# Sport and physical activity grant application 2023/24

**Please briefly explain what your group/organisation does (e.g. youth club, charity) and your aims & objectives (Required)**

Leamington PCN is made up of eight GP practices. These GP practices work together to improve the care of all patients in Leamington, with a population of approximately 85,000 patients. Leamington, like many towns across England, has varying levels of deprivation across it, with a small pocket of high deprivation in the North but a much larger area found in the South. Within the PCN, the Leamington PCN Fitness club was set up to deliver and administer in direct partnership with NHS and charities inclusive fitness consultations and classes to those identified as needing it most. Traditional fitness organisations will naturally predominantly focus and attract those with the fewest hurdles in their way. Meanwhile many in our community can feel left out or intimated to take part in physical activity resulting in widening health inequalities. We currently run mental health support walking and running groups in two GP practice locations each week, and a fortnightly swimming group at a local swimming pool. Above all, we are focussed on continuing to provide a greater number of activities to those living in more deprived areas of Leamington. This current projects aims to do the following:

**Aim:** To increase accessibility to physical activity and post-natal support in our Leamington Spa Primary Care Network population through buggy walking peer support groups and health information sessions.

**Objectives:**

* To launch a new buggy walking peer support group in order to provide accessibility to a currently underserved part of our Leamington population, thereby increasing physical activity and social connections.
* To improve post-natal health support through monthly expert delivered presentations/activities at a local venue.
* To improve our population’s knowledge, and that of their primary/secondary care health providers, of the groups through social media promotion and advertising.
* To grow our current Leamington PCN fitness club community by providing a wider variety of opportunities to a more diverse range of people.

**How many members/service users are currently involved in your group/organisation?**

**• Women (18+):** 60

**• Men (18+):** 40

**• Girls (0-17):** 0

**• Boys (0-17):**0

**How many paid staff do you have? (Required)** 4: 1 HWBC, 3 x Social Prescribers

**How many volunteers do you have? (Required)**

1 – Lifestyle GP

**Project Title:**

“The Spa Pramblers” - increasing accessibility to physical activity and post-natal support in our Leamington Spa Primary Care Network population through buggy walking peer support groups and health information sessions.

**Which geographical area will the project focus on? If you are going to operate from a building, please tell us where it is?**

This project will focus on patients living within the Leamington Primary Care Network area, and will be open to all patients registered at a Leamington PCN GP practice who have a baby up to the age of 6 months. This includes all three locations within the grant specifications. Many in our community can feel left out or intimated to take part in physical activity resulting in health inequalities. It has been well established that it is in fact these groups that would benefit most from reducing sedentary behaviour and incorporating physical activity.

Buggy walks will run start and finish at Clarendon Lodge Medical Practice (CLMP), Clarendon Street, CV32 5SS. They will run on Tuesdays at 10am and will last 45 mins – 1 hour. Once a month, we will have an extended version, with the walk also including a talk / activity from a health professional and/or local physical activity provider at a centrally located café. Patients who wish to finish back at CLMP before or after the talk / activity will be able to do so.

**What is the planned timescales for the project, including when you expect it to start, dates of key activities, and when the grant will be spent by?**

We will run this pilot project over a period of 6 months to check its feasibility. 5th March – 27th August 2024. The grant will be spent by the final session, on 27th August 2024.

**First buggy walk: Tuesday 5th March 2024**

6 x speakers / activities [March, April, May, June, July, August]

6 x room hire [2 x each venue]

Supplies, e.g. nappies etc…

Social media boosts

Posters / Leaflets [GP practices, 6 week baby check, Warwick Hospital]

**Please attach any evidence you have collected to support the need for this project e.g. consultation feedback**

**Tell us about your project. (This should describe what you want to do with the money and explain how it meets the relevant criteria) (Required)**

Our project will work to enable new parents with babies up to the age of 6 months old, to access a weekly buggy walking group. The group will be called, the Spa Pramblers.

This group is to help act as a source of comfort for particularly new parents that may not have a great deal of parental support nearby. Having a network of fellow parents alongside education sessions, with time for Q&A will help provide them a space to share concerns. This should have a positive impact on the GP surgeries as often these patients have a high level of demand for appointments. Using this model applies economies of scale to allow better use of resources.

Each buggy walk will be led by the PCN Health and Wellbeing Coach, Jo Fleming. Jo is a current Walk Talk Walk and Run Talk Run leader, Leader in Running Fitness, Mental Health First Aider, and mother of two young children, with local knowledge of buggy friendly walking routes. The Health and Wellbeing Coach, is employed via the NHS Additional Roles scheme. As such, no additional costs will be required to cover their time in delivery of the group.

Each week, our buggy walks will meet at the car park at Clarendon Lodge Medical Practice, and incorporate a 30-45 minutes gentle walk. On the last Tuesday of the month, the walk will finish at one of the following centrally located Leamington Spa venues: Steamhouse, Neihbourhood, and Leif.

We have negotiated a space at each of these venues. Where patients would like to continue back to CLMP before or after the talk, this will also be possible. Where patients may want to attend, but are struggling due to not having a baby carrier / buggy, we will refer them to our Child Social Prescribing Link Worker, who can work with the patient to source such equipment through links with local organisations. This is something which our Child Social Prescribing Link worker has had experience in doing with previous patients.

These monthly walks incorporating a café stop will include a monthly guest speaker, who will deliver a talk and/or activity (e.g. yoga) in relation to parent / baby health. Speaker dates to be confirmed, but will incorporate the following themes:

* Mental health
* Parent / baby yoga
* Keeping active as a new parent
* Healthy eating for you and your baby
* Breastfeeding

The funding will be used to cover costs of the following:

* Speaker / activity
* Venue hire
* Social media boosts / posters / advertising
* Patient searches / text messaging
* Small amount of supplies to be carried by the walk leader in case of emergency [baby supplies, e.g. nappies, nappy bags, wipes, portable changing mat]

**Please tell us how you know there is a need for the project. (Required)**

We know from GP / health professional feedback, as well as patient feedback, that there is currently no healthcare supported buggy walk for new parents. These patients often access GP services the most, and physical activity plus healthcare information and support would tap this current unmet need in Leamington Spa. We anticipate that this project will have a positive impact on the GP surgeries as often these patients have a high level of demand for appointments. Using this model applies economies of scale to allow better use of resources. Furthermore, is will continue to strengthen the link between healthcare and community providers, which is imperative for continued support for these parents, beyond that provided by their healthcare providers.

*“I go to Coventry to attend a buggy walk…. It would be amazing to see a free offering [buggy walks] in Leamington. So great to help mums get back active in a supportive way”* (new mum, Cubbington Road Surgery patient)

**Please provide details of any other groups/organisations who will be working with you on the project and what they will bring to it.**

This project will be delivered within Leamington PCN and as such, all 8 Leamington Spa GP practices will be informed about the group at regular PCN meetings. GPs will be encouraged to promote the group at all 6 week mother and baby checks, for patients for whom they feel the group would be beneficial.

We will also provide leaflets and posters for midwives and the maternity unit at Warwick hospital. This will allow midwives to make parents aware of the group at ante natal appointments and post-natal, prior to leaving the hospital.

We have also made links with the Warwickshire Pregnancy and Birth Network, and in particular Belinda Yoga Works. Members of this network will link in with us to deliver talks and provide further support to our patients and babies. This in turn will grow the patients’ community, physical activity opportunities and support system. We can continue to forge links between our GP practices and community providers, offering our patients more opportunities for support in the long run. For example, since designing this project, Belinda Yoga now has now developed a specific entry point for patients referred by a healthcare professional, to allow easier entry into ante- and post-natal physical activity.

[Yoga for health and wellbeing (yogaworks.me.uk)](https://www.yogaworks.me.uk/yoga-for-health-and-wellbeing)

**What age group(s) will benefit from the project? Tick all that apply. (Required)**

**Tick all adults [child bearing age].**

**How would you describe the people who will benefit from the project? Tick all that apply. (Required)**

* People living in urban areas
* Disabled people
* Unemployed people
* Women and girls
* Ethnic minority groups
* Older people
* Children and young people
* Other

**Project contacts – please list the estimated number of individual contacts the project will make, if possible provide a breakdown of the categories ticked above (Required)**

Over the 6 month feasibility period, we will have up to 26 walks, and 6 talks / activity sessions.

5th March – 27th August

We plan to ensure all Leamington PCN new parents will be made aware of the existence of this group, through 6 week mother and baby checks, and links with the Warwick Hospital maternity ward. Based on our current Walk Talk Walk groups, we anticipate a maximum of 10-12 patients per walk. Taking into consideration some overlap / drop out, we anticipate this 6 month pilot project will results in actual attendance from approximately 40 patients, plus babies. The benefits to the patients’ extended family, e.g. partner if applicable, would benefit also, even if not physically attending the sessions. However, this pilot 6 month delivery of the project will give us a better understanding of how many parents with new babies this will reach and impact.

**How much money are you requesting from the fund? (Note: a maximum of £2K can be applied for) (Required)**

We have planned the current budget from March-August 2024. Once these upfront costs are covered, we will seek other forms of funding, based on our learnings over this feasibility period.

**Please provide a simple breakdown of what you will spend the grant money on including the items, cost of those items and the total. (Required)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Item** | **Amount** | **Cost per item** | **Total cost** |
| Speakers / Activity fee x 6 | 6 | £100 | £600 |
| Venue hire x 6 | 6 | £100 | £600 |
| Social media boosts | 1 per month (6 months) | £12 | £72 |
| Text messaging service |  | £250 | £250 |
| Posters / Leaflets (photocopying costs) |  |  | £100 |
| Practice population searches | 6 hours admin time | £50/hour | £300 |
| Emergency baby supplies   * Portable changing mat * Nappies * Wipes * Nappy bags |  | £10  £10  £2.50  £2.50 | £25 |
| **TOTAL** |  |  | **£1947** |

**Is this the total cost of the project? (Required)**

**Yes**