

Administration Office – for referrals
and general correspondence

Integrated Lifestyle Service
Chard Hospital
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Somerset
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www.sompar.nhs.uk

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treatment for depressed adults:
randomised controlled trial

Star Award- Winner



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Trainer Service?

Health Trainer referrals into the
ProActive scheme

Welcome to the first edition of our NEW quarterly ProActive newsletter

We hope that this will provide you with a useful means of sharing
your experiences as providers and referrers. The newsletter will
also keep you informed of any developments within the
administration of the service by the Integrated Lifestyle Hub.



Integrated Lifestyle Service Hub Team

Sue Chant	ILS Service Manager
Chris Milton	Healthy Lifestyle Manager
Susan Parsons	ILS Coordinator
Sheila Wright	ILS Secretary
Marc Matthews	ILS Admin Officer
Lee Sherlock	ILS Admin Officer & Stop Smoking Team Secretary



For general enquiries regarding referrals Mon-Fri 9-5pm 01460238 257.
If engaged or out of office hours you will be able to leave a message on
the answer phone.

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Somerset
Partnership

For clients please direct them to lifestyle.hub@sompar.nhs.uk

Useful Links

Leaflets

www.HP.somerset.nhs.uk

Zing

www.zingsomerset.co.uk

Change4Life

www.change4life.com

Somerset Active Living

www.somersetactiveliving.org.uk

British Heart Foundation

www.bhf.org.uk

Eat Well

www.eatwell.org.uk

Natural England

www.naturalengland.org.uk

Alzheimer's Society

www.alzheimers.co.uk

NHS Choices health information

www.nhs.co.uk

Diabetes UK

www.diabetes.org.uk

What's new?

At the start of April the ProActive team started to carry out some preliminary work with Claire Farley who is one of the Clinical Specialist Physiotherapists for Neurology in Somerset.

Initially we have been assessing the number of Neuro and Stroke clients that the ProActive scheme has been referred, and the source of these referrals (April 2011-March 2012). The review is also looking at the type of physical activity provision that the ProActive scheme can provide for this specific patient group across the county.

One of the aims of this scoping work is to increase the confidence of new and current referrers into the ProActive scheme. It is hoped that this work will help to improve the provision and opportunity for physical activity within this specific client group.

Admin Notice

All providers were sent information last month on their quarterly performance. There were some very good completion rates seen throughout the scheme. However, some schemes were let down by not returning their monitoring forms in a timely way.

Top 3 returners of forms.

1. Unique Health and Fitness, Jean Petrie
2. Avalon- Frome, Jo Fordham
3. Avalon- Strode, Becky Chinnock

Change of venue

The ILS HUB has moved venues:

Integrated Lifestyle Service

Chard Hospital

Crewkerne Road

Chard

Somerset

TA20 1NF

Tel: 01460 238 257

Our service will continue to run as usual. Please forward all future correspondence to the above address. Any correspondence sent through to the old address will be forwarded but may well incur some delays.

Working with



Article of the month

You might be interested in the NICE publication below which summarises existing NICE guidance on Physical Activity for Local Authorities. There is nothing new in this; however it does bring it all together in one place and references several of Sport England's tools and data sources.

<http://publications.nice.org.uk/physical-activity-phb3/introduction>



Each quarter we will be looking to recognize an individual or a provider by awarding them a STAR AWARD.



This may be based on feedback from clients, client completion rates or general excellence. Feel free to nominate an instructor or a client that you feel particularly deserves some recognition (email suggestions to Chris.milton@sompar.nhs.uk)

This month's star award goes to a relative newcomer to the ProActive Scheme, **Penny Cook**. Penny has recently taken over the running of ProActive scheme at **King Alfred's Sports Centre, Highbridge**.

We have recently received two compliments concerning Penny's hard work.

'**Penny** has been my guide throughout, she has been fantastic'

'I would especially like to thank the staff at **King Alfred's** for helping in my fight with MS'.

Dates for diaries

As yet we have not set a date for the next quarterly meeting. However if you are interested in hosting a meeting in September then please do let me know.