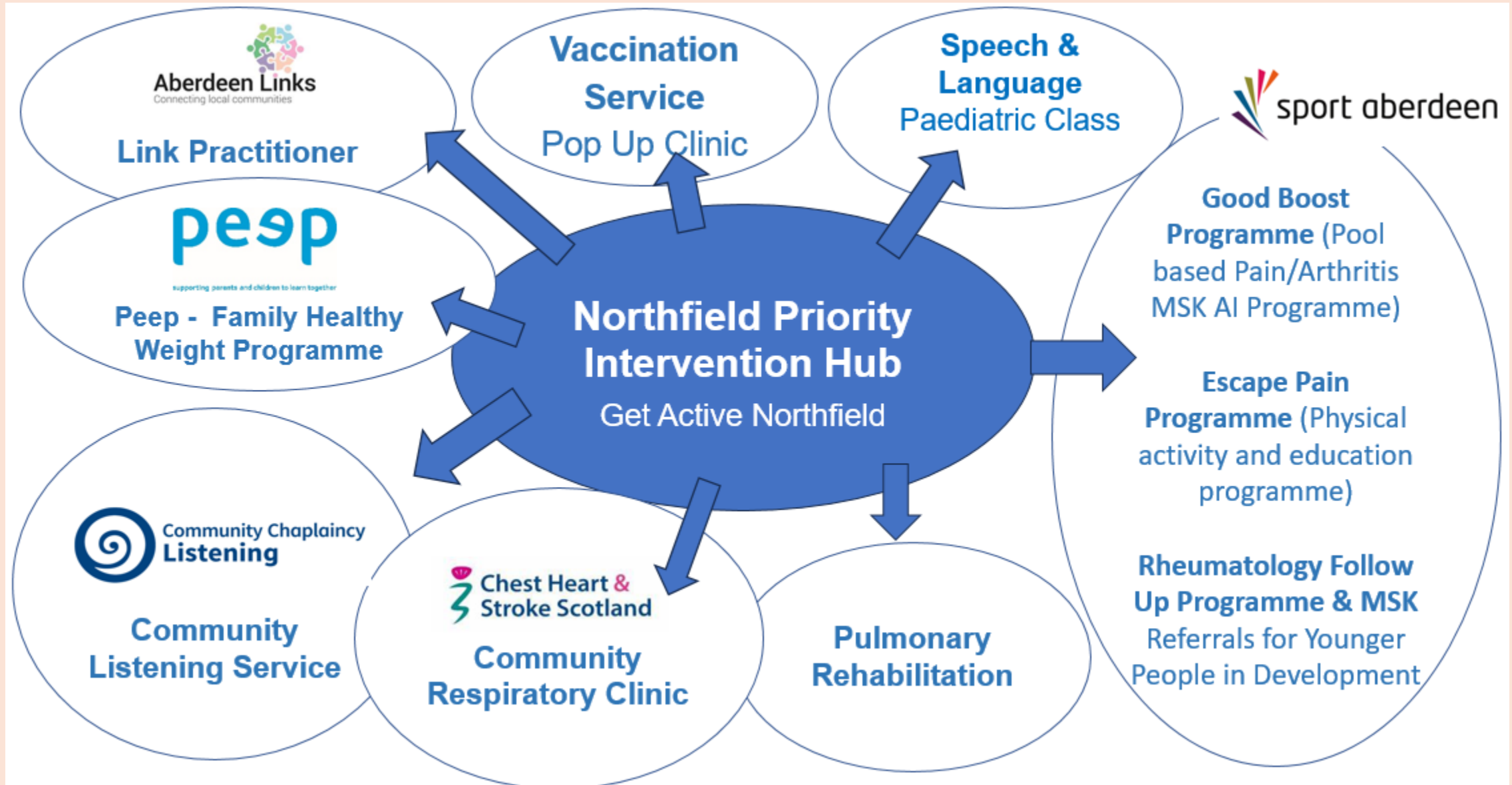
Modest evaluation and impact reporting, however recognition of small improvements with potential lasting impact.

## Learnings

June 2023 was a turning point moving from single project to shift to other Priority Intervention Hubs/ Health and Wellbeing Hubs. Sharing learnings and resources to support each hub based on need.

Services with self-referral options have better and good uptake as much as referred services.

# Services that have utilised the space



# Healthier Families

## PEEP Pilot 10-week programme



### The Pilot

- Child healthy weight agenda and local action being steered through Healthier Futures strategy
- Making use of what the City has adopted for its parenting programme by adapting existing plans vs Henry approach
- 10-week programme delivered and evaluated with consideration for next steps
- Work in partnership with Early years partners to discuss development of 'Shared Outcomes'

### The Plan

- 2 HIO's to be trained in Peep delivery
- Work with Peep Coordinator to draft a 10-week programme to be called 'Healthier Families' this incorporated a range of healthier living massages
- Venue secured with Sports Aberdeen in the Health and social Care Partnership room
- Group size 8 families with toddlers aged 1 -3 years (Facebook recruitment ,we had a waiting list!. 2 families referred but did not turn up to the session)

# PEEP Healthier Families The Outcomes



## 1. Behavior change with opportunities to: Get active

*"Before this group I would have walked and not taken her out of the pram I just needed to get from A to B . After the activity session i realized what we can be missing out on so have taken the opportunity to play in the cherry blossom and be more mindful in the moments with her."*

*"We had never been to our local pool, now we visit all the time"*

*" We have reviewed our Screen time"*

## 2. Behavior change with opportunities to: Make healthier food choices

*Our what's app group saw Families introducing different foods at home such as baby cucumbers, mango and broccoli. The post evaluation questionnaire saw improvements with regards to sugar intake for parents and children.*

## 3. Behavior change with opportunities to: use positive praise

*We recognized a real shift in effectively delivering praise, one mum and her little one were beaming when she recognized the difference it made to their relationship.*

### **Speech and Language Therapy**

Speech and Language Therapy 12 weeks programme at the start of the test of change was the first session booked into the Health and Wellbeing Hub for this project. This enabled the service to hold a paediatric class within the local community for the first-time face to face since the pandemic. This group decided to move to Sheddocksley as they saw it as a better fit for uptake and needs.

### **Community Listening Service**

Longest standing booking for the test of change the Community Listening services has had weekly half day bookings from the beginning of the project, numbers started slow at Community Listening Service at Northfield, and although we do not have exact figures coming through the service we have heard that people are finding it easier and more accessible to meet to talk at this venue rather than at a "clinical setting". Numbers have increased steadily over the year and the Community Listening service has been able to enquire about increasing volunteers for using the site at Northfield just recently. The learnings from this setting has led to looking to replicate this in Tillydrone and Greyhope Community Hubs.

### **Link Practitioners**

Currently the Aberdeen Link Practitioners has a booking weekly, seeing GP Referrals and 1:1s. However also starting a small partnership pilot with RGU, Sport Aberdeen and our own Wellbeing Coordinator for North Locality. Sport Aberdeen, ASV and RGU Sport are each offering 10 x 3-month memberships and the link practitioners will refer patients into the programme. Offering support, wellness checks, gym programmes and access to fitness classes, swimming and gyms. Using Get active @ Northfield as one of the pilot venues. Links Practitioners have also utilised the space as their monthly meeting area, for general meetings and shared learning opportunities.

### **Vaccination Pop Up Clinic**

While bringing this test of change in line with the work being undertaken at the Bon Accord Centre Aberdeen City Vaccination and Wellbeing Hub. We used Northfield Community Room as a reactive site to support uptake in vaccinations in the area, as well as awareness raising of the services connecting with all our "Health and Wellbeing Hubs".

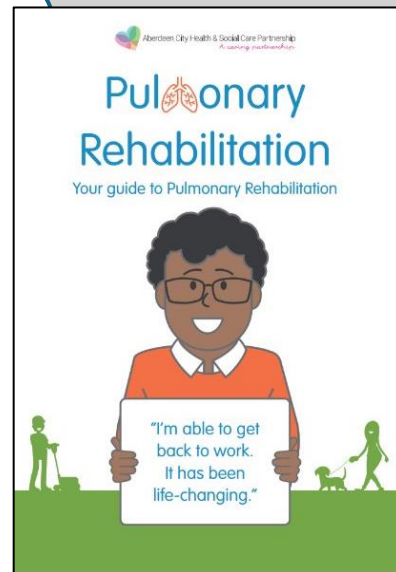
### **Community Respiratory Team and Clinic**

This was delayed but Northfield earmarked from the beginning to be a point of services for this team. Clinics started one day per week, towards the end of 2023, however this has already increased to 1 ½ days per week. Feedback from the team suggests the room is perfect for the team's requirements and good feedback from patients about the Clinics location too. This is a good linking service into Physical Activity and promoting Sport Aberdeen Active Lifestyle classes, as well as Pulmonary Rehab.

# Pulmonary Rehabilitation

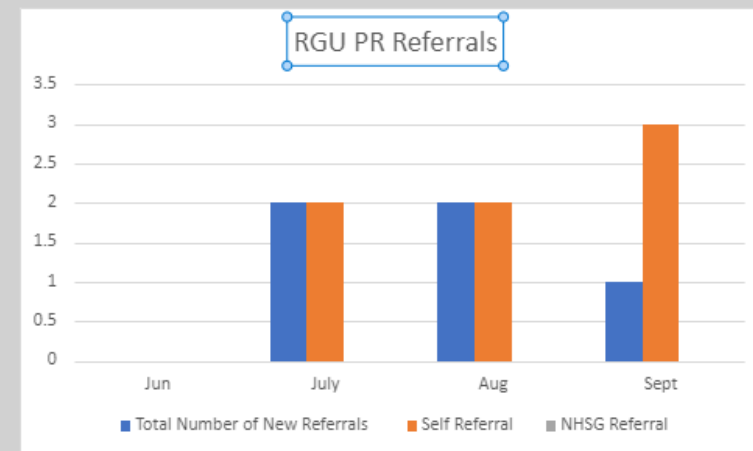
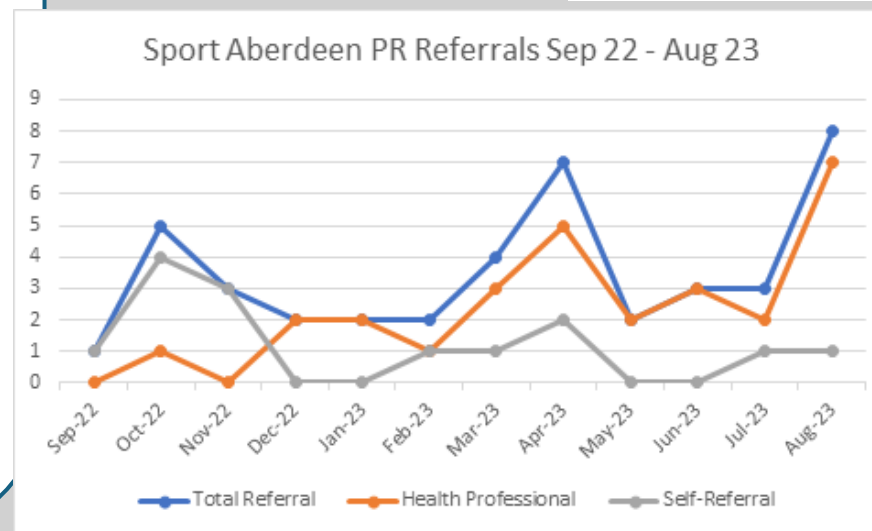
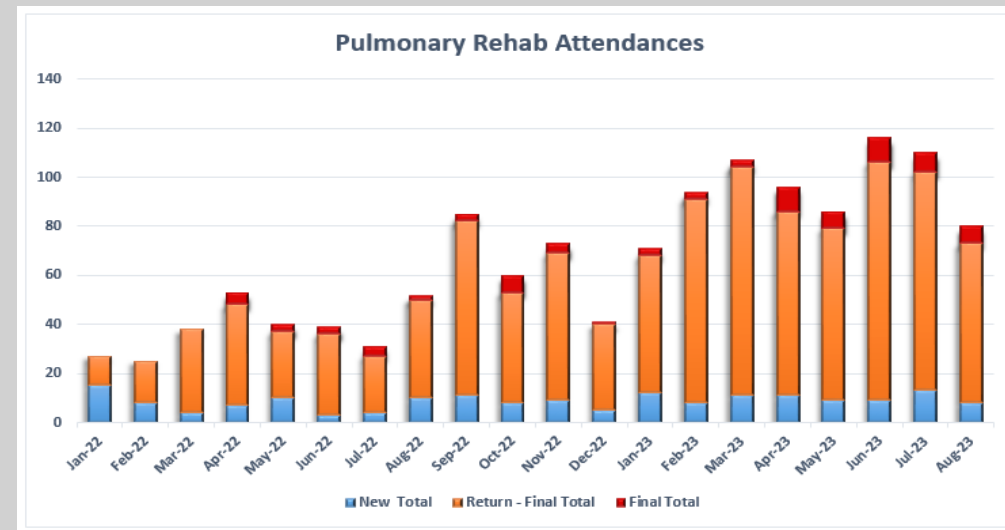
Another long standing booking has been the Pulmonary Rehabilitation classes and assessment. The ACHSCP Physiotherapy Team deliver face to face classes at Northfield Health and Wellbeing Hub and Studio space providing class space and assessment areas two half days per week. Classes also delivered at Westburn alongside Sport Aberdeen colleagues.

Bringing alongside likeminded projects, this linked in very well with the COPD Project within the LOIP. Outcomes for this project includes continued increase of Pulmonary Rehab referrals and sustained attendances. Self-Management options and referred services all in one place with the partnership leaflet, giving patients options to go to Sport Aberdeen Active Lifestyles breathing conditions programme or the RGU Student led Pulmonary Rehab classes too. Both these services saw increase in referrals since the production of the leaflet – another positive outcome of partnership working and colocation of services/ information.



Stretch Outcome 11 - *Healthy life expectancy (time lived in good health) is five years longer by 2026.*

LOIP Project 11.8 - Refer 20% of people living with COPD or other respiratory conditions into specific PR physical activity and other support programmes delivered in community settings by 2023.





# Partnership Working

## Good Boost

Good Boost Aqua Move programme aims to improve the lives of people with musculoskeletal conditions, through gentle water-based exercise in a fun and social environment. These aquatic rehabilitation sessions are individually tailored using the Good Boost App, which allows participants to progress through their exercise programme and their own pace. Get Active @ Northfield was the first pool in Scotland to introduce the programme in April 2023, removing the barrier of accessing specialist hydrotherapy provision for those who were able to attend a community-based class. Get active @ Northfield now holds 5 x Good Boost Aqua Move classes per week.

Over 75 individuals have been inducted into the programme and 95% of those have reported that the classes have helped them have maintain or improve their condition.

In April 2024 Good Boost Land classes will be added to the programme, offering circuit style classes in the fitness studio which are tailored to meet individual needs through the use of the Good Boost App.



good boost

## ESCAPE-Pain and Rheumatology

Following on from the success of the Good Boost project and in conjunction with NHS Grampian Charities, Sport Aberdeen will introduce the ESCAPE-Pain programme at Get active @ Northfield from April 2024. ESCAPE-Pain is a group rehabilitation programme for people with chronic joint pain that integrates self-management and coping strategies with a tailored exercise programme. This work will contribute to the LOIP Chronic Pain project.

In addition to this, we will continue exploring options to work more closely with the NHSG Rheumatology department and their patients.



## Adult Weight Management & Type 2 Diabetes

Sport Aberdeen are working with NHSG Dietetics department, with a view to helping deliver a community-based adult weight management intervention called Counterweight. The 12-week programme would offer physical activity combined with nutritional education and builds on previously piloted work. Counterweight will offer a Tier-2 community based self-management intervention as part of the adult weight management pathway.

# Project Outcomes

1. **Can we increase uptake on rehab programmes and continue engagement?**
2. **Will increased engagement help decrease exacerbation episodes of symptoms for Rehabilitation patients. Eg. Pulmonary Rehab, Physio etc**

Both the Pulmonary Rehab classes and Community Respiratory Clinics are in place at GetActive@Northfield Health and Wellbeing Hub. The main objective of the Community Respiratory team is to support patients within the community and prevent exacerbations and attendances to ARI, helping **keep people safe at home**, creating more opportunities to be treated within Community Facilities and **Preventing Ill Health**.

Pulmonary Rehabilitation classes referrals, self-referrals and attendance have increased, and attendances at GetActive@Northfield has supported this throughout the LOIP Project. This partnership working has taken further steps to make sure that all pathway routes to Pulmonary Rehab support is in one place with a leaflet now being distributed at diagnosis point, annual reviews and any information point available.

3. **Is service engagement at Sports Facility easier for Patients?**
4. **Will Patients continue with other Sport facility services? (Increased physical activity)**
5. **Does health services at this location help reduce social isolation?**

We can't be 100% clear that attending services at the Sports Facility is easier for service users, however this project has shown where it can have its advantages and support for further support and self-sustaining support. Community listening services have had feedback that it is better than attending a clinical environment to attend a listening service, being a more open relaxed atmosphere. Links Practitioners often find that their service users find it easier to attend appointments with them outside of the Medical Practice, and for those that have been socially prescribed for social isolation, more physical activity etc this space provides the opportunity for the Links Practitioners help those take the first step to different places or classes. Being in the place where you are receiving Pulmonary Rehab Physio led classes it makes it easier to explore self-sustaining support from the Active Lifestyles programmes being delivered in the same place or facilities. Group activities such as Pulmonary Rehab Classes and the PEEP Healthier Families pilot did connect families and peers supporting those who may feel isolated because of circumstance or condition.

6. **Do patients find information on self-referral health services useful at a Sports Facility?**

We have a number of leaflets and information available at the GetActive@Northfield site, however we recognise we haven't consulted further on what information people would like to further see at the site. Stay Well Stay Connect AGILE Brochure has been a keen favourite, and further work with Public Health and Health Point will further enhance self-help and information of self-referral services

# Project Outcomes

## 7. Patient, Staff & Colleague experience?

Small project team that has worked together to pull together these services and prepare the infrastructure and space available have built a good working relationship.

We have built on opportunities to collaborate on training opportunities. Support Northfield becoming a Breastfeeding friendly venue, and delivering Making Every Opportunity Count MEOC training to both ACHSCP and Sport Aberdeen staff.

ACHSCP and Sport Aberdeen have always worked as partners, however this project has taken these steps further helping streamline processes and remove barriers for better collaboration opportunities. We continue to ask for patient feedback through the services utilizing the space.

## 8. Does the shared site stimulate more collaborative opportunities?

There has been so many opportunities that has stemmed from this project. The initiation of this project was under the “Community First” objectives from the pandemic period, since then however we have been able to recognise that similar objectives we have with the Aberdeen City Vaccination and Wellbeing Hub gave a natural opportunity to collaborate and look at the partnerships next steps for “Priority Intervention Hubs”.

Pulmonary Rehab project and shared information has supported the same outcomes to come in the next round in the refreshed LOIP Projects, this time concentrating on the Chronic Pain pathways and supporting with referred services and self management programmes and initiatives.

Sport Aberdeen, ASV and RGU Sport are each offering 10 x 3-month memberships and the Link Practitioners will refer patients into the programme. Offering support, wellness checks, gym programmes and access to fitness classes, swimming and gyms. Using Get active @ Northfield as one of the pilot venues.

## 9. Are there learnings that we can spread to other areas of the city?

This project has help initiate the Priority Intervention Hubs Model and what we can explore for services across the city. There is now a Priority Intervention Hub group meeting regularly to share experiences, resources and opportunities. We have available a number of sites where we can deliver community services. Healthy Hoose at Middlefield, Tillydrone Community Hub, Greyhope Community Hub and Bon Accord Centre and coming soon Countesswells.

Our next steps will layout how we plan to brand the Priority Intervention Hubs as our Health and Wellbeing Hubs in line with the rename of the Aberdeen City Vaccination and Wellbeing Hub at Bon Accord Centre.

# Project next steps

ACHSCP and Sport Aberdeen have agreed to move this project to Business as Usual with annual review of venue hires and benefits of collaborative working, streamlining administration processes and accessibility for cross workings across all venues.

Services to continue delivery into 2024/2025, current timetable has two ½ spaces available, looking to new community projects or test of change to utilise the space in between continued services.

More emphasis on Health and Wellbeing Hub branding and making sure there is a consistent approach to make this recognisable for patients and services users. Information points and various service available based on local need.

Building on the learnings and opportunities from this other projects. Continuing through Priority Intervention Hub Group – now to be called the Health and Wellbeing Hubs Group.

