

BE
ACTIVE
— **BE** —
HEALTHY
BE
Happy

East Hampshire and Havant Health & Wellbeing Forum

Active and Healthy Lives

1-2pm

Wednesday 24 May 2023



Hampshire and Isle of Wight



Programme for today...

- Welcome and Agenda – **Angela Gill**, Community First & GVA Health Forum Facilitator
- **Tim Houghton**, Chief Executive, **Community First**
- **Janie Millerchip**, Transformation Lead, Working in East Hampshire and Gosport, **Hampshire, Southampton & Isle of Wight Integrated Care Board (ICB)**
- **Mark Pavitt**, Physical Activity Officer, **East Hampshire District Council** and
- **Sophie Iles**, Physical Activity Project Officer, **Havant Borough Council**
- **Tom Crowe**, Sports Development Officer, **Sport in Mind**
- **Dan Church**, Regional Manager South, **Man v Fat**
- **Dates of 2023-24** East Hampshire and Havant Health & Wellbeing Forums
- **Close** of the Health Forum



Tim Houghton

Chief Executive

Community First

tim.houghton@cfirst.org.uk



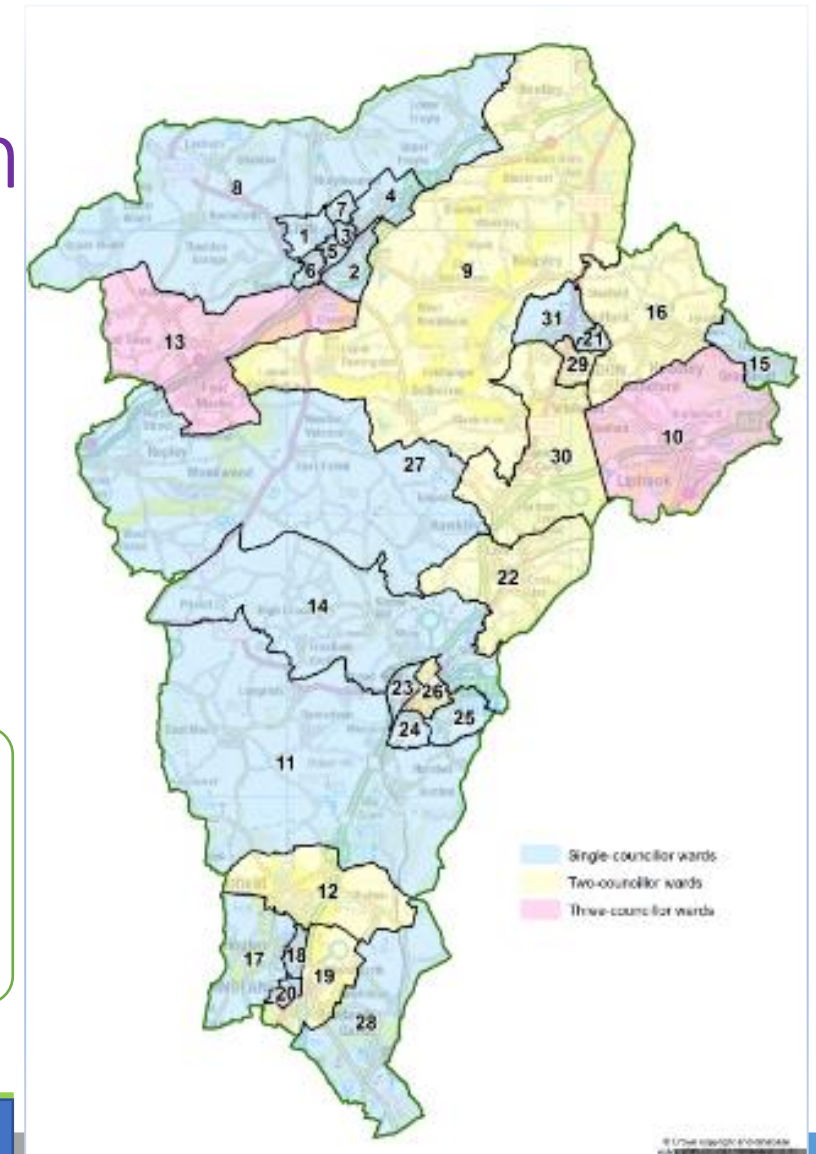
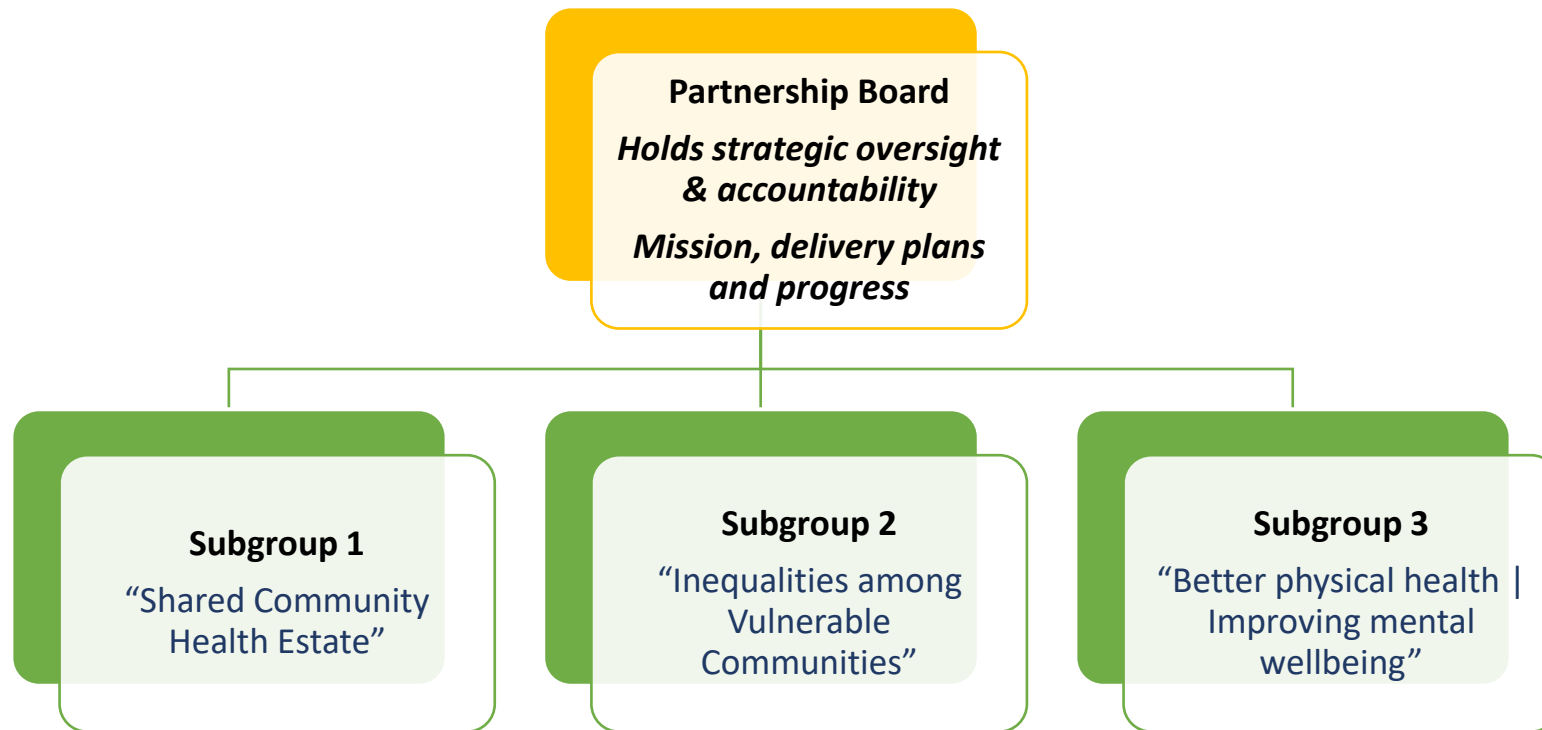
- Physical and mental health are key components of tackling health inequalities
- Funding opportunities
- Natural England NRN Seedcorn funding
- Playing Fields Fund will open shortly via <https://www.hiwcf.org.uk/>
- Household Support Grant - new round(s) of Community Grants targeting those most in need
- Community facilities in Havant & East Hants. Community First run two: **Heart of the Park** in Havant <https://www.cfirst.org.uk/wellbeing/leigh-park-community-centre/>

and **Clanfield Centre** in East Hants <https://clanfieldcentre.co.uk/>

- <https://www.volunteerfirst.co.uk/>



East Hampshire Health & Wellbeing Partnership – Programme for Action



East Hampshire H&W Partnership Board

Task & Finish Subgroup 3

“Better physical health |
Improving mental wellbeing”

TOR to deliver data informed
plans that tackle gaps
Action the HCC Mental
Wellbeing Strategy &
Empower self care in
physical health

Young people
| mental health

Adults | mental health
Older people mental
wellbeing
Reducing loneliness

Physical health
Supporting and
empowering better
self care

ICS Strategies | Local Action
plans
Starting well | Living well |
Aging well | Dying well

Joining up and connecting | stronger communities

Community First

- Community First Wellbeing Programme Supporting those referred by drug and alcohol team at Q A hospital
- Reducing isolation and providing advocacy
- Peer Support for those with long covid
- Tackling health inequalities in E Hants (Bordon & Petersfield) and Havant (Leigh Park and Hayling) increasing cancer screening for adults with Learning Disabilities and reducing risk of hypertension in men over 40
- Digital Champions



Janie Millerchip

Transformation Lead (East Hampshire and Gosport)

Hampshire, Southampton & IoW, Integrated Care Board (ICB)

janie.millerchip@nhs.net



Transformation Project Leads Havant & EH



- **Core20plus5** – GVA leading workstreams in F/G and Community First leading workstreams in EH/Havant. Opportunities to engage with those seldom heard, including recruitment of Community Connectors – and to share learning across the SE Hants area.
- **Grants to several organisations in SE Hants:** Motiv8 South (intensive 1-1 mentoring), Catch 22/Inclusion 22 (Activity programme for 8-17s who miss out of school activities due to D&A misuse of parent/s), Homestart (Upskilling volunteers to improve MH in 0-11's and families)
- **Middle Years Programme in Havant and Gosport** (led by Public Health) including opportunities to hear from and inbed views from local people
- **Surgery Pods development** – maximising their potential in SE Hants area, eg links to lifestyle services etc
- Ukrainian Two Colours Choir in Havant – meets weekly
- Ukrainian Arts & Crafts workshop – meets weekly at Havant Borough Council
- Ukrainian Football to start summer 23.
- **Horizon Leisure Trust Health Hub is about to launch in the Meridian Centre**
- Successful recruitment event in both Havant and East Hampshire – promoting roles in Primary Care through Additional Roles Reimbursement Scheme (**ARRS**)



Get Up and Go

Mark Pavitt

Physical Activity Officer East Hants

Mark.Pavitt@easthants.gov.uk

Sophie Iles

Physical Activity Officer Havant

Sophie.Iles@havant.gov.uk



Outline

Havant
BOROUGH COUNCIL

EAST
HAMPSHIRE
DISTRICT COUNCIL

- ▶ What is Get Up and Go?
- ▶ What do we offer?
 - ▶ East Hants
 - ▶ Havant
- ▶ Wellbeing Walks



What is Get Up and Go??

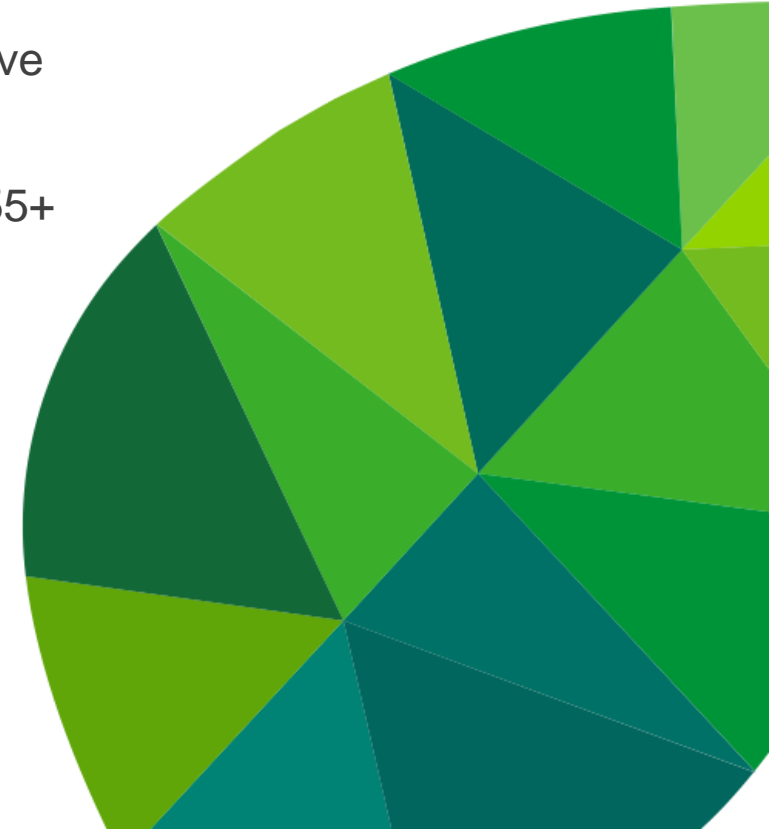
Havant
BOROUGH COUNCIL

EAST
HAMPSHIRE
DISTRICT COUNCIL

- ▶ HCC funded project



- ▶ Help fund new exercise classes to get the community more active
- ▶ Initially created in Havant to provide exercise opportunities for 55+
- ▶ Now opened up to all sedentary adults
- ▶ Social and physical health benefits of physical activity



What do we have on offer?

- ▶ Mostly daytime currently
- ▶ A variety of classes at discounted prices (around £5)
- ▶ Beginners welcome
- ▶ Focus on a welcoming community

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Yoga 09:30 – 10:30 Liphook Methodist Church	Tai Chi 10:45 – 11:45 Liss Triangle Centre	Yoga 09:15 – 10:15 Medstead Village Hall				Intro to Nordic Walking 10:00 – 11:00 Queen Elizabeth Park FULLY BOOKED
Pilates 09:30-10:30 Napier Hall Horndean	Dance for Fitness 10:00 – 11:00 Forest Centre Bordon	Pilates Fusion 10:00 – 11:00 Woodlands Hall Headley Down	Chair Yoga 09:15 – 10:15 Merchistoun Hall Horndean			
Dementia Walking Football 10:45 – 12:00 Taro, Petersfield	Chair Yoga 11:00 – 11:45 Clanfield Community Centre	Chair Pilates 11:30 – 12:30 Woodlands Hall Headley Down	Open Access Football 10:00 – 11:00 Alton Sports Centre STARTING 8th JUNE			
		Dance for Fitness 18:30 – 19:30 St Lawrence Sch Alton	Walking Netball 16:45 – 17:45 Taro, Petersfield			
		Evening Yoga 19:15 – 20:15 Horndean Technology College	Back to Netball 17:45 – 18:45 Taro, Petersfield			



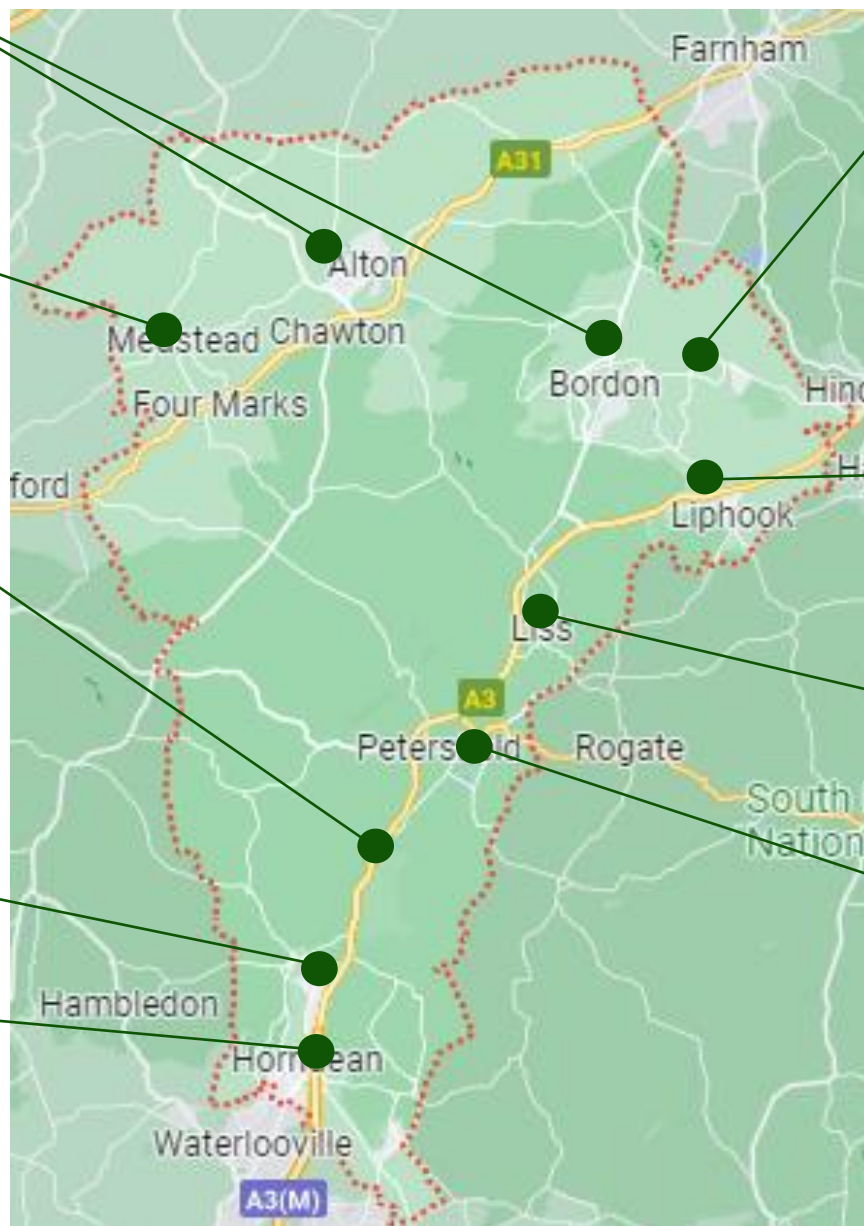
Bounce Back Dance for
Fitness with Mandy

Gentle Yoga,
MBSR
with Rebecca

Nordic Walking with Carl
Get Up and Run
(Queen Elizabeth Park)

Chair Yoga with Tiffany
(Clanfield Centre)

Pilates With Tiffany
Evening Yoga with Holly
Chair Yoga with Holly



Pilates Fusion and
Chair Pilates with
Ramona
(Headley Down)

Chair Yoga with Angela
(Liphook)

Intro to Tai Chi and
Qigong with Darren

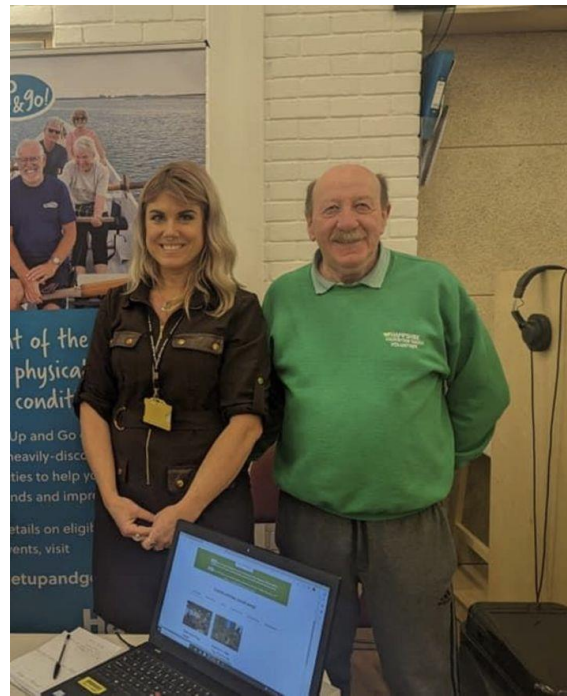
Dementia Walking
Football with Jonno
Back to Netball /
Walking Netball with
Ashli



What is next?

- ▶ Evidence based! Gather data!
- ▶ Conversations with Social Prescribers
- ▶ Surveys
- ▶ What classes do people want?
- ▶ Best venues / locations?
- ▶ Days / times?





Sophie Iles

Physical activity Project Officer

Havant Borough Council

Sophie.iles@havant.gov.uk

Graham May

Ambassador

Get Up and Go Havant

graham.may3@icloud.com

Website page: <https://www.getupandgohavant.com/>

Facebook: Get Up and Go Havant

Database

Excel Havant borough activities database - Saved

Search (Alt + Q)

File Home Insert Draw Page Layout Formulas Data Review View Automate Help

Comments Catch up Editing Share

Undo Paste Copy Format Painter Font Arial 11 Bold Italic Underline Text Wrap Merge & Centre Alignment Number General Conditional Formatting Format As Styles Insert Delete Format Cells Editing Analysis

F7 Juliette O'Hea 07974 238787

	A	B	C	D	E	F	G	
	Name	Location	Venue	Day	Time	Contact	Email	Other c
2	Steady and Strong - see fitness classes page							
3	Pulmonary rehab	Waterlooville	Waterlooville community cen	Tuesday Thurs	1000	By appointment	NHS PR team	
4	Cardiac Rehab	Waterlooville	Waterlooville community cen	Wednesday	1300 - 1500	Carol 02392 286000 ext 6291	carol.brady@porthosp.nhs.uk	
5	WAMS (Working Age Multiple Sclerosis)	Waterlooville	Waterlooville community cen	Wednesday	1900 - 2100	Martin	martin.long1@yahoo.co.uk	1st Wed
6	Fitness & Weight Management	Purbrook	Deverell Hall	Thursday	1715 - 1845	Alison 023 9235 3001	alisonstevens65@outlook.com	AMS4F
7	Arthritis first exercise class	Emsworth	Emsworth community centre	Tuesday	0955 - 1055	Juliette O'Hea 07974 238787	physio@arthritisfirst.co.uk	
8	Arthritis first exercise class	Emsworth	Emsworth community centre	Tuesday	1105 - 1205	Juliette O'Hea 07974 238787	physio@arthritisfirst.co.uk	
9	Physio - led pilates	Emsworth	Emsworth community centre	Monday	0915 - 1015	Melissa Robinson 07977 466 92	melissa@astilbe.co.uk	www.pl
10	Physio - led pilates	Emsworth	Emsworth community centre	Wednesday	0945 - 1045	Melissa Robinson 07977 466 92	melissa@astilbe.co.uk	www.pl
11	Physio - led pilates	Emsworth	Emsworth community centre	Thursday	0945 - 1045	Melissa Robinson 07977 466 92	melissa@astilbe.co.uk	www.pl
12	Classes for Bone Health – including those with osteoporosis	Emsworth	Emsworth community centre	Monday	1030 - 1130	Melissa Robinson 07977 466 92	melissa@astilbe.co.uk	www.pl
13	Classes for Bone Health – including those with osteoporosis	Emsworth	Emsworth community centre	Wednesday	1100 - 1200	Melissa Robinson 07977 466 92	melissa@astilbe.co.uk	www.pl
14	Stroke Club Exercise	Bedhampton	Bedhampton social hall	Monday	1000 - 1130			
15	GP exercise referral	Horizon leisure	Horizon leisure	all	all	health.referral@horizonlc.com	health.referral@horizonlc.com	
16	Dementia cricket	Horizon leisure	Havant	Thursday	1400 - 1500			
17	Over 50s sports club	Horizon leisure	Havant	Monday	0830 - 1200			also has
18	Over 50s sports club	Horizon leisure	Havant	Wednesday	0830 - 1200			also has
19	Over 50s sports club	Horizon leisure	Havant	Friday	0830 - 1200			also has
20	Multi sports club - additional needs	Horizon leisure	Havant	Tuesday	1230 - 1330			Free en
21	Swimming club - additional needs	Horizon leisure	Havant	Wednesdays	1115 - 1230			Free en

Pilates Bowls Yoga Tai Chi and martial arts Dance Fitness classes Condition specific Wellbeing and Support groups Walking and running +

GUAG activities



Future activities (in planning)

- ▶ Additional Nordic walking courses
- ▶ Additional Open water swimming courses
- ▶ Beginner's boxing (Leigh Park)
- ▶ Multi sports club (The Acorn centre)
- ▶ 18 - 30 Yoga and Mindfulness sessions (The Acorn centre)
- ▶ Beginner's Bowls courses (Hayling and Emsworth)
- ▶ Couch to 5K courses
- ▶ Bushcraft activities

Wellbeing walks

- ▶ Previously named Walking For Health
- ▶ Wellbeing walks are 10 - 90 minutes long
- ▶ Countrywide (postcode search)
- ▶ FREE to attend
- ▶ Led by trained volunteers
- ▶ Shorter options often available
- ▶ East Hampshire - 12 walks
- ▶ Havant - 7 walks

- ▶ Search 'Rambler's Wellbeing walks'
- ▶ [Wellbeing Walks \(ramblers.org.uk\)](https://www.ramblers.org.uk)



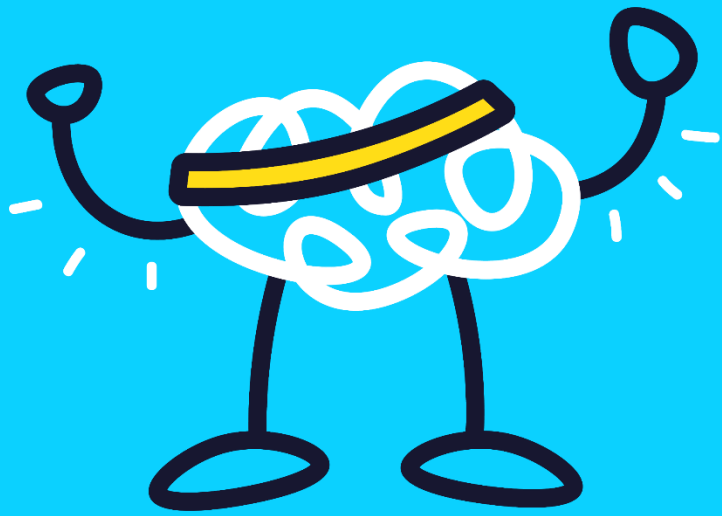
Tom Crowe

Sports Development Officer

Sport in Mind

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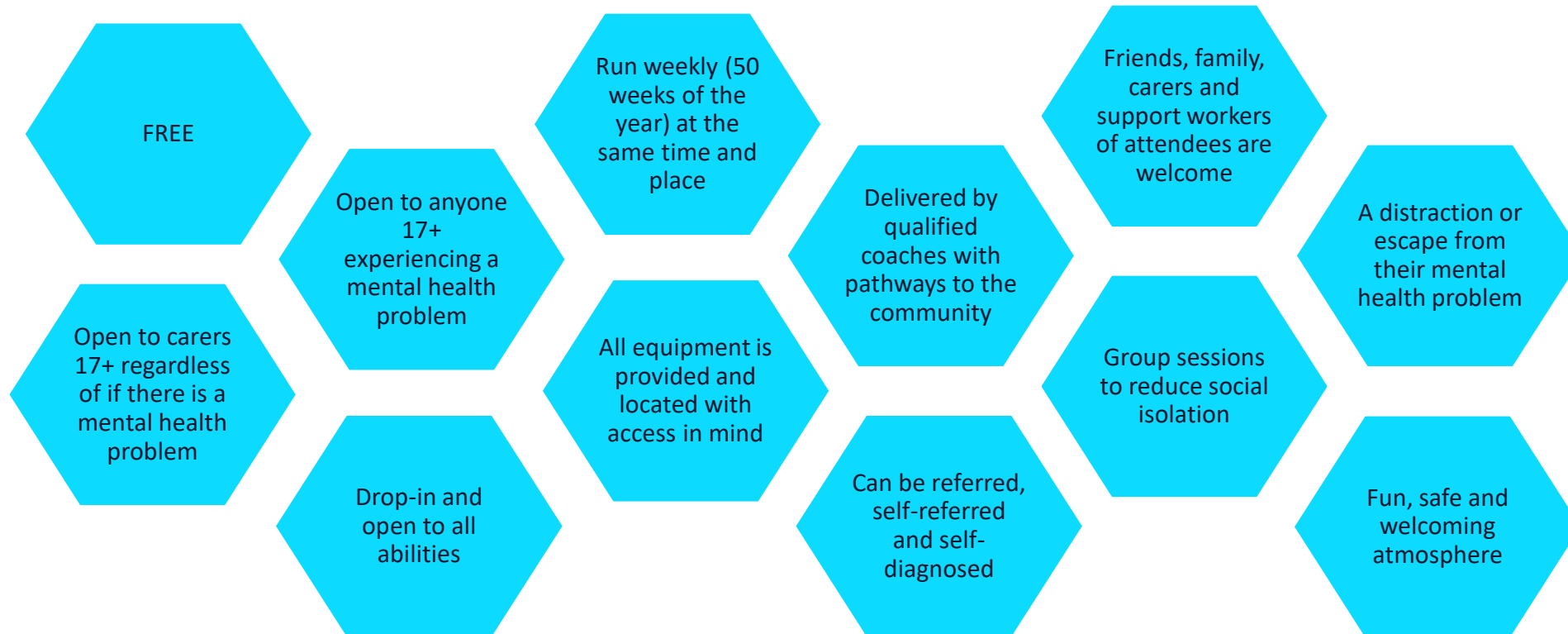
Sport In Mind

Registered Charity 1161323

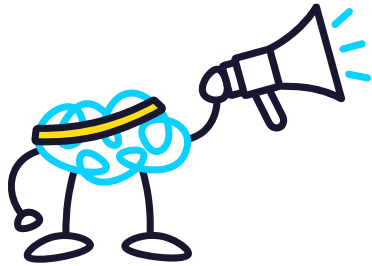
Who we are



We are the UK's leading mental health sports charity and deliver physical activity projects in partnership with the amazing NHS in order to aid recovery, promote mental wellbeing, improve physical health, combat social isolation and empower people to move their lives forward in a positive direction.



Get involved



Spread the word!

Do you know some one that could benefit from our sessions, a professional that could refer to our sessions? Put them in touch info@sportinmind.org and help build awareness.



Volunteer

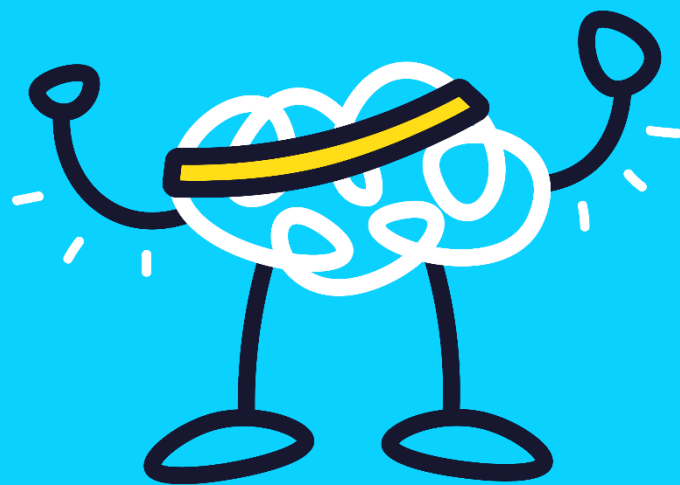
We need volunteers for activity sessions, events, to be ambassadors and advocates for the charity



£

Fundraise

Fundraise for us – take on a challenge, get involved in campaigns etc



Sport In Mind

Registered Charity 1161323

Sport in Mind
Rivermead Leisure Centre
Richfield Avenue
Reading, Berkshire
RG1 8EQ

   @sportinmind

 www.sportinmind.org

 info@sportinmind.org

 0118 947 9762

Dan Church

Regional Manager South

Man v Fat

danchurch@manvfat.com





THE UK'S NUMBER ONE MEN'S WEIGHT LOSS PROGRAMME

MAN v FAT FOOTBALL

Hampshire

MAN v FAT **FOOTBALL**

MANvFAT FOOTBALL

MAN V FAT FOOTBALL

MAN v FAT is the UK's leading, male only, weight loss company.

MAN v FAT Football is a football league for men who want to lose weight. Every player is in the same situation and wants the same thing - to enjoy football, lose weight and get healthier.

Uniquely, the league is decided not just on points won, but pounds lost. We give support to every player with unique resources, inspiration and support to help you lose weight, get fitter and enjoy the beautiful game.



MAN v FAT FOOTBALL

AUDIENCE

We have an engaged audience of men who want to get active, lose weight and improve their health.

UK MAN v FAT Footballers

8,250

UK MAN v FAT Football
locations

160

Hampshire MAN v FAT
Footballers

505

Hampshire MAN v FAT
Football locations

6



MAN v FAT FOOTBALL IN HAMPSHIRE

- **Aldershot** | Aldershot Garrison Sports Centre | Monday's 20:00 – 22:00 *Funded Places Available*
- **Andover** | The Sports Academy | Thursday's 19:30 – 22:00 *Funded Places Available*
- **Basingstoke** | The Vyne School | Tuesday's 20:00 – 22:00 *Funded Places Available*
- **Eastleigh** | Stoneham Lane Football Complex | Friday's 19:30 – 22:00 *Funded Places Available*
- **Gosport** | Gosport Leisure Centre | Wednesday's 19:00 – 21:00 *Funded Places Available*
- **Havant** | Draper Tools Community Stadium | Monday's 19:00 – 21:00 *Funded Places Available*

Referral Link: <https://manvfatfootball.org/>

WHY MAN V FAT FOOTBALL?

Across commercial service providers Weight Watchers, Slimming World, and Rosemary Conley Diet and Fitness Clubs, men represent just 11% to 18% of participants.

Men are more likely to associate dieting with unappealing food and smaller meal portions, affecting their engagement with it.

Women are much more likely to be referred to weight loss programmes by GPs. Despite being just as likely to accept, men make up only one in ten referrals.

Men are much less likely to undergo bariatric surgery to lose weight. NHS data for England show that women accounted for 79% of those with obesity undergoing bariatric surgery in 2018/19.

There are broader issues related to men being reluctant to see a GP and seek help

WEIGHT LOSS STATS - HAMPSHIRE

Below are a set of stats based on a sample size of 483 funded players who started MAN v FAT Football in Hampshire between **May 2022** to **May 2023** :-

Weight Loss: 2,286 KG

3% Loss: 232 players

5% Loss: 159 players

Highest Loss %: 33.87

Average Age: 38 years

HOW IT WORKS

Players must be over 18 with a BMI of 27.5 or above.

A MAN v FAT Football league typically comprises of 8 teams with squads of up to 10 players. Each week guys turn up and:

1

Weigh

Men score bonus goals for their weight loss performance.



2

Play

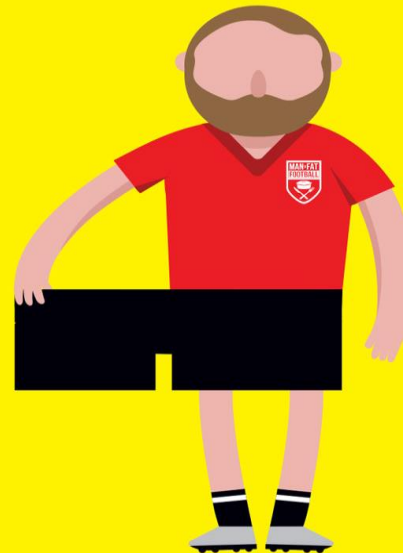
These are added to the goals from their weekly game.



3

Lose

90% of players lose weight.



4

Win

We've already helped thousands of men - join us!



THE PROGRAMME

27.5

BMI (and above)

18

Years of age or over

14

Weeks in a season

5,6 or 7

A-side

28

Minutes per match

4,6 or 8

Teams in a league

SCORING – HOW IT WORKS

Team Bonus

We count the number of players on your team who have lost weight in the current week and add a goal bonus:

- 1 – 2 players = 1 goal
- 3 – 4 players = 2 goals
- 5 – 6 players = 3 goals
- 7 – 8 players = 4 goals
- 9+ players = 5 goals

Own Goal

A player whose weight goes above his registration weight will lose his team a goal for each week (unless he loses weight) until this returns under the starting weight.

Personal Percentage Bonus

Once a player hits 5% weight loss they get a three goal bonus. Then at each other 5% increment they get another 3 goals.

Tracking Goals

For every 3 players who track their exercise and nutrition for the week a bonus goal is awarded:

- 1 – 3 players = 1 goal
- 4 – 6 players = 2 goals
- 7+ players = 3 goals

WHAT YOU GET FOR YOUR MEMBERSHIP



- ✓ Weekly small-sided league games with qualified referees, trophies and medals
- ✓ Weekly weigh-ins with medical-grade scales and progress reports
- ✓ Routine, support and accountability from your teammates and an experienced coach
- ✓ Exclusive recipes, webinars and other online resources
- ✓ The opportunity to play in MAN v FAT national tournaments
- ✓ Access to online exercise classes with The MAN v FAT Gym
- ✓ Support for your mental health and wellbeing with SilverCloud

PARTNERS

MAN v FAT works with a wide range of partners across the UK, from professional football clubs to county FAs, from local councils to Clinical Commissioning Groups. Your logo would be seen alongside many of these great organisations.

BeGambleAware®



ONE YOU
EAST SUSSEX



Inspiring
healthy
lifestyles

ONE YOU
KENSINGTON
AND CHELSEA



ONE YOU
LINCOLNSHIRE



Morrison
Construction



ONE YOU WESTMINSTER

SUPPORTERS

Our current partners include the English FA, Sport England & Gamble Aware. Our aim is to create 'healthy partnerships' and this is at the center of all of our stakeholder relationship building.

Our partners:



Award winning:



Featured on:



THANKYOU

If you would like any further information, please contact
danchurch@manvfat.com

MANVFATFOOTBALL.COM

MANvFAT FOOTBALL®



A comfort zone is a beautiful place, but nothing ever grows there.

Thank You



- ❖ **Thank you** to all who have supported &/or attended today's Health & Wellbeing Forum
- ✓ The recording will be saved on Community First's Health & Wellbeing webpage in one week's time
- **Dates** of 2023-24 East Hampshire and Havant Health & Wellbeing Forums...
 - Wednesday **4 October, 12.30-2.30pm** (Face to Face – Market Place and Networking, venue TBC – ideas?)
 - Thursday **7 December, 1-2pm**
 - Wednesday **21 February 2024, 1-2pm**
- **Please feedback** via Chat or email - including re future Health & Wellbeing Forum theme or presenter ideas
- Health & Wellbeing related **items** will be **circulated** 4-6 weekly by Jane Bray
- **Finally**, if you aren't a Health & Wellbeing Forum member or know of a local health organisation that would like to join, please ask them to email Jane:- healthforums@cfirst.org.uk
- ❖ Have a **Happy, Healthy Summer!**

Community First

Leigh Park Community Centre, Dunsbury Way, Havant, PO9 5BG



<https://www.cfirst.org.uk>



healthforums@cfirst.org.uk



0300 500 8085