

## **Workshop 1**

### **Hampshire Active Health Programme – turning learning into action**

#### **1. What physical activity projects do we do & why**

- BeActive Hants - 12-weeks; Rona Sailing Project; University of Southampton,
- Weekly gardening, cycling, sailing, walking groups, exercise; mental health connection to nature.
- Signposting to low impact classes, gym referrals, falls prevention, clubs, mindfulness.
- Roller skating, for health, schools, families, mental health - Zumba Gold, seated strength, senior fitness, ballet fit, yoga, bowls, Tai Chi.
- Steady & Strong, Visual Impaired activity, disability activity, strength and stability club.
- Uplift – highest tier of obesity, boys only 14+ led by a male PT, neurodiverse...
- Seated exercise 18+ generally older people, pain clinic cafes – sheltered housing.
- Gap for supporting children's physical activity

#### **Why?**

- Improves mental health and wellbeing
- Reduce NHS costs by keeping people well and mobile, reduce social isolation, community support, support recovery, prevent isolation, redefine social expectations eg not too old...
- Building and maintaining physical health/activity and confidence, social connection/prevention

#### **2. How do we measure & evaluate impact**

- Pre-course, 6 weeks, 12 weeks evaluations incl. mental health.
- Pre & post evaluation, long term impact through questionnaires (not just physical activity but mental health impact).
- Monitoring sessions - how many how often, videos from sessions – volunteers to help, 1:1 coaching, carers come for respite, regular feedback, repeat clients, crossover between groups.
- 1-2-1 feedback, forms - tricky, national data, WemWeb measure, self-surveys, patient activity measures.

- Research, qualitative feedback, questionnaires, ONS4, repeat attendance.
- Visiting gym.
- Wellbeing scale.

### 3. Barriers to evaluating projects

- Long-term access to individuals to assess lasting impact.
- Time, funding, recruitment of volunteers, resources, risk of booking families in advance.
- Transport, motivation, access, poverty, availability of classes/gym.
- Low response to feedback requests, feedback not meaningful or actionable, cost, reaching right learners/clients, hard to reach clients/target audience, learner mobility – (eg moving away).
- Mental health, feeling safe, transport, long term evaluation difficult - due to lack of continuous funding.
- Startup barriers getting them through the door/to the gym, capacity, Young People - self-reflection can be difficult.

## Workshop 2

### **Breaking the Silence: A Collective Approach to Supporting Men's Mental Wellbeing in Hampshire**

#### **Key learning outcomes:**

- Hearing about the barriers local men experience to seeking, accessing, and benefiting from support for their mental health and wellbeing.
- Sharing learning and examples of successful engagement and approaches to address men's mental health.
- Identifying local solutions to barriers men are facing.
- Building connections and networking between those supporting men in their roles. (Attendees are encouraged to continue building these!)

## Workshop 3

### Neighbourhood Health in Action: Tackling Health Inequalities Together

- Some areas across Hampshire, particularly rural areas, have access issues re the nearest GP surgeries often due to public transport links – costs/frequency...
- Taking time off for medical appts for some, means the employee won't get paid
- There can be a 10-year difference between the least and most deprived areas
- Smoking rates, diabetes risks and mental health needs, are also higher in the most deprived areas
- Factors that contribute to health inequalities include: -
  - Socio-economic
  - Geographic
  - Vulnerable and Inclusion Groups
  - Those with Protected Characteristics

In response to 'a young mum being on Universal Credit can't afford the bus fares to attend antenatal appointments – what health outcomes could this affect mother and baby?' ...

- ✓ They may be able to use community transport, be signposted, via a Social Prescriber
- ✓ These are key health-checks for mother and baby – poor diet would affect their health outcomes
- ✓ Library services offer free courses such as pediatric first aid, mental health first aid, new parent meet and connect groups, rhyme-times/story-times...
- ✓ Advice Centres - 'No Limits' for advice, finance support, address social isolation
- ✓ Best Start Family Centres are now being created (connect with Children's Partnerships for updates via Community First's Jane Bray)
- ✓ Barnardo's Healthy Start vouchers, there is Healthy Starts training...
- ✓ Citizens Advice – free advice, benefit claims, foodbank vouchers, Home & Well...
- ✓ Citizens Advice does support individuals who have no access to public funds