

## Exercise Referral Summit Meeting: Evaluation - Event Summary

2<sup>nd</sup> July 2019, 10.00 – 13.00

Rose Hill Community Centre, Carole's Way, Rose Hill, Oxford, OX4 4HF

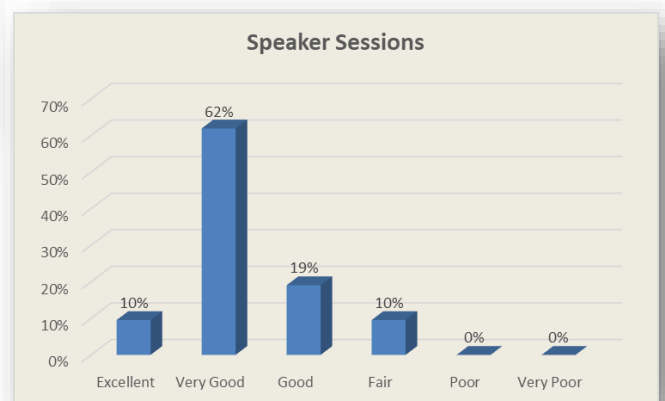
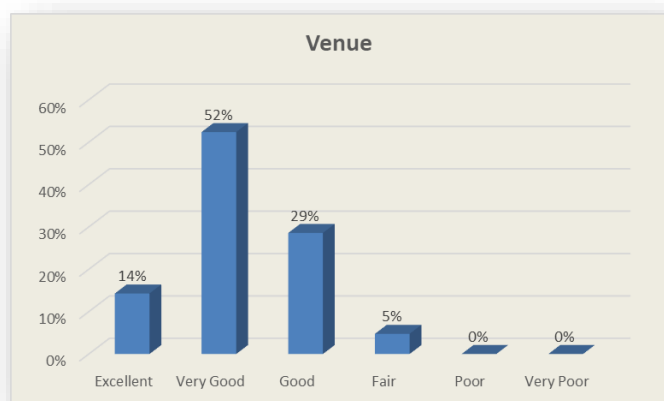
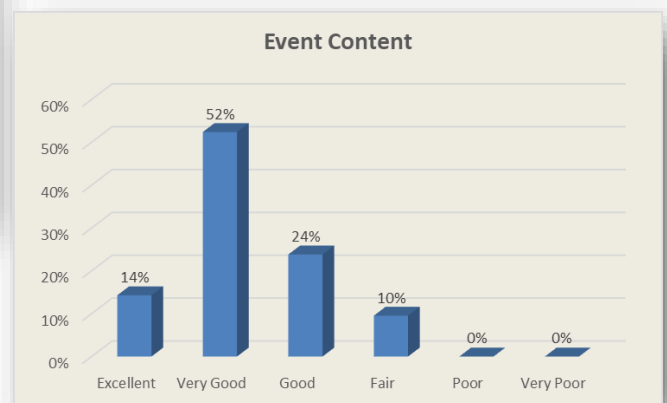
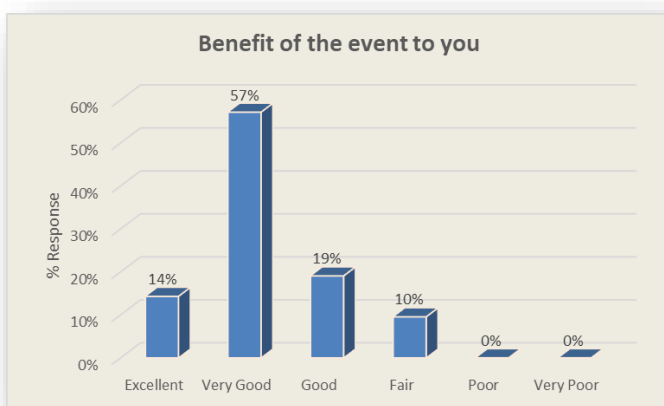
**Attendees:** Total 41 attended including AO x 5 (5 not originally on the invite list).

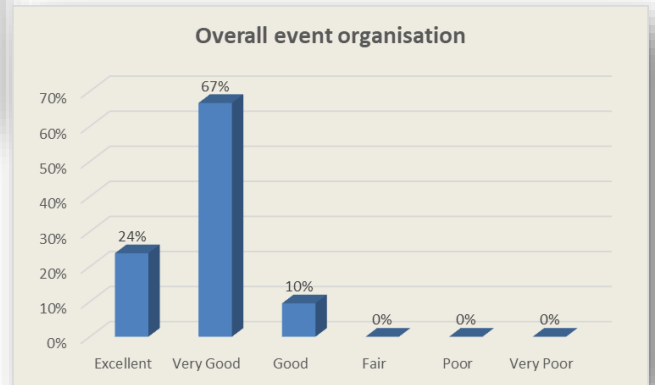
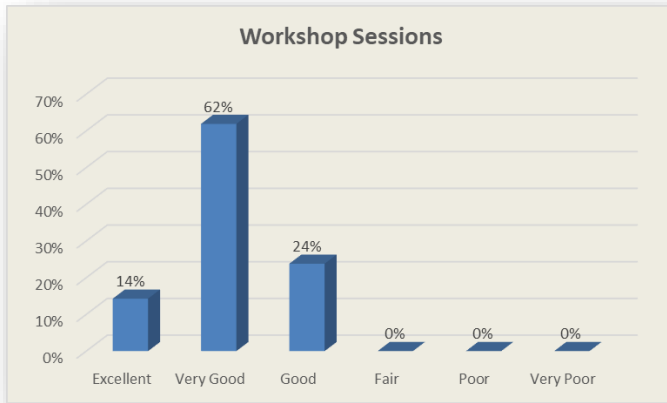
S-Name	F-Name	Position	Organisation	Attended
Barnett	Tracy	Lead Physio, Active Hospital Team	OUH	✓
Boult	James	Head of Service	Achieve	✓
Brivio	Paul	CEO	Active Oxfordshire	✓
Burson	Julia	Sports Development Manager, City of London	Fusion	✓
Byrd	Erin	Lecturer, Sport & Exercise Science	Oxford Brookes	✓
Carter	Emily	Exercise Referral Instructor - SOL	Park club	✓
Claydon	Richard	Group H&WB Manager	SOL/Parkclub/Escape Pain	✓
Dale	Cath	Leisure Development Officer, S. Ox.	S & V.	✓
Didcock	Liam	Contract Manager	Contract Manager	✓
Druce	Hannah	Exercise Physiologists	OUH	✓
Eicker	Frauke	External Engagement Consultant	Achieve	✓
Fuller	Emma	Lead Social Prescriber	OxFed	✓
Galvin	Vicki	Sport & PA Manager	Oxford City Council	✓
Hagues	Emma	Health Improvement Practitioner Advanced	Here for Health, OUH	✓
Holden	Annie	Strategic Relationship Manager	Active Oxfordshire	✓
James	Maggie	Health Inequalities Lead	OCCG	✓
Kelly	Brenda Dr	Consultant Obstetrician	OUH NHS Foundation Trust	✓
Macpherson	Milly	Oxford University Hospital NHS Foundation Trust	CAB	✓
McBride	Christine	Clinical Exercise Physiologist, CR, JR Hospital	OUH	✓
McKay	Anna	Marketing Manager, Generation Games	Age UK	✓
Power	Andrew	Health and Wellbeing Manager	Swim England	✓
Redknap	Cihan	Social Prescriber Lead	Hedena Health	✓
Rowland	James		Talking Space	✓
Salmon	Jane	Clinical Lead Oxfordshire Community Diabetes Service & Non-Medical Prescriber	OUH	✓
Sillence	Annie	Physical Activity and Wellbeing Coordinator	MIND	✓
Smith	David	Active Oxfordshire Trustee	AO	✓
Smith	Janette	Health Improvement Principal	PH	✓
Strutt	Sam	Healthwise	GLL	✓
Swan	Paul	Commissioning Lead MSK & LTC	OCCG	✓
Tappin	Lucy	Physical Activity Manager	Active Oxfordshire	✓
Tucker	Emma	Phyiotherapist clinician	Oxford Health	✓
Walsh	Hazel	Coaching & Workforce Manager	Active Oxfordshire	✓
Westaby	Stephen Prof.	Cardiac surgeon and author, Oxford		✓
Willetts	Samuel	Exercise Physiologists	OUH	✓
Windsor	Stan	Exercise Scientist	Oxford Brookes	✓
Wright	Peter	Programme Lead, Sport; Faculty of Health and Life Sciences	Oxford Brookes	✓
Richens	Mandy			✓
Flexen	Sara			✓
Knowles	Hendriette			✓
Garrett	Becky			✓
Westaby	Mark			✓
			<b>Total</b>	<b>41</b>
			AO	5
			Partners	36

## Evaluation Form Feedback Analysis:

Evaluation	Exc. / V. Gd	Good	Fair
Benefit of the event to you	71%	19%	10%
Event content	67%	24%	10%
Venue	67%	29%	5%
Speaker sessions	71%	19%	10%
Workshop sessions	76%	24%	0%
Overall event organisation	90%	10%	0%

## Section A: Detailed analysis:





## Section A Comments:

### A. Comments

#### 1. Benefit of the event to you

Good to establish links with other professionals

Networking - finding out who's involved.

Our part may be fairly small - involved in exit routes / activities provided, but good to be part of process.

I would have liked more info about the current scheme at the moment - how many people were being referred, where in the county etc.

Network. Joint space to share; involvement / engagement from wide experiences / roles; find out what's going on/ others experiences -

Good to interact with other key agencies.

Good networking opportunity to meet some of the leisure providers.

Networking. People keen to get involved / improve the current situation.

Don't know much about exercise referral & still a bit confused.

#### 2. Event content

Felt rushed. Some presentations less relevant - more focused on key messages. More workshop time.

Particularly poignant was Ox Brookes' input on health system in Germany.

Particularly enjoyed P. Wright and views on how very different society can be.

Well set out content looking at previous schemes, current need & good workshop time.

Good mix of workshops and presenters. Just ensure work produced is used to inform future work.

Good range of people from various organisations.

Maybe a bit too much blue sky thinking for me.

#### 3. Venue

Bit hot!

Easy to access. Parking (free). Light, spacious room, clean facilities.

Clean, bright, airy.

#### 4. Speaker sessions

Shame Peter Wright was cut short.

Passionate, clear, thought-provoking.

I would have appreciated more of a background on Ex Ref & timeline & where we are now, what the future holds.

## 5. Workshop sessions

Most useful aspects for me.

Productive; share; learn.

Good idea in general (very good); summarising across the room not so great.

Good to have discussion along with others working within AO. Be nice to have more of these type of sessions.

Useful, great to get ideas on how to move forward and what ideally a scheme would look like.

## 6. Overall event organisation

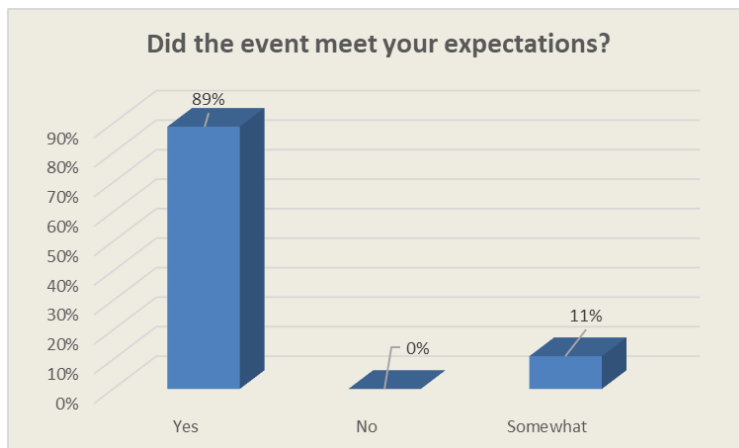
All very seamless

Given this was health event, was surprised at no catering of healthy snacks afterwards, or dairy free options of milk.

Event was cohesive and aim & intention of the event was easy to understand.

Timely.

## Section B. Analysis



## Section B Comments:

### 1. Did the event meet your expectations?

Different to what I expected - the process is more in its infancy than I'd realised.

Yes - but also depends on what happens next.

Was really beneficial to have multiple organisations in one room.

Somewhat - thought more time would be spent on workshops.

Good overview of issues / challenges & evidence.

Useful information provided & useful ways gaining of information.

Very helpful for progressing ER and meeting new contacts.

Good content.

## 2. Would you like to be involved in future development, if yes, how?

Quarterly workshops to be sure information we have is up to date also keeping up with changing circumstances

As far as can be - our role is as community referral route to GAGH+Health walks but also keen to see Fusion improve their traditional EoR offer. then empower patients to exercise /remain active.

Patients - they should be involved & it would be good to hear from some of the service providers about what the support they give actually looks like.

Not sure - would need to know more about what would be involved / what's needed. Probably others better placed than I am to contribute.

Task & Finish group

Not sure yet.

Yes in the (re)design of what is currently offered

More meetings / taskforce about how we can move the scheme forward & have a clear single point of access / referral.

Name added to the list. Thank you.

Yes - Task & Finish group

Communication of new processes. Be part of how referral is streamlined and 1 point of contact.

More of these group sessions to bring us all together as we are all trying to get more people more active. We should all be the same (operating) in I would like to be kept informed but not sure how much I would be able to commit.

Yes happy to be involved in any steering group to take it forward.

## 3. Any other comments?

Got the county on first step of being connected. Thank you. Interested in what next steps look like/ what's acted on.

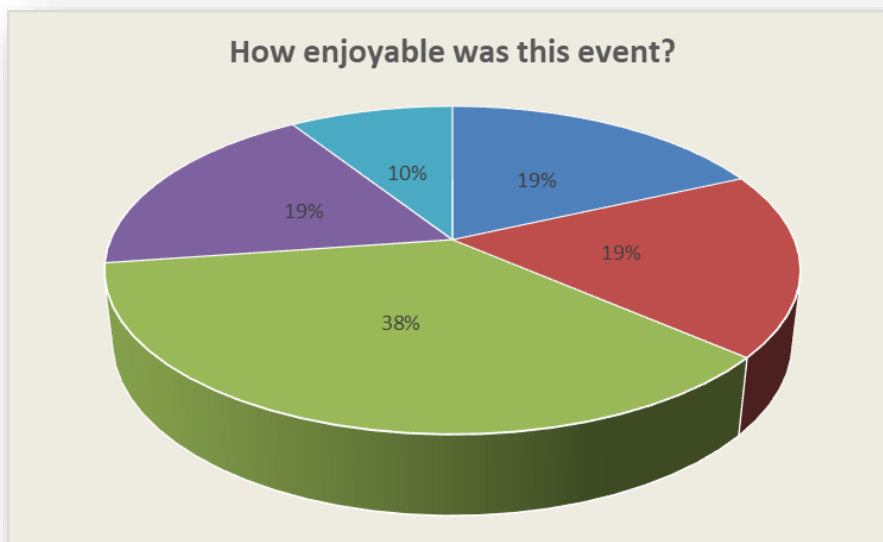
It would be great to get some input on ongoing development of this scheme for all the participants of today.

Really enjoyable morning.

As discussed: building partnerships with patient groups, e.g. condition specific champions / ambassadors & to include representation from

Need to have one organisation to take leadership - Active Oxfordshire.

## Section C Analysis:



Responses Key	
No.	%
6	19%
7	19%
8	38%
9	19%
10	10%

**Names of those interested in working with us:**

<b>Name</b>	<b>Organisation</b>
Erin Byrd	Oxford Brookes
Christine McBride	Cardiac Rehab, JR
Brenda Kelly	5k Your Way / Cancer Fit / Exercise in Pregnancy
Janette Smith	OCC
Maggie James	OCCG
Mandy Richens	Age UK
Cihan Redknapp	Hedena Health and Manor Surgery
Frauke Eicker	Achieve
Annie Sillence	Oxfordshire MIND
Julia Burson	Fusion
Emma Tucker	Pulmonary Rehab Lead, Oxford Health
Richard Claydon	Park Club
Tracy Barnett	Active Hospital Pilot, Moving Medicine
Sarah Flex	Social Prescriber, Hedena Health
Cath Dale	SODC / WWHDC
Anna McKay	Age UK
Vicki Galvin	OCC