

MOVE Together

6 MONTH REPORT

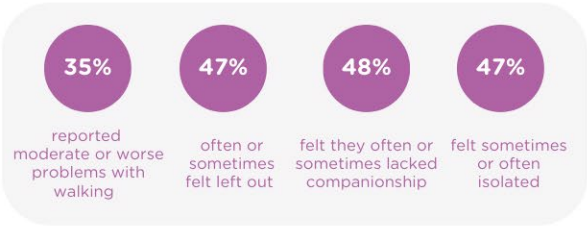
Move Together (MT) has been funded by Oxfordshire County Council since 2021 and provides a supportive pathway for people across Oxfordshire to become more active. Move Together is coordinated by Active Oxfordshire in partnership with Oxfordshire’s District Councils.

Executive Summary: July – December 2022

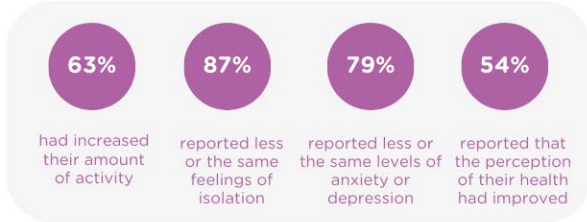
MOVE Together 6 month report July - December 2022



Of those having an initial assessment:



Following the 3-month reviews:



Age & Gender



Nearly **700** different classes, activities, information packs, resources, walks/ trails and discounts for leisure centre activities, and support services (e.g., Mental Health support) are available via the Move Together platform.

63% of those having a 3-month review had increased the amount of activity they were doing

Walking groups and trails were signposted **672** times

116 people received support via Move Together support groups or buddies

Social clubs and groups to reduce isolation and loneliness were signposted to **133** times.

Of those referred to MT, the most common reasons for referral were

- Mental Health
- Obesity
- Diabetes
- Respiratory condition
- CVD
- MSK

Long term health conditions

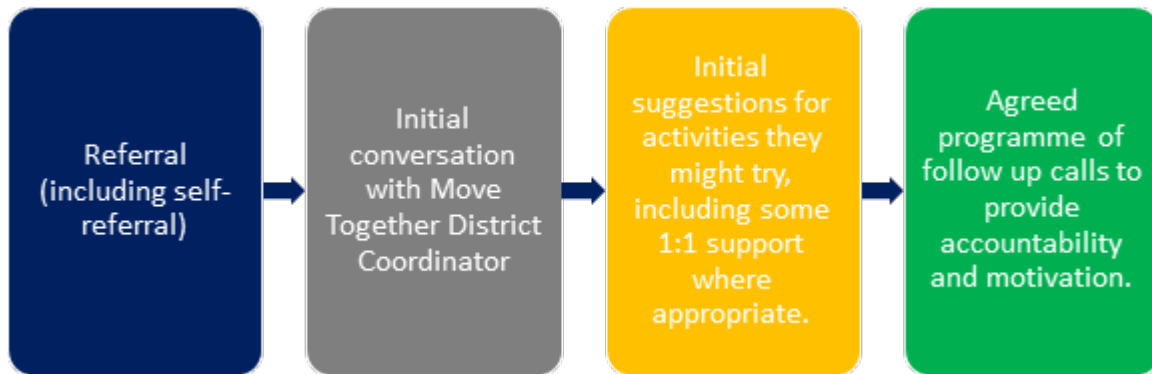
75% of people having an initial assessment with Move Together between July and December 2022 had at least 1 long term health condition (LTHC). 42% had two or more long term health conditions.

The most commonly cited **benefits** were having more energy and improvements in:

- Strength
- Balance
- Confidence
- Mobility
- Weight loss
- Sleep

The Move Together Pathway includes a referral or self-referral route for those with long term conditions, mental health issues, those who are at risk of falls or who are struggling with pain and would benefit from increasing their activity levels.

A district coordinator assesses participants' needs and preferences and provides appropriate physical activity advice, behavioural support and signposting to an appropriate physical activity offer as required. The 'offer' includes a menu-based approach including home activity support, digital options, community activity and specialist exercise interventions.



DEVELOPMENTS SINCE JULY 2022

The Move Together pathway has been in place since June 2021. An evaluation of the development of Move Together and its impact during the period June 2021- June 2022 has been provided. This report covers the period 1st July- 31st December 2022 and is an update on the pathway delivery, activity, and outcomes.

Since 1st July 2022 the following activities have been undertaken:

- A Deep Dive Move Together outcomes report was written during July 2022 and shared with District Teams and Public Health. The report outcomes reinforce the purpose of the pathway in aiming to '*support participants who have long term health conditions, are at risk of falls, or who are struggling with pain or mental health problems to increase their levels of activity*'.
- The Move Together pathway has been reviewed and a consistent pathway and model of service across districts agreed. The agreed model as of July 2022 is:
 - o Initial Assessment.
 - o Up to 3 follow up sessions.
 - o Final session which includes 3-month questionnaire.
 - o Note: There will be some flexibility in the model, however, to ensure equitable access to the service a maximum of 10 sessions (including Initial Assessment and 3-month review) can be provided.
- The Move Together business case for post April 2023 was written and funding for the year 2023/24 has been secured from Public Health, Oxfordshire County Council and the Integrated Care Board, Better Care Fund.
- Go Active Get Healthy Diabetes has been incorporated into Move Together ensuring a streamlined referral process for professionals and participants.
- Following the review of the pathway delivery and input from district colleagues the following Move Together KPI's were agreed:

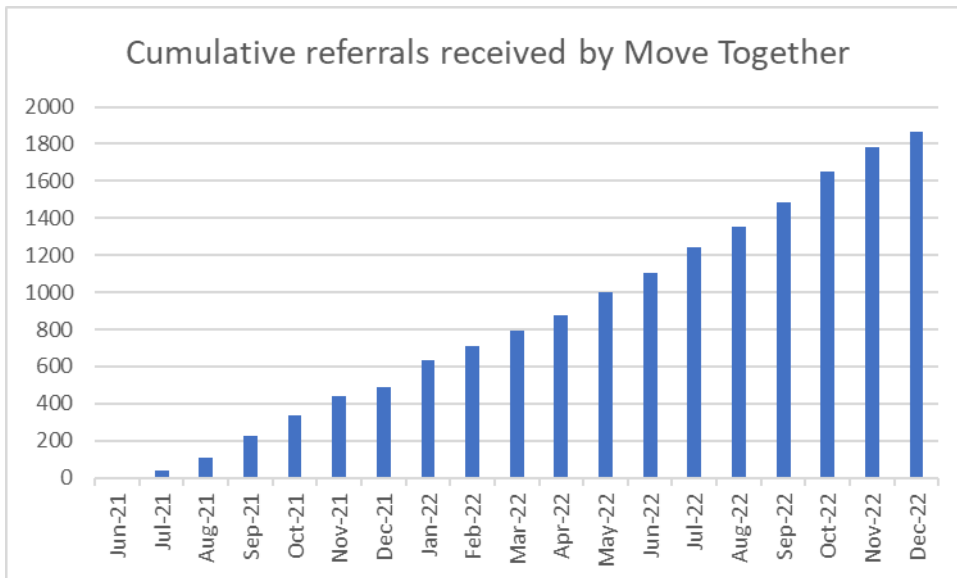
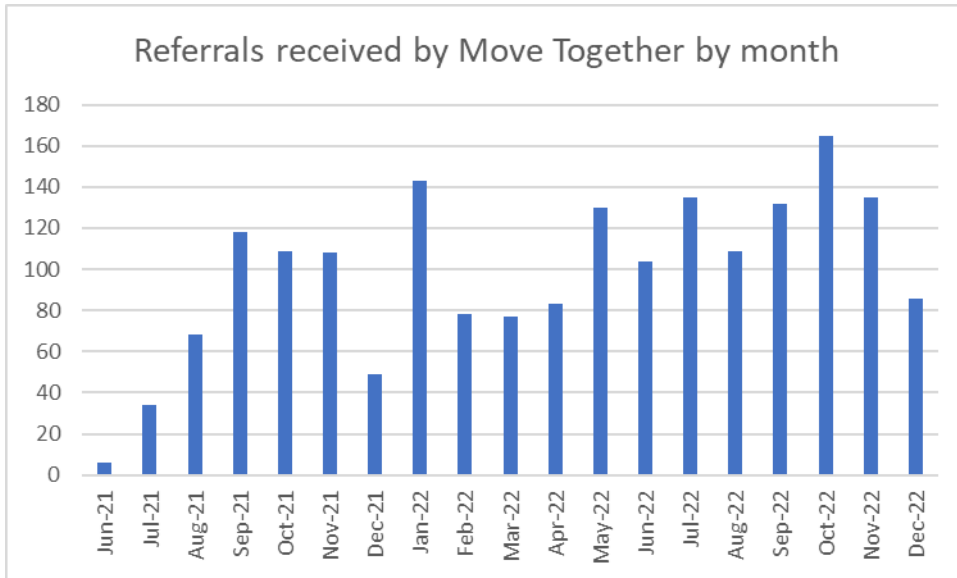
- To continually demonstrate the impact of Move Together and collect stories of difference from participants and referrers, using qualitative case studies, events, and storytelling approaches.
 - To deliver 300 new Initial Assessments per district per annum (25 per month) and ensure successful capture of participant information at baseline and 3-month stages.
 - To maintain a 28-day maximum waiting time from enquiry to Initial Assessment.
 - To target 60% of those receiving Initial Assessments and remaining on the programme for 3-months to complete a 3-month review.
 - For 75% of those entering the pathway to have a successful outcome from the support provided, which includes being managed and graduated within the 3-month period and/or receiving ongoing support to continue being active.
 - To ensure that 3-month reviews are carried out within 4 months of an Initial Assessment being completed, to fully capture the impact of the support provided by Move Together.
- The Move Together platform has been updated to ensure that it best supports the standardized pathway and provides richer data for evaluation.
 - A joint bid was successfully submitted to Public Health between Move Together and Age UK Oxfordshire, for a new Falls Prevention Pathway '*Stay Strong & Steady*', that builds on the strengths of the existing programmes. This will see the introduction of new strength & balance courses delivered by Age UK and will include the Otago programme, training & upskilling of workforces and increased routes into Move Together to provide wider signposting to activities.
 - Ongoing promotion of the service has continued, direct to the public via Google Ads and the updated website, Facebook ads, posters, leaflets, and attendance at events. At district level, numerous events and connections have been made including:
 - In Oxford City Move Together has been promoted to residents of sheltered living accommodation.
 - Move Together drop in stall at the Didcot Library with information on Move Together and local classes and services available.
 - New weekly Move Together class started at Millcroft Home in Wallingford.
 - Age UK Chatterbox events in Chipping Norton & Witney.
 - Move Together Cherwell hosted International Day of Older Peoples Event (IDOP) in Banbury in partnership with Age UK, Oxfordshire Fire & Rescue & Trading standard.
 - Work has been undertaken within the districts to promote Move Together to health and care professionals.

The range of activities and support available continues to grow. Key developments include:

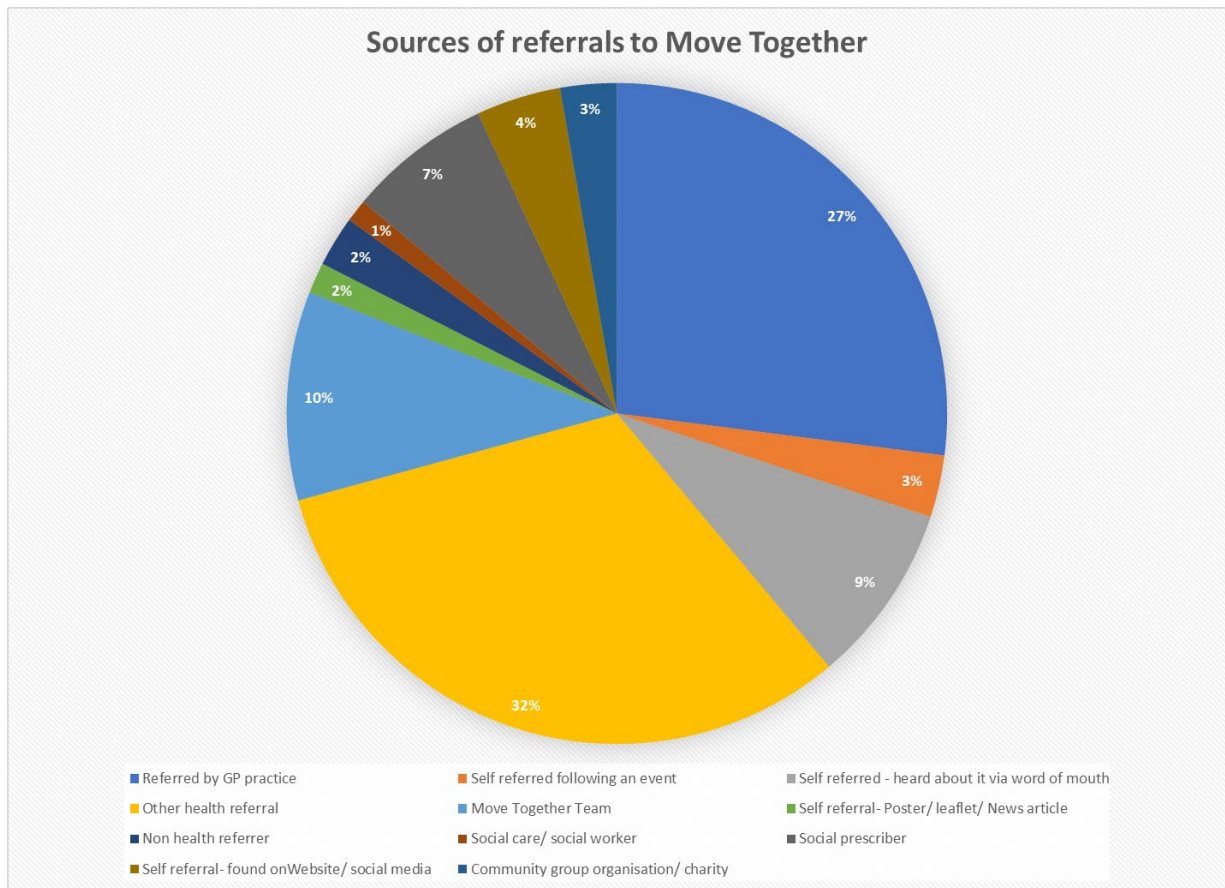
- Buddy arrangements in Cherwell, which are helping Move Together participants stay motivated.
- Facebook support groups for Move Together participants in Oxford City.
- Pre-hab classes for people who have long waits for elective surgery.
- Move Together classes delivered in care homes, helping whole homes get active.
- New seated exercise classes in West Oxfordshire.
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REFERRALS RECEIVED

Between 1st July and 31st December 2022, 762 referrals have been received by Move Together, bringing the total number of referrals since the start of Move Together to 1869.



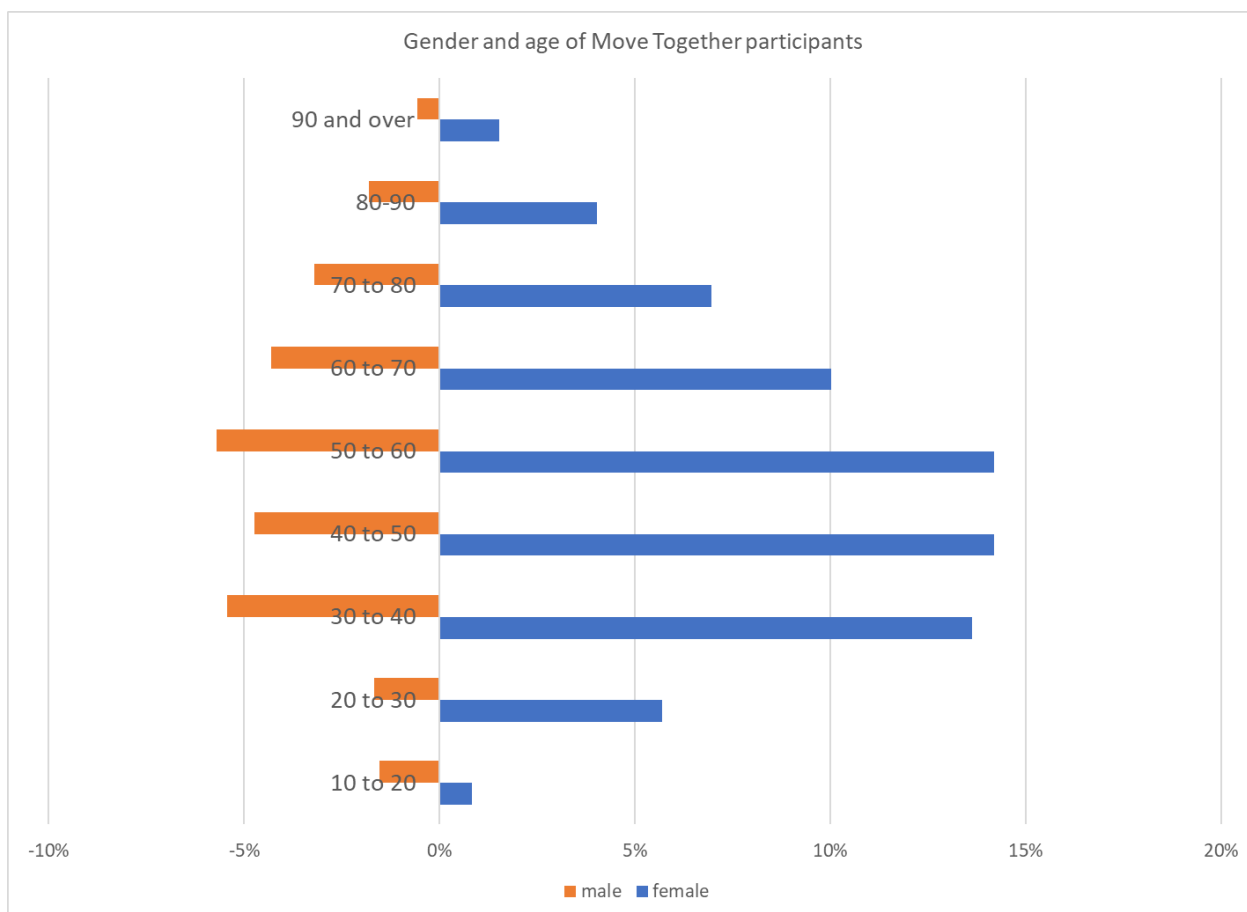
During the six month period July 2022-December 2022, 18% of referrals were self-referrals, the remaining 82% of referrals were made by professionals. 60% of referrals are made by health professionals.



AGE AND GENDER OF REFERRALS RECEIVED

70% of people referred to Move Together are female and 47% are aged over 60, with nearly 70% of participants aged over 50. In total 8% of participants are aged under 30. Of those referred to Move Together and aged under 30 the most common reasons for referral were fibromyalgia, chronic pain, obesity, depression, hypermobility syndrome and mental health.

The following chart provides details of the age and gender of referrals to Move Together. Overall, 71% of referrals to Move Together are female, compared to 29% being male. Given that the prevalence of long-term health conditions such as diabetes and heart disease are higher in men, we would expect the number of referrals from men to Move Together to be higher. This is addressed in our next steps.



ETHNICITY OF PEOPLE REFERRED TO MOVE TOGETHER

19% of people referred to Move Together are from an ethnic background other than White British. As of the 2021 Census 23% of Oxfordshire's residents were from non-white British backgrounds. Given the higher prevalence of diabetes and CHD amongst people from some ethnic backgrounds it would be anticipated that the proportion of referrals from people with a background other than white British would be slightly higher. This is addressed in our Next Steps.

LOCATION OF REFERRALS RECEIVED

Over the 6-month period July-Dec 2022 20% of Move Together referrals have come from the 10 most deprived wards in Oxfordshire. In the next steps section at the end of this document we discuss how we might increase the number of referrals from the most deprived wards (priority neighbourhoods). The below table provides by district the number and percentage of participants by ward, the 10 most deprived wards in Oxfordshire are highlighted in green.

District	Number of Participants	Percentage of Total
Cherwell	223	34.3%
Banbury Cross and Neithrop	25	3.8%
Banbury Hardwick	22	3.4%
Banbury Ruscote	22	3.4%
Banbury Grimsbury and Hightown	20	3.1%
Kidlington East	19	2.9%
Adderbury, Bloxham and Bodicote	17	2.6%
Banbury Calthorpe and Easington	16	2.5%

Cropredy, Sibfords and Wroxton	16	2.5%
Kidlington West	15	2.3%
Fringford and Heyfords	11	1.7%
Bicester West	10	1.5%
Bicester South and Ambrosden	9	1.4%
Deddington	9	1.4%
Bicester North and Caversfield	6	0.9%
Bicester East	3	0.5%
Launton and Otmoor	3	0.5%
Oxford	140	21.5%
Northfield Brook	13	2.0%
Blackbird Leys	10	1.5%
Littlemore	10	1.5%
Rose Hill & Iffley	10	1.5%
St Mary's	9	1.4%
Barton & Sandhills	8	1.2%
Churchill	8	1.2%
Cuttleslowe & Sunnymead	8	1.2%
Headington	8	1.2%
Temple Cowley	8	1.2%
Cowley	7	1.1%
St Clement's	7	1.1%
Hinksey Park	6	0.9%
Marston	5	0.8%
Quarry & Risinghurst	5	0.8%
Osney & St Thomas	4	0.6%
Summertown	4	0.6%
Wolvercote	4	0.6%
Headington Hill & Northway	2	0.3%
Lye Valley	2	0.3%
Carfax & Jericho	1	0.2%
Donnington	1	0.2%
South Oxfordshire	109	16.7%
Thame	21	3.2%
Garsington & Horspath	13	2.0%
Didcot North East	8	1.2%
Didcot South	8	1.2%
Benson & Crowmarsh	7	1.1%
Cholsey	7	1.1%
Wallingford	7	1.1%
Wheatley	7	1.1%
Berinsfield	5	0.8%
Chalgrove	5	0.8%
Didcot West	4	0.6%
Forest Hill & Holton	4	0.6%
Goring	4	0.6%

Henley-on-Thames	4	0.6%
Sandford & the Wittenhams	2	0.3%
Chinnor	1	0.2%
Haseley Brook	1	0.2%
Woodcote & Rotherfield	1	0.2%
Vale of White Horse	90	13.8%
Wantage & Grove Brook	9	1.4%
Abingdon Caldecott	8	1.2%
Abingdon Peachcroft	8	1.2%
Abingdon Abbey Northcourt	6	0.9%
Abingdon Dunmore	5	0.8%
Blewbury & Harwell	5	0.8%
Botley & Sunningwell	5	0.8%
Grove North	5	0.8%
Abingdon Fitzharris	4	0.6%
Hendreds	4	0.6%
Sutton Courtenay	4	0.6%
Wantage Charlton	4	0.6%
Drayton	3	0.5%
Marcham	3	0.5%
Steventon & the Hanneys	3	0.5%
Wootton	3	0.5%
Cumnor	2	0.3%
Kingston Bagpuize	2	0.3%
Ridgeway	2	0.3%
Watchfield & Shrivenham	2	0.3%
Faringdon	1	0.2%
Kennington & Radley	1	0.2%
Stanford	1	0.2%
West Oxfordshire	89	13.7%
Eynsham and Cassington	12	1.8%
Witney East	10	1.5%
Witney South	10	1.5%
Carterton South	6	0.9%
Standlake, Aston and Stanton Harcourt	6	0.9%
Carterton North East	5	0.8%
Carterton North West	5	0.8%
Witney Central	5	0.8%
Witney West	5	0.8%
Freeland and Hanborough	4	0.6%
Woodstock and Bladon	3	0.5%
Bampton and Clanfield	2	0.3%
Charlbury and Finstock	2	0.3%
Chipping Norton	2	0.3%
Hailey, Minster Lovell and Leafield	2	0.3%
North Leigh	2	0.3%

Stonesfield and Tackley	2	0.3%
Ascott and Shipton	1	0.2%
Brize Norton and Shilton	1	0.2%
Burford	1	0.2%
Kingham, Rollright and Enstone	1	0.2%
Milton-under-Wychwood	1	0.2%
The Bartons	1	0.2%

INITIAL ASSESSMENTS

People referred to Move Together receive an initial assessment. During the initial assessment the individual's current activity levels are understood, alongside their current wellbeing, their limitations, activity likes and the aims they want to achieve through Move Together. The Move Together coordinator works with the participant to identify activities that they might want to try (for example seated exercise), whether a home visit from a Personal Trainer is required, information packs that they may require and onward referrals for example to Exercise on Referral or to Age UK. An individualized plan for increasing activity linked to the individual's goals is created. For those who want to continue the Move Together programme, the core programme is 3 months.

Between 1st July and 31st December 2022 652 initial assessments were undertaken. 87% of initial assessments were completed within 28 days of referral. The total number of initial assessments undertaken since the start of Move Together is 1968.

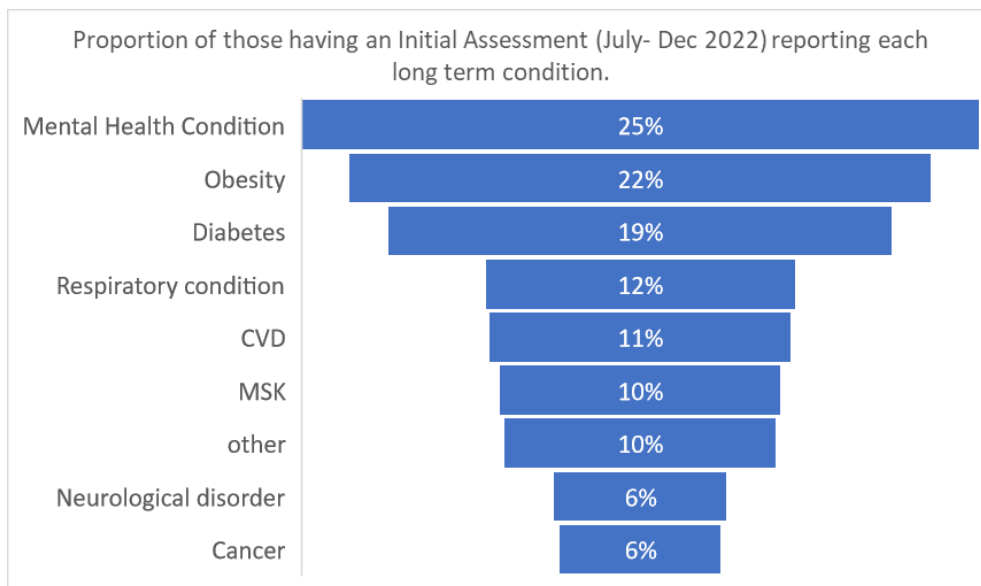
Of the 652 people for whom an initial assessment was undertaken, 90% continued with the Move Together Programme and at the end of December 2022 of the 652:

- 63% are still participating in the programme.
- 26% have completed the programme and graduated.
- 7% either chose not to participate, were not able to participate (for example because they were in hospital or were unwell), or were not able to participate because their health conditions were on the exclusion list.
- 2% became uncontactable and did not graduate.

HEALTH AND WELLBEING OF PARTICIPANTS AT INITIAL ASSESSMENT

75% of people having an initial assessment with Move Together between July and December 2022 had at least 1 long term health condition (LTHC). 42% had two or more long term health conditions.

The following figure gives details of which long term health conditions people reported. The most frequently reported LTHC was mental health conditions, these were predominantly anxiety or depression.



PERCEPTION OF HEALTH AT INITIAL ASSESSMENT

On a scale of 1 to 100, where 1 is the worst possible health people can imagine and 100 the best, the average score for a Move Together participant starting the programme is 54%, with only 23% of those having an IAS ranking their current health as 75% or more.

Of those having an initial assessment:

- 35% reported moderate or worse problems with walking.
- 12% reported moderate or worse problems with self-care.
- 31% reported moderate or worse problems with undertaking their usual activities.
- 39% reported moderate or worse pain.
- 35% reported moderate or worse anxiety or depression symptoms.
- 48% felt they often or sometimes lacked companionship.
- 47% often or sometimes felt left out.
- 47% felt sometimes or often isolated.

ACTIVITY LEVELS AT INITIAL ASSESSMENT

66% of those having an initial assessment were inactive (doing less than 30min moderate exercise per week) and 81% are not achieving recommended activity levels (150min moderate activity per week).

ACTIVITIES PARTICIPANTS WERE SIGNPOSTED TO

Nearly 700 different classes, activities, information packs, resources, walks/ trails and discounts for leisure centre activities, and support services (e.g., Mental Health support) are available via the Move Together platform. Activities are available across Oxfordshire and include a diverse range of offers enabling tailored support packages to be created for individuals to become active.

Between July and December 2022, during the 658 initial assessments and associated follow up conversations, 268 different activities, groups information sources or services were signposted/ information sent out a total of 3718 times. The average number of activities/ information/ resources provided to each Move Together participant is 5.

- Walking groups and trails were signposted 672 times.
- 700 activity and information packs were sent out. There are 18 different activity packs available depending on the participant need and situation.
- Online courses and resources were signposted 133 times.
- 116 people received support via Move Together support groups or buddies.
- 92 home visits were arranged.
- Activity classes including yoga, chair yoga, seated exercise, Zumba Gold, fitness, Tai-Chi and Pilates alongside other fitness groups and classes were signposted 693 times. In total 102 different exercise groups and classes were signposted.
- Social clubs and groups to reduce isolation and loneliness were signposted 133 times.
- Mental health services were signposted 61 times.
- Swimming, sports clubs or sporting activities were signposted 161 times.
- Discounted gym sessions, leisure centre access or Exercise on referral were provided 424 times.

MOVE TOGETHER GRADUATES

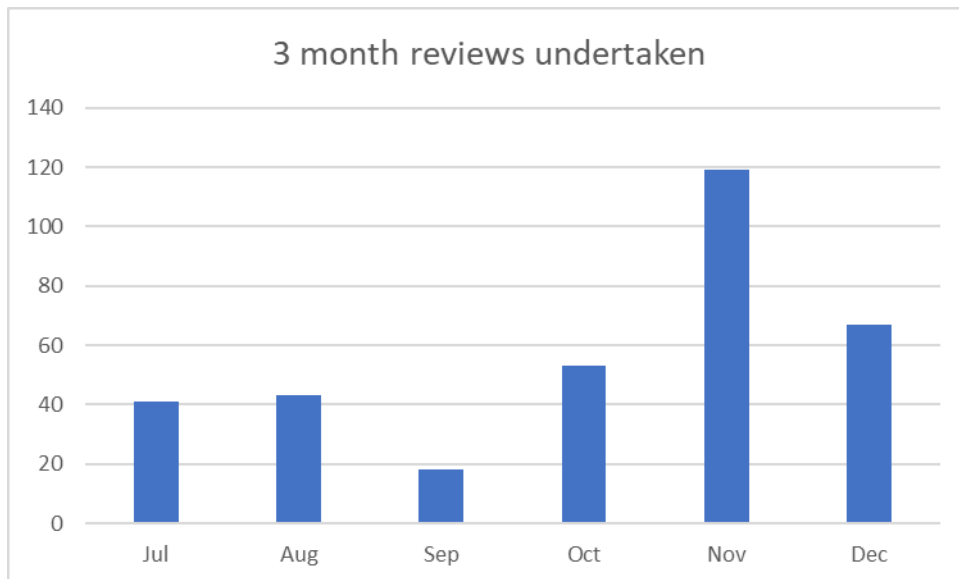
Between 1st July 2022 and 31st December 2022, 506 Move Together participants reached the three months post Initial Assessment point. Of these 506 participants, 82% graduated with 278 (55%) graduating and completing a 3 month review. The following table provides information on the outcomes of all of those who reached the three months post initial assessment point, between July and December 2022.

Programme complete and 3MR complete	278	55%
Chosen to stop participation	21	4%
Health deteriorated / died or carer responsibility increased	5	1%
Signposted and early graduation	57	11%
Contact lost	6	1%
Programme complete, but no 3 month review undertaken	45	9%
Still participating / receiving ongoing support but no 3MR recorded. NB 40 of these only reached the three month point at the end of December.	94	19%

3 MONTH REVIEWS

Between 1st July 2022 and 31st December 2022 Move Together undertook 363 3-month reviews (this includes the 278 described above and an additional 85 participants who graduated prior to July 2022 but received their 3-month reviews between 1st July 2022 and 31st December 2022).

This is a huge increase in 3-month reviews during the second year of Move Together, during the first year only 204 3-month reviews were undertaken. At present Move Together is on schedule to undertake over 700 3-month reviews during the second year of the programme.



TIME FROM INITIAL ASSESSMENT TO 3-MONTH REVIEW

Between July and December 2022, 45% of participants have had their 3-month review between three and four months following their initial assessments. A further 30% have had their 3-month review by 5 months post initial assessment. The service is working to ensure as many people as possible have 3-month reviews by the four-month point, as it helps to ensure that their experience of their health and wellbeing reflects their participation on the programme.

OUTCOMES OF MOVE TOGETHER

The following section of this report provides an analysis of the change in participant wellbeing between initial assessment and 3-month reviews undertaken between 1st July 2022 and 31st December 2022. In total 363 reviews were undertaken during this period of time, 62 of these 3-month reviews however occurred longer than 6 months after the initial assessment with some being as much as 9 months after initial assessment, these have been excluded from this analysis as the period of time between initial assessment and review is too long for it to be possible to determine if any health and wellbeing change is due to Move Together or whether it is due to natural disease progression or recovery.

OVERALL PERCEPTION OF HEALTH

Participants were asked to rate their current overall health on a scale of 1-100 where 100 is the best possible health they could imagine and 1 the worst health they could possibly imagine. 262 people received a 3-month review within 6 months of their initial assessment and were included in this analysis.

- 69% of people reported that their overall perception of their health either remained the same or improved.
- 54% of participants reported that the perception of their health had improved.
- Of the 31% (93 participants) who reported the perception of their health had declined, when looking in detail at their comments, 51 of these individuals did report improvements in at least one aspect of the EQ5D, with 27 reporting improvements in 2 or more EQ5D elements.

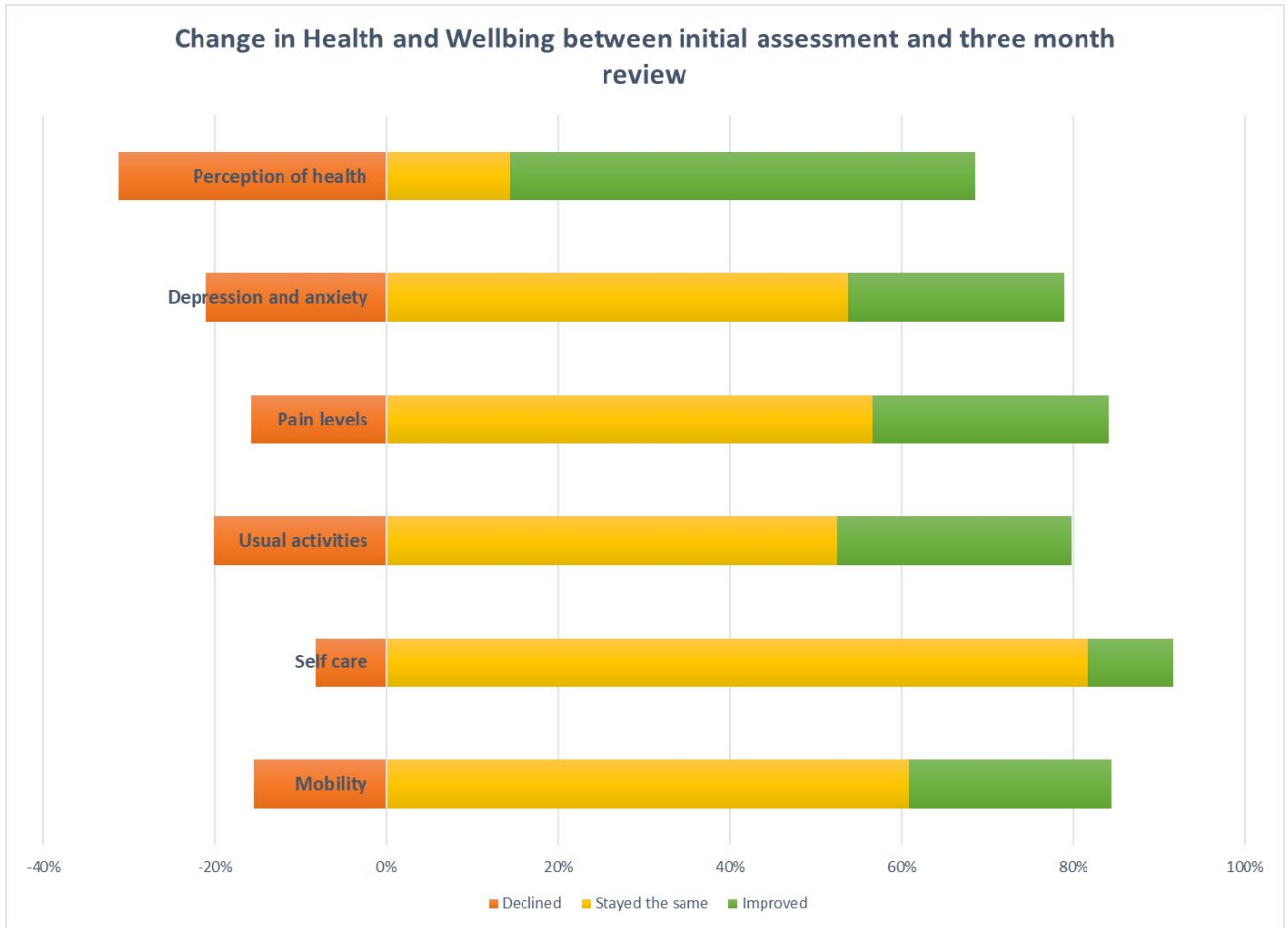
- 45 of the participants had improved the amount of activity they were doing.
- Over half of those who reported a decline in the perception of their health did report benefits of Move Together which included reductions in loneliness, increased confidence, feeling connected, losing weight, being more active and getting out more.
- When looking at changes to physical health those who saw decline reported new diagnosis, deterioration in their condition, waits for surgery and bereavement.
- Perception of health is complex and this analysis of those that reported a decline demonstrates that for those with LTHCs and/or frailty decline does occur, but that Move Together still provides benefits to those whose conditions and situation may not be improving.
- When looking by age groups the 30–50-year-old age group has the largest improvement between initial assessment and 3-month review, with 77% within that age bracket reporting that their health has remained the same or improved.

CHANGES IN MENTAL AND PHYSICAL WELLBEING

Participants are asked questions about their pain levels, mobility, ability to perform daily tasks and levels of depression or anxiety at initial assessment and at 3-month review:

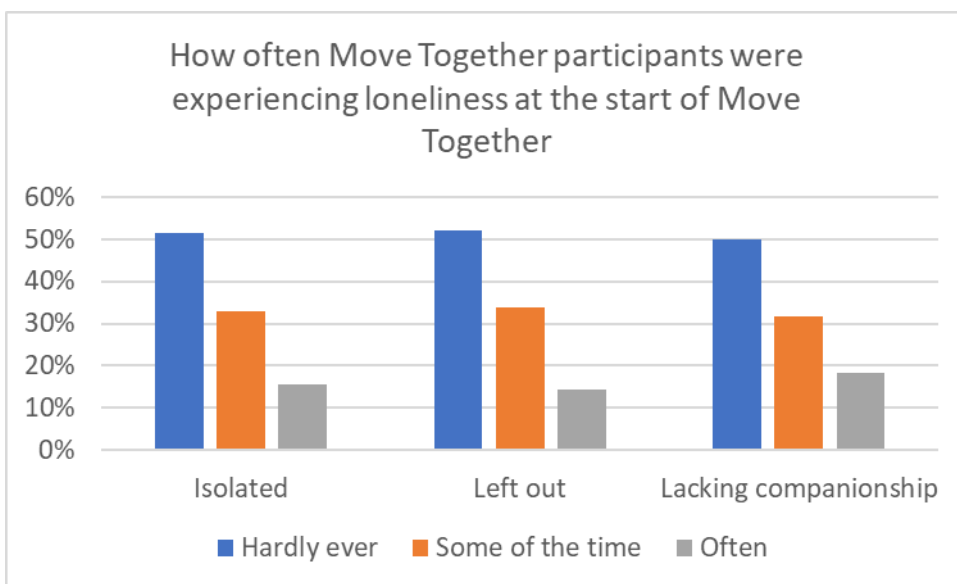
- 85% reported that their mobility improved or stayed the same.
- 92% reported that their ability to self-care improved or stayed the same.
- 80% reported that their ability to undertake their usual tasks improved or stayed the same.
- 84% reported that their pain levels improved or stayed the same.
- 79% reported that their levels of anxiety or depression improved or stayed the same.

Move Together has the largest impact on pain levels, with 28% reporting improvement, then on ability to undertake usual tasks with 27% reporting improvement and depression and anxiety with 25% reporting improvement.



CHANGE IN PERCEPTION OF LONELINESS

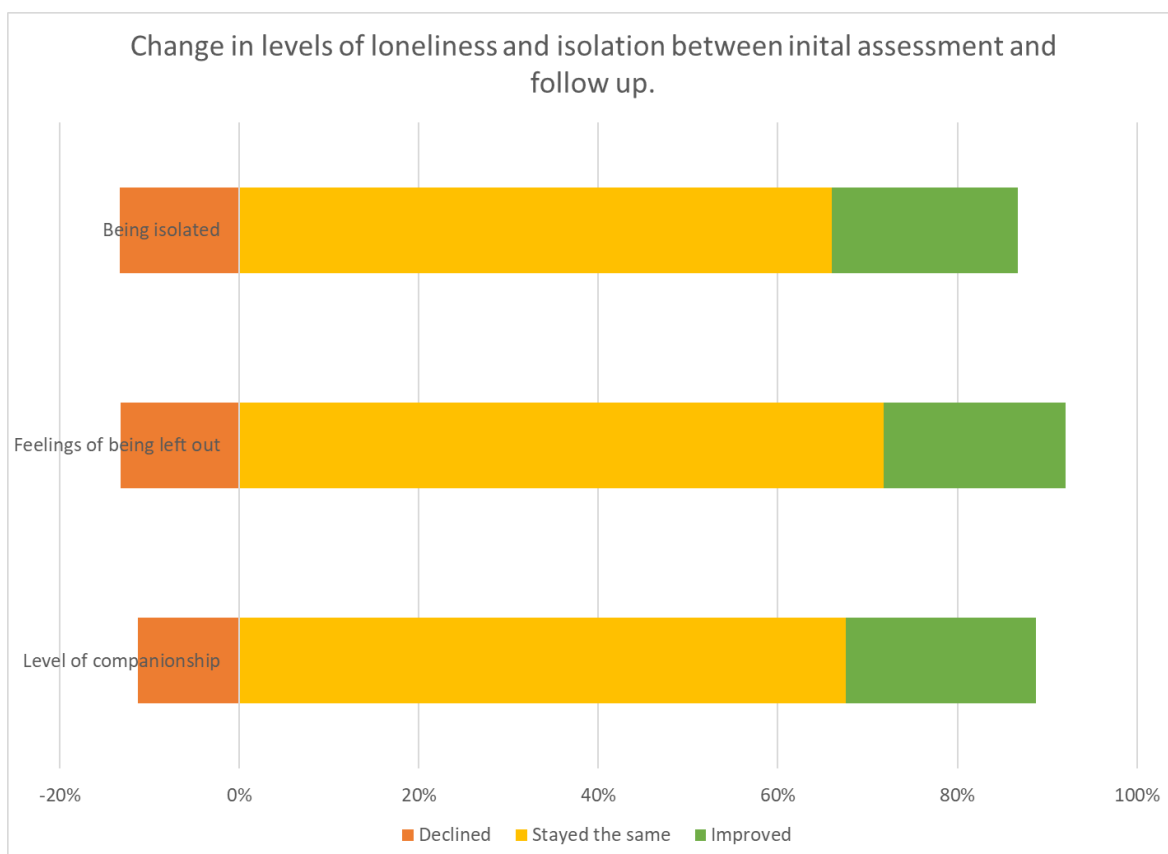
At initial assessment approximately 50% of the cohort of participants who received a 3-month review between July and December 2022 reported feeling lonely, isolated or lacking companionship sometimes or often.



At the point of 3-month review:

- 88% reported that their feelings of companionship had improved or stayed the same.
- 92% reported their feelings of being left out had improved or stayed the same.
- 87% reported their feelings of isolation had improved or stayed the same.

The biggest improvement was in feelings of being left out, at initial assessment 50% state that they often or always felt left out, this reduced to 40% at 3-month review.



CHANGES IN ACTIVITY LEVELS

63% of those having a 3-month review had increased the amount of activity they were doing (all levels of exertion) between the initial assessment and 3-month review. Of those who achieved an increase in activity the average weekly increase was 280 minutes per week or 40 extra minutes a day, this is the equivalent of an extra 4000 steps per day at a moderate pace. Across all participants the average increase in activity was an extra 90 minutes a week, which equates to an extra 1000 steps per day.

At initial assessment 202 of the 306 participants were inactive (not achieving 30 minutes of moderate activity a week), but at 3-month review only 63 of the participants were inactive. This is a 68% decrease in the number of people who are inactive.

PARTICIPANT EXPERIENCE FROM 3-MONTH REVIEWS UNDERTAKEN BETWEEN 1ST JULY 2022 AND 31ST DECEMBER 2022

Changes in outcome measures alone do not necessarily demonstrate the benefit of Move Together, it is possible that other factors have caused the change in health or wellbeing, for example changes to medications, removal of lock down restrictions, cost of living, bereavement etc. Therefore, a qualitative analysis of feedback provided by Move Together participants is provided.

Participants were asked the following questions at the 3-month review and the section below provides details of participant responses against these questions.

- What impact has Move Together had on your physical health?
- What impact has Move Together had on your mental wellbeing?
- What impact has Move Together had on your lifestyle?
- What other impact has Move Together had on your wider health and wellbeing?
- What did you enjoy about Move Together?
- What improvements could be made to Move Together?

IMPACT ON PHYSICAL HEALTH

50% of participants provided information on positive health benefits they have experienced. The most commonly cited benefits were improvement in strength, balance, confidence, mobility, losing weight, sleeping better and having more energy.

"I have started to feel fitter and my back is not hurting as much, the doctors are talking about reducing my medication which is good news."

"Prior to Move Together I didn't know much about activities and exercise classes in the area. I am now aware of lots of classes, though many I can't attend as I work during the day, and I know about different ways to stay active. I have started Exercise on Referral at the White Horse Leisure Centre and the staff have been great. Having the support has turned things around for my health, I am no longer pre-diabetic."

"My physical health still has a long way to go but I'm exercising regularly and my asthma is better than it was. I don't feel as stiff and I can walk further than I could last year. I now have strategies in place for my mental health and my breathing has improved and will continue to do so as I lose weight in the coming year. Just by exercise and eating sensibly, I've been going through the menopause hence the low moods, weight gain, but I've found this has really helped a lot, so huge thank you to the team."

"I no longer get out of breath as quick I did and I feel like my energy levels have gone up. I am still continuing to lose weight which really motivates me to carry on staying active."

"I have more confidence now, I was beginning to think i couldn't do any exercise at all as my hip and knee were so bad. I have noticed great improvements as i don't need to use my stick all the time now."

"I'm more flexible and I feel fitter in myself. I had become a couch potato and now I want to go out and move about. I'm eating better and have lost a few pounds."

IMPACT ON MENTAL HEALTH AND WELLBEING

43% of those completing a 3 month review responded with positive comments in relation to whether they had experienced improvements to their mental health as a result of Move Together. The most commonly cited improvements to mental health were improved confidence, reductions in isolation and improved mood.

"I am so much more cheerful and positive. Even though I still find things difficult due to my age and health, my spirits have been lifted and made life that little bit more easier for me."

"I still have my down days but they are nowhere near as bad as they used to be or as often as they used to be. Once I have done an activity or exercise it makes me feel happy, lighter and I have more energy."

"I feel more like my old self, more of a philosophical approach, and 'can do' attitude. I feel better by being able to work and earn money and being better physically has increased my mood and given me personal satisfaction by achieving things I couldn't do before."

"Yes, my mood had improved I started to be more active and I am meeting up with an old friend who is now trying to lose weight with me and we go out walking everyday!"

"Now that I am able to move more independently it makes me feel like I can do more and am more positive about my situation now even though I have someone present as a precaution."

IMPACT ON PEOPLE'S LIFESTYLES

70% of participants reported having made positive changes to their lifestyles as a result of Move Together. People referenced changes they had made to their routines, classes they were regularly attending, changes they had made to their diet, activities they have started to do and changes to their attitude. People referenced regularly using the Move Together activity packs and cards, using the gym, walking more, and referenced a range of exercise and activity groups they now attend.

"I'm determined despite pain and weight gain to get myself back on track and use the information send by Move Together!"

"I have improved my diet - ditching ready meals and cooking from scratch."

"My diet has completely changed and I eat a lot more healthier and smaller portions now. I also try to be as active as I can be everyday I even cycle or walk to work, and I make time for me to do things outside of work."

"Really giving up the alcohol is the massive change. It makes my chest rattle, so it was a bit of a 'wake up' call."

"I have increased my walking and am improving my diet, no biscuits or pudding! I have lost 4.5 kilos which makes me a lot better and it has helped with my breathing."

"My physical activity is increased significantly. I do yoga and meditation and breathing exercises. I eat reduced portions of the same foods but limit sugar, salt and I have reduced carbs."

"I've started looking after myself more, not so much comfort eating, my mindset is more positive and I've found I love going on the treadmill and cross trainer. I can lose myself in the music and concentrate on me, which as a mum, I've not done in a long time. Without that encouragement and the phone calls, I would have not bothered or tried to be honest."

"I am now gardening 3 hours a week. I walk in the park each day. I am active at work. The chocolate is still in cupboard though I have a small bag of buttons once in a while. I am walking 11,500 steps a day and will be joining a gym. I have lost 1 and a half stone in weight and am thinking more about exercise and diet."

IMPACT MOVE TOGETHER HAD ON WIDER HEALTH AND WELLBEING

People mentioned wider benefits they were experiencing, the most frequently mentioned benefit was weight loss, improvements in pain and then improvements in flexibility, confidence, and mobility.

"I don't have as much pain although I still get aches in my legs from time to time."

"Improvement in range of movement in toe joints, increased flexibility generally, less discomfort and pain when walking."

"When walk it helps with my pain, back ache and neck ache, and breathing."

People also mentioned improvements in their long-term health conditions, citing improvements in blood pressure, diabetes and symptom control.

"It is helping with weight loss, blood pressure and my diabetes control".

"My overall general health is improved very much, my diabetes is under control and at almost normal levels, my blood pressure is under control and leg swelling has almost completely gone. This is due to improved diet and exercise."

"My asthma isn't as bad as soon as it used to be. I feel stronger."

In the responses to this question, we also received information from some people on long term health conditions which were deteriorating, others had been diagnosed with new conditions, and others told us of their wait for care.

Waiting for elective surgery or diagnostics is a repeat theme and is having a negative impact on peoples pain levels and mental wellbeing. However, these responses also indicate that Move Together is providing benefit to people in these situations as they appreciate being checked in on, supported to do activity and it helps with mood.

"The last few months have been difficult. I was diagnosed with a new condition [actual condition removed for confidentiality] and have recently had surgery. As a result, my physical health has suffered as I have been in a lot of pain and subsequently put on weight. I am now waiting for more surgery. It's hard to say things have improved when you are just waiting for an op, but it's nice to have calls and visits, otherwise it's very frustrating."

WHAT PARTICIPANTS ENJOYED ABOUT THE MOVE TOGETHER PATHWAY

Participants were asked what they have enjoyed about the Move Together pathway, 248 people answered this question and stated what they had enjoyed. The most frequently referenced elements of the pathway which people enjoyed are listed below:

- Having someone to talk to and motivate them (114).
- The information (49).
- Support (57).
- The home activity packs/ home activity cards and exercises provided by MT (52).
- Going to the gym or leisure centre access, with exercise on referral mentioned frequently by Cherwell and Vale participants. (36)
- Home visits / PT sessions (34).
- Classes / groups referred to, notably yoga, mindfulness, seated exercise and walking groups (21).

"I have really enjoyed all the support that I have had over the phone , I feel like I have had more support from you than my own GP in regards to the kind of support that is out there around my physical and mental health. This has really helped to motivate me and give me the push that I have needed."

"I have really enjoyed talking things through with someone which has helped motivate me. I have also enjoyed the move together cards and activity pack which are very useful."

"I have really enjoyed this program and got my husband doing it with me which we have both enjoyed, it has given me hope. Since my stroke I found all the help I have received from the hospital not very helpful , this program has given me more support than I could of ever imagined. I have also really enjoyed our chats which have really motivated me and pushed to carry on."

"I found the activity pack amazing and the support that I got from the check in's and felt like somebody actually cared. The PT 1-1 sessions you provided were amazing and have helped my confidence and I am keeping them going privately."

"You put me in touch with someone - a buddy - and we are still in contact and go to keep fit together. She just recently popped in and had a coffee with me. I am also doing some of the exercises from the welcome pack."

"Move Together and exercise on referral has really inspired me and DW at Spiceball has been AMAZING! I am now doing over 1000mins of exercise a week! My mental health is improved and it has made a huge difference to my mobility."

"I feel like I am achieving something. Even though it is very small it is making a big impact and has given me something else to focus on. Before Move Together I wasn't doing exercise and I was almost wanting to give up. The breathing exercises and Mindfulness are really helpful. I am feeling more positive."

"I have really enjoyed some one checking in on me even though I haven't really been able to do much before starting the PT sessions which I am very grateful for and hoping to continue them privately once they have finished. I am now able to walk short distances using my stick and walk to the bottom of my road with someone else present which is a really big step for me. Now that I am able

to move more independently it makes me feel like I can do more and am more positive about my situation now even though I have someone present as a precaution.”

“I like the exercises at home and use the home pack and resistance band. I love the little cards and they have got me doing exercise ad hoc during the day, for example whilst I wait for the kettle to boil. I am much happier now and am attending lots of different activities and I have made new friends.”

WHAT COULD BE IMPROVED ABOUT THE MOVE TOGETHER PATHWAY?

96 participants provided suggestions on how Move Together might be improved, the common themes were:

- Home visits were highly appreciated and those who had them would have liked more home visits.
- There were several references to the fact that even discounted activities are not affordable, and that travel is difficult. Free and local activities are appreciated.
- More flexibility in where you can use the leisure centre discounts.
- Taster group sessions were suggested, enabling people to try new activities without any commitment- or “Have a Go” events for Move Together.
- Yoga in the park was offered as a suggestion.
- More afternoon or evening offers to enable people to work or have flexibility to allow for carer responsibilities.
- Peer support groups and buddies.
- Single gender sessions.
- Sessions or classes for younger people who have LTHCs, so they can meet people in a similar situation.
- Signposting to free healthy cooking courses

“I've really enjoyed the experience but when it came to going to the gym, I was under the impression it was manned in case I needed help. It took everything I had to get through the doors at of the leisure centre and a lot of kindness and understanding from a lovely member of staff, who quietly went through it. Maybe clarity or signposting what to expect or organise before you attend gym. Book a one to one with staff.”

“More exercise classes and activities for people who work 9-5 during the week. There is not as much available for people who need it in the evenings/weekends.”

“Have more available exercise classes or activities in the afternoon for people who may suffer with pain or mental health. Can be difficult to get out early in the day.”

CASE STUDIES

The following case studies which have been captured during the last 6-months of Move Together give a snapshot of how the pathway is changing people’s lives.

Case Study- 66 year old man, who has depression and anxiety which got worse during the COVID pandemic. He had become inactive and has seen his health decline, he was now getting out of breath having a shower and feeling very tired and low.

On joining Move Together he found the information very helpful and was supported by Move Together to get motivated and undertake light exercises using the resistance band and the tea towel exercises. He felt able to do these exercises every day. He then started using the pedometer and counting steps. This led him to start going out to the shops, he gradually increased the time he was going out until he was going out every day. This really improved his mental health.

He is now walking for 120 minutes every day, doing the tea towel exercises for 15 minutes on two days a week and going swimming for an hour twice a week. He no longer feels out of breath, doesn't feel tired and achy and is moving more easily.

"It makes me feel really good and stops me from staying in my own head and going into a deep depression and wanting to do more. I want to socialise again and get out and about."

"My mental health has really improved as I switched off in my brain and COVID made this worse and I fell in a deep depression, but just moving more and going out being more active has stopped me from going into a deep depression. I know the importance for me in staying active and am hoping that this will continue to improve where I don't have depression or anxiety at all."

"I feel in the best shape that I have been in for years and feel really good in myself"

Case study - A lady who had been referred to Move Together by her GP as she was pre-diabetic and her GP felt she would benefit from exercise.

The lady had gained weight throughout **COVID** as she was not going out, felt stuck in a rut and the isolation was impacting her eating choices. She felt sluggish and wasn't sleeping well but was surprised to discover that she was pre-diabetic. Prior to referral to Move Together the individual was very inactive.

The Move Together information pack provided the individual with ideas for small exercises that they could do gradually and that they had never thought of trying. She didn't realise that you don't have to go to the gym to exercise.

"I used the Move Together booklet at home, and started doing the small exercises, I even got my husband to start doing them with me. Then we started going for walks, counting our steps and trying to beat the amount of daily steps we did. We both really enjoyed doing this and found it fun".

She is now walking for 60 minutes 3 times a week and cycling for 30 to 40 minutes every other day.

She now feels much better in herself, more motivated to carry on and do more. She has lost weight and doesn't feel as tired all the time, her mood and mobility have improved.

"The fact that I felt supported and not alone really encouraged and motivated me in a way that I didn't think was possible for a lady of my age".

Case Study- An 89 year old lady who was waiting for a hip replacement and was in a lot of pain and not moving very much. She needed help to be more active and to build her strength and confidence.

On starting Move Together she felt really low, tired and less able than she had been, though she did still think she was good for her age. She was not able to walk and that made doing things very difficult.

She received advice on exercise and support to start moving more. She joined a seated exercise class which she attended twice a week and received 1:1 home PT sessions for 6 weeks, she also started doing some assisted walking.

After 3 months she felt much better in herself and described her spirits as lifted. She is regaining confidence and felt more able and independent. She has continued with the PT paying for ongoing sessions privately, she describes them as a "God send".

"I feel really great considering I am still having pain and ongoing health problems. I am able to do somethings still at my own pace and look forward to the exercises that I can do. I have also kept the PT from my 1-1 sessions going on privately which I find a god send. "

OUR NEXT STEPS

Move Together has provided support and benefit to 762 people over the last 6-months. Our participants report improvements in their physical and mental health, pain levels, mobility and are increasing their activity levels by the equivalent of between 1000 and 4000 steps per day.

Move Together is making a huge difference to people's lives and we will continue to ensure that the service is supporting people to live more active lives. There are a few areas we will work on to ensure our service is reaching as many people who need it as possible and providing the type of service people need. Therefore, over the next 6-months we will focus on the following:

- 1) Men are underrepresented in referrals to Move Together, we are going to be undertaking a deep dive into the data and a listening and learning exercise to understand why this is. We want to understand if our current offer is being presented to men by health care professionals and other referrers, or if our offer does not appeal to men as much as it does to women.
- 2) People from ethnic backgrounds, and particularly men from ethnic backgrounds are underrepresented in our referrals. We will be doing work to understand why, and to make our service more available to these groups.
- 3) With cost of living, we understand the importance of activities being free or of very low cost and being available in the neighborhoods where people live. We are going to work on providing more low cost or free activities near to where people live, we will be particularly

focused on the 10 areas with the highest levels of deprivation in Oxfordshire and focus on the GP practices whose lists cover the most deprived areas so that Move Together is promoted to people living in these communities.

- 4) Move Together has in one part of the county piloted pre-hab, Move Together support for people awaiting elective surgery. We know that people struggle with pain and motivation to be active whilst awaiting elective surgery so we will look at whether pre-hab can be offered in other parts of the county.
- 5) In Cherwell the buddy scheme is well received by Move Together participants. We will discuss how it works and options for other districts to create similar offers.
- 6) We will continue to work with PCNs, GP practices, social prescribers and community health teams to ensure as many people who could benefit from Move Together are referred.
- 7) Our district teams will meet to share innovative approaches and discuss options for “Have a go” events, park-based activities e.g. park yoga, care home seated exercise classes, afternoon/ evening/ online options for people who work or have caring responsibilities.

Thanks for taking the time to read this Move Together report.