

Leap⁺

Partner Event: System Thinking
and System Change

www.leapwithus.org.uk



Welcome and Introduction

Mark Ormerod Leap CEO



@Leap_BMK



@Leap_BMK



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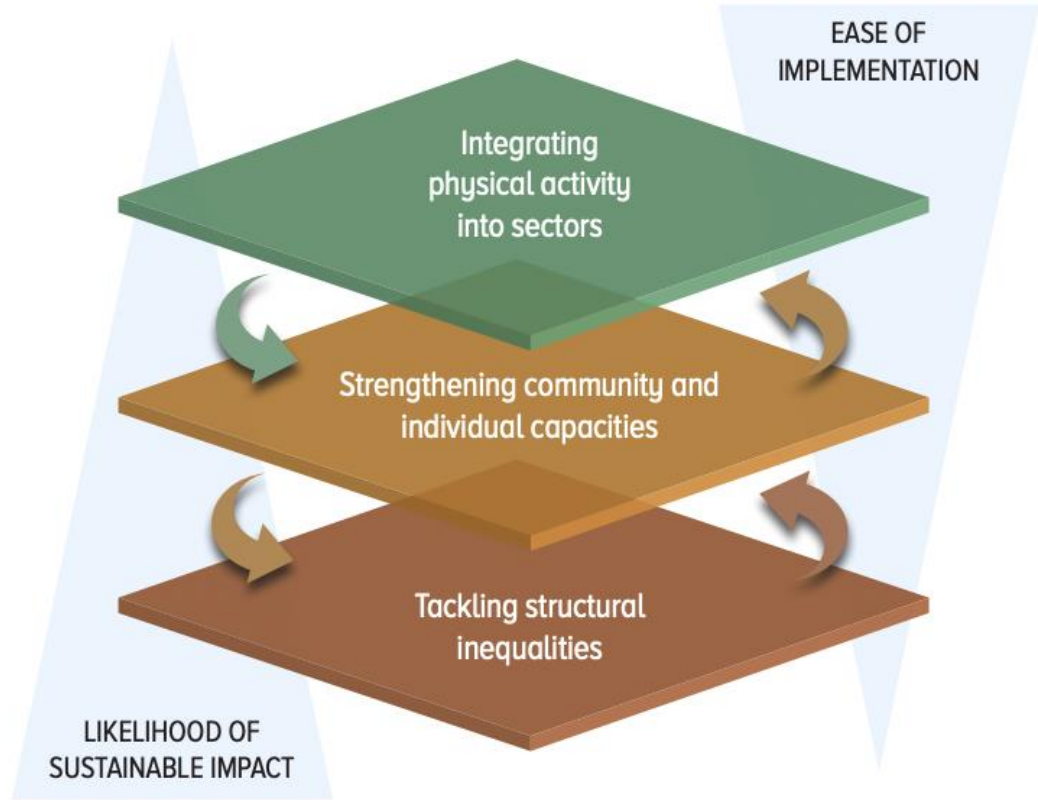
Leap⁺

Leap Partner Forum - 12th June 2024

11.00-13.30

- 1. Welcome - Mark**
- 2. System Thinking - Chris & Graeme**
- 3. National System Change Pilots - Clare & Hunter**
- 4. Violence Reduction Unit in MK - Chelsea & Mark**
- 5. Movement Break**
- 6. Can Move Bucks - Chris & Vicky**
- 7. Emerging System Change in Bucks and MK**
- 8. Feedback and Round up - Mark**
- 9. Lunch and Networking**

Figure 1: NELP conceptual framework showing interconnected areas where action to address inequalities often takes place



Ice Breaker task and questions.....

1. Introduce yourself.
2. What brought you to this group or part of system thinking?
3. What are you hoping to get out of the session today? (optional)



Inspiring Bedfordshire to move more

Navigating Local Systems in Luton

beactivebeds.co.uk | [@beactivebeds](https://twitter.com/beactivebeds)



What is Navigating Local Systems ?

- Established in Autumn 2019 in three areas, Wakefield, Liverpool and Luton.
- Enable people and organisations to develop their knowledge, skills and capacity to drive change in the system.
- To support increase in physical activity levels in areas where it is most needed.

- Phase one 2019-21 secured a small amount of funding to work with an expert facilitator.
- Test and learn approach to developing a systems thinking approach to working.
- Significantly impacted by the pandemic.
- Delivered in partnership with **Active Luton** (our hosts), **Luton Borough Council** and **Total Wellbeing** (the commissioned wellbeing service for Luton).

What did we do in phase one ?

- Children on the edge of care and their families/carers to provide enhanced access to physical activity.
- Our first workshop was at the end of February 2020! We picked up the work again with the support of Barnardo's in the spring of 2021.
- We engaged with over 50 key personnel and organisations through a series of expert led workshops that provided us with an action plan.

We focused on:

- Educating the role of and value that physical activity brings in improving life chances.
- We spent time with key people; managers, officers, elected members, service users, those with lived experiences.
- We aligned strategic thinking to demonstrate that it would impact positively on Luton 2040 and Marmot Town status and outcomes.
- Invested resource that allowed us to embed the work within and alongside Childrens Services and YPSP.

What change is happening because of our work in phase one ?

- Links have strengthened across senior leaders in public health, physical activity and community development, together with connected councillors and portfolio holders.
- Our collective approach to working is different... thinking time, no agendas, safe spaces for reflection and collaboration free of the fear of failure, understood common goals

- Investing in people and resources to provide capacity, expertise and improve efficiencies that embeds the work within the system. For example, the YPSP investment.
- We have a strong case study that we have been able to use to develop our work in phase two with adult social care and supporting adults at risk of accessing the social care system to become physically active.

What we've learnt along the way...

- The power and value of distributed leadership.
- Linking the work with key strategic partners and stakeholders to key council and place vision and strategies. For us in Luton this means Luton 2040 and the Marmot Town outcomes.
- The value of having elected members of the council on board with and understanding the value of the work.

- Developing a shared language, removing jargon and large numbers of brand names for the same type of offer. This has been an area of weakness for us.
- Slower is often better, but create a culture where people feel empowered, making mistakes for the right reasons is fine and failure is not a worry or concern.
- Capturing and sharing intelligence and experiences is really valuable !

Our Phase two work

- Supporting adults at risk of or recently in care to become more physically active.
- Our approach embraces learnings from phase one and the development of our work embraces:
 - Political buy-in
 - Working hard to develop relationships with key stakeholders with a particular focus on adult social care.

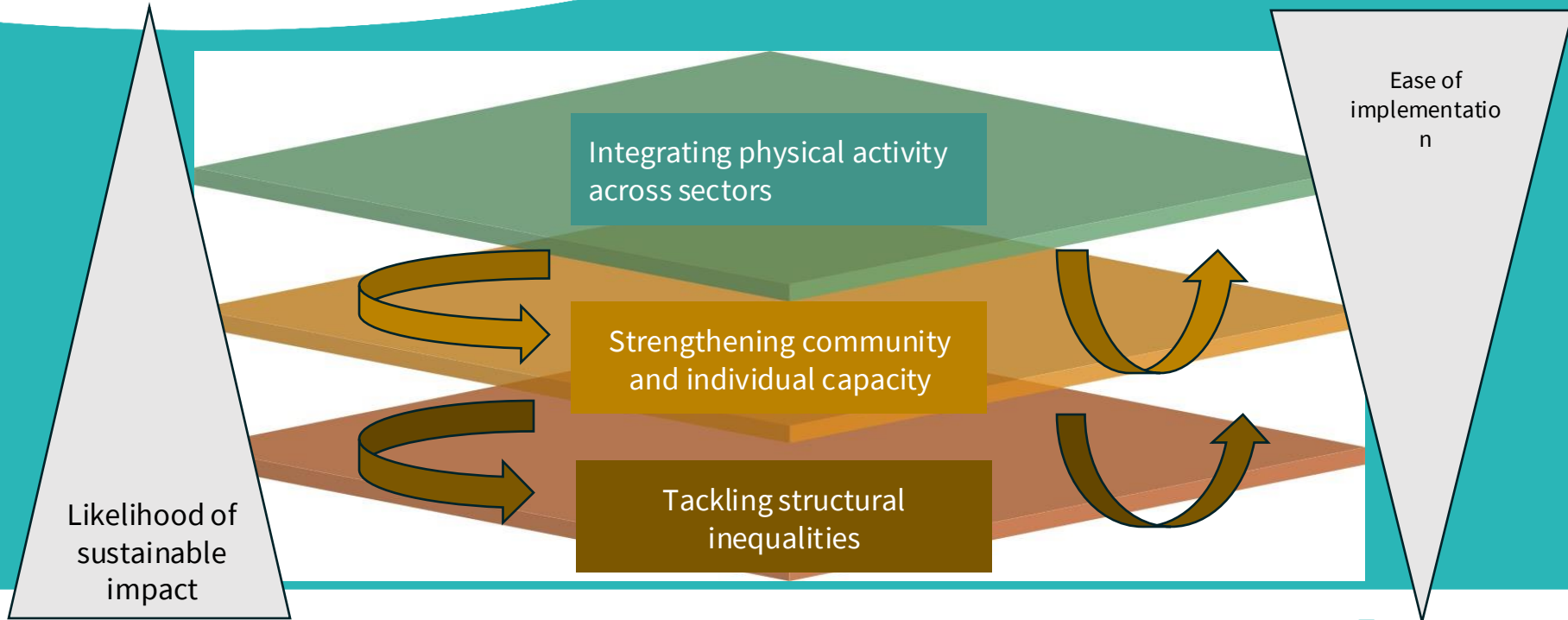
- Have resources available to oil the wheels and build capacity within the system.
- Educate on the value of physical activity and the role that it plays in improving physical and mental health and wellbeing more widely.
- Capture, learn and share.

Capture, Learn, share or Monitoring Evaluation and Learning

- We have been part of Sport England's National Evaluation and Learning Partnership over the last 12 months which has involved some very talented people from Sheffield Hallam University and Sport England.

- The next two slides highlight a little bit about conceptual framework, patterns within a system and the 10 enablers of change.
- We will talk a little bit about our journeys with this framework to date and how we are capturing data.

Conceptual framework: Patterns within the system



Conceptual framework: Conditions for addressing physical inactivity inequalities



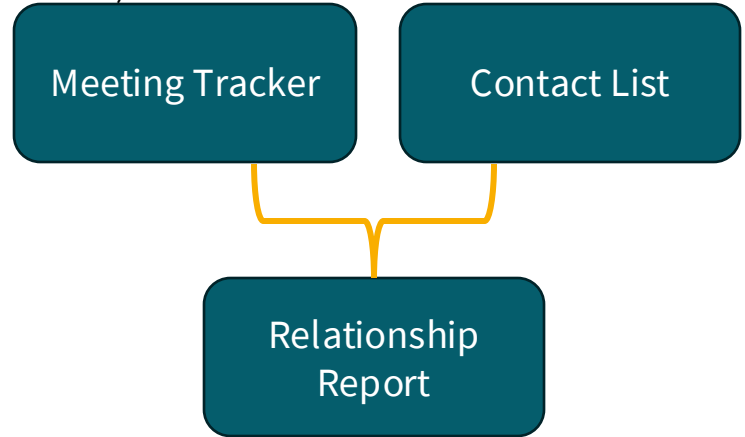
Measuring Change

Key challenge:

Members of our team are having separate conversations within their work streams.

We needed to find a way to bring all these conversations together in one place, to track against the enablers of change.

(This documents all sit within the platform Smartsheet)



Meeting Tracker

We use Smartsheet Form that staff members fill out after each meeting, to collate:

- Contact information
- Key meeting information (topic/ any actions)
- Which enabler they believe the meeting contributed most to

This allows us to:

- Filter based on the selected enablers of change within the Smartsheet
- Create reports for each enabler to track progress across different meetings and contacts

Which enabler of change did this meeting contribute towards? *

This will be used in order to track and evidence progress towards each of the 10 enablers of change.

- Barriers and enablers of physical activity
- Distributed and collective leadership
- Collaboration within and across organisations
- Capacity and capability across the workforce
- Facilitative processes
- Co-production, local people-led initiatives
- Cultures and practices for WB & PA
- Physical environments that allow for PA
- Cycles of learning and action

Which enabler of change did this meeting link to?

Co-production, local people-led initiatives

Barriers and enablers of physical activity

Distributed and collective leadership

Collaboration within and across organisations

Capacity and capability across the workforce

Co-production, local people-led initiatives

Physical environments that allow for PA

Relationship Report

We utilise the report function in Smartsheets to group the data from the Meeting Tracker and Contact List. This example shows it grouped by organisation:

Name	Job title	Organisation	Email address	Contact Notes	Owner/Main contact	RAG rating	RAG rating 1	Date of next meeting
▶ Organisation Adult Social Care								
▶ Organisation BLMK- ICB								
▶ Organisation BLMK- ICB & Adul								
▼ Organisation Luton Borough Cc								
	Portfolio Holder for Population Wellbeing (Adult Social Care)	Luton Borough Council			Penny Kelly		2	
	Public Health Manager	Luton Borough Council			Jade		3	01/05/24
	Public Health Principle	Luton Borough Council			Clare		3	04/04/24
	Public Health Consultant	Luton Borough Council			Penny		2	

Wider MEL Process





Inspiring Bedfordshire to move more

Report from three system change/thinking national pilots.

https://sportengland-production-files.s3.eu-west-2.amazonaws.com/s3fs-public/2021-03/Navigating%20local%20systems..pdf?VersionId=TILTfO3yHk7G2zUTvLoJN_SY_F.Mns36

Clare Fitzboydon
clare@beactivebeds.co.uk

Emma Hunter
hunter@beactivebeds.co.uk

Questions

Welcome to



CHANGING SPORT
STRENGTHENING COMMUNITIES
TRANSFORMING LIVES





CHANGING SPORT
STRENGTHENING COMMUNITIES
TRANSFORMING LIVES

Facilitating System Change Across the Thames Valley:

How Secondary Level 'SportPlus' Interventions are Providing Positive Activities to Young People at Risk of Entering the Criminal Justice System.

Chelsea Piggott

Sport and Violence Impact Manager @ VPP/StreetGames





CHANGING SPORT STRENGTHENING COMMUNITIES TRANSFORMING LIVES

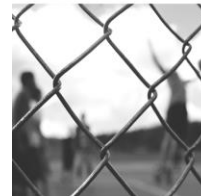


1 STRATEGIC COMMITMENT TO SPORT

- DOES THIS EXIST?
- IN WHAT FORM?
- WHERE DOES IT COME FROM?



www.streetgames.org.uk
 Street Games (Sport and Youth Services)
Loughborough University
 SAFER TOGETHER
 CREATING PARTNERSHIPS FOR POSITIVE CHANGE
 Dr Gavin Whelan, Dr Catherine Mason, Professor Stephen Cook and Professor Paul Donohue



Sports programmes

Secondary or tertiary prevention programmes which engage children in organised sports or physical activity

ESTIMATED IMPACT ON VIOLENT CRIME HIGH 📈	PREVENTION TYPE Secondary Tertiary
EVIDENCE QUALITY Q Q Q Q Q 📊	SETTING Community Custody School and college
COST: ? 📉	THEMES Positive activities Trusted adults

YEF Toolkit

An overview of existing research on approaches to preventing serious youth violence.
[Find out more about the toolkit](#)

FILTER BY:

Search:

A-Z

EVIDENCE QUALITY: 📊

IMPACT: 📈

COST: 📉

ADVANCED FILTERS: 📄

THEMES: 📄

PREVENTION TYPES: 📄

SETTINGS: 📄

OUTCOMES: 📄

Clear all filters

A and t navigators	Cognitive Behavioural Therapy	Focused deterrence
Programmes that place case workers in recipient and emergency organisations to support children and young people with a violence-related injury.	A talking therapy which helps people recognise and manage negative thoughts and behaviours.	A strategy that combines communicating the consequences of violence with support for obtaining positive views from them.
COST: ££	COST: £££	COST: £££
EVIDENCE QUALITY: Q Q Q Q Q	EVIDENCE QUALITY: Q Q Q Q Q	EVIDENCE QUALITY: Q Q Q Q Q
ADVANCED FILTERS: HIGH	ADVANCED FILTERS: HIGH	ADVANCED FILTERS: HIGH
Social skills training	Sports programmes	Trauma-specific therapies
Aims to develop children's ability to regulate their behaviour and communicate effectively.	Secondary or tertiary prevention programmes which engage children in organised sports or physical activity.	Specialist therapies which aim to support individual recovery from trauma.
COST: ££	COST: ££	COST: £££
EVIDENCE QUALITY: Q Q Q Q Q	EVIDENCE QUALITY: Q Q Q Q Q	EVIDENCE QUALITY: Q Q Q Q Q



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• Understanding the Sector



2 AUDIT

- Violence Reduction Unit - Strategic Needs Assessment
- Crime & Policing Plan
- Theory of Change
- Local Consultation / Validation



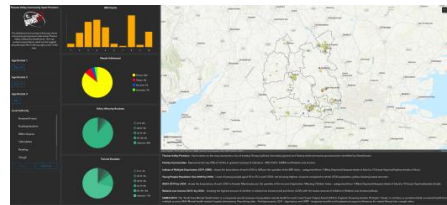
Community Sport Systems Map





3 ANALYSIS

- Data Layers (LSOA – local level)
- Level of Need
- Supply vs Demand
- Fit for Purpose
- Establish priorities



80 sessions
30% Female
40% EM

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www.streetgames.org
[StreetGamesSportsCharity](#)
[StreetGames](#)

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Background 3

Thames Valley Violence Reduction Unit Violence Prevention and Strategic Sport Plan 3

StreetGames 4

Community Safety 4

Why Sport? 4

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Where is community sport happening? 11

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Communities 24

Deprivation & Employment 24

VRU – Focus Communities 25

Active Lives Survey (Sport England 2021-2022) 25

Recommendations 26

Dashboard Link: - Thames Valley Community Sport Dashboard (v.2) 26



4 VIOLENCE REDUCTION STRATEGIC SPORTS PLAN

Plan of actionable objectives (SMART, Measurable)

Validated and adopted through the board.

THAMES VALLEY STRATEGIC PLAN	
Objective	Notes
VISION 1 Grow the number of high-quality sport provisions in Thames Valley's most deprived and vulnerable communities which contribute to the prevention of violence.	
1a	Use data and evidence the Community Sport Strategy. Analyse data to identify areas in Thames Valley with the highest levels of deprivation and vulnerability. Use this data to identify areas where there are the greatest needs for the provision of sports and leisure facilities in deprived and vulnerable communities.
1b	Establish the community sport provision target through working with a variety of partners across the community sport sector. (2019-2022)
1c	Embed the strategic analysis that is evidence across the community sport sector to support prioritisation of resource investments.
1d	Embed the strategic analysis that will inform partners to ensure community sport provision is to be increased and quality enhanced and that it is to be incorporated into policy strategy and other relevant documents.
1e	Use a shared-based approach to identify communities of need. Use this data to identify areas where there are the greatest needs for the provision of sports and leisure facilities in deprived and vulnerable communities.
1f	Embed all evidence that informs the strategic analysis into the plan. The analysis is shared and used to identify areas where there are the greatest needs for the provision of sports and leisure facilities in deprived and vulnerable communities.
1g	Embed the 'Theory of Change' in order to ensure that evidence is shared across all relevant partners and that the plan is evidence-based and that it is to be incorporated into policy strategy and other relevant documents.
1h	Work across the system to deliver additional investment in order to support existing provision in high priority communities.
1i	Capture and share 'best practice' in community sport.

More sport in more places

Grow the number of high-quality sport provisions in Thames Valley's most deprived and vulnerable communities which contribute to the prevention of violence.

More workforce with more competencies

Enhance the confidence, competence and capacity of the sport workforce to ensure high quality delivery which is pro-social in its approach and embeds the principles of trauma informed practice.

More vulnerable people referred, engaged and retained

Increase the number of vulnerable/at risk young people meaningfully, and successfully, referred into sport through evidence-based, multi-agency referral pathways.



5 PRACTICE

Assess against outcomes i.e. quarterly

Monitoring and evaluation

Share learning & establish best practice

Delivery

- ✓ More sport in more places
- ✓ More workforce with more competencies
- ✓ More vulnerable young people referred and engaged in sport

But what does system change look like?



Understand the data/ insight

- Local Authority SNA/strategies
- Community Sports Dashboard

Identify Community Sports

- Asset mapping
- Theory of Change

Engage in local partnerships

- Who needs a seat at the table?
- Where do sports interventions fit?
- How do we influence strategy?

Co-create a referral pathway

- The right young people
- The right sports intervention
- Accessing the right opportunities





CHANGING SPORT STRENGTHENING COMMUNITIES TRANSFORMING LIVES



Diversionsary projects

Safer Slough Partnership has worked with a number of partners and teams to focus on prevention and behaviour change with young people. This strategy recognises this work and draws on the successes to develop the action plan. Here are some examples of the diversionary projects delivered in Slough to meet the goal of preventing and reducing serious violence in the borough.

Youth Community Outreach (Community and Detached Team)

The Community and Detached team deliver support to young people in multiple ways, we are able to engage children and young people through an authentic youth work model. By involving young people in a range of interventions, and seeing them in different environments, this enables us to assess the transferability of the skills and knowledge they are gaining through targeted group work in school, informal education on the street and 1:1 mentoring support. Local activities and 'in the moment' engagement enable diversion of young people on the periphery of becoming involved in serious youth violence and associated activities. Targeted outreach in hotspot areas based on local intel provides support and a feeling of safety to local residents.

StreetGames: Promising Practice

The Slough Sports Scholarship is delivered by SBC's Public Health team on behalf of Thames Valley Violence Reduction Unit, commissioned through StreetGames. The project supports young people aged 10-18, displaying risk factors linked to serious youth violence. Referrals (from schools, YOT, youth detached team, early help and children services) are sent to the programme co-ordinator who will build a relationship with the family via phone calls and

home visits before placing the young person into either 1:1 sports-based mentoring focusing on the development of life skills or a community sports programme. Young people are offered opportunities for additional mentoring, training, and volunteering to support their positive youth development and provide additional protective factors to mitigate against risk factors.

StreetGames: Upskilling of Community Sports Workforce

SBC's Public Health team commissioned through StreetGames, have supported community sports organisations to increase their confidence, competence, and experience to deliver programmes to young people at risk of entering the criminal justice system. They ensure that clubs are trauma informed and pro-social in their approach when delivering 1:1 sports-based mentoring or taking on referrals on young people displaying risk factors. They have also used upskilled sports practitioners and used the principles of the Holiday Activity Fund to work with 30 at risk young people through school holidays to provide diversionary activities.

Choices: PHSE programmes through schools

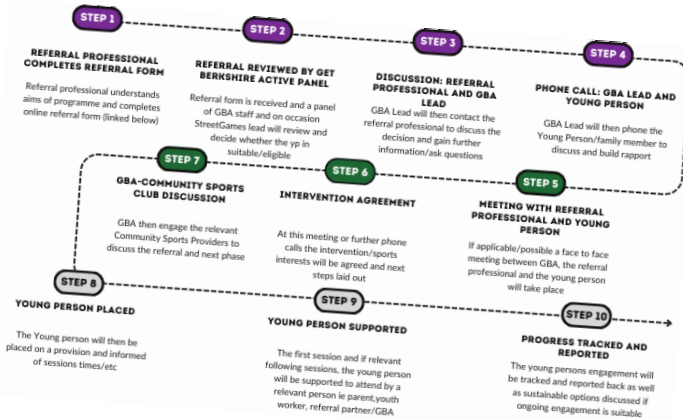
There is evidence of schools taking significant responsibility for young people in preventing violence, managing risk whilst providing pastoral support.



Slough Serious Violence Strategy 2024-2



in Slough, we will always together to prevent all violence



What are the short and long-term outcomes we want to achieve

- By learning from each other and pursuing robust and evidence-based programmes of interventions we can achieve so much more.
- We are proud to build on principles promoted by Street Games Theory of Change which highlights the challenges to be overcome and the enablers to secure success.





6 REVIEW & EVALUATE

Return to step 1

is there still a strategic commitment to sport in this area?



Why place-based system change?

- Supporting and placing vulnerable young people and those at risk of violence/exploitation in community sporting activity
- Partnering with experienced community sports clubs to put the young person at the heart of this project, promoting positive behaviors through being inclusive, participatory and trauma informed
- Supporting the community sport providers to deliver evidence-based interventions
- Provide front line support to build capacity, capability and sustainability within community sport
- Link up referral partners with sport, so sport becomes part of their 'toolkit'



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TRANSFORMING LIVES

Chelsea Piggott

Sport and Violence Impact Manager

VPP/StreetGames

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Sam Johnson

Participation and Engagement Senior Youth Support Worker - Sports Coordinator

Milton Keynes City Council

sam.johnson@milton-keynes.gov.uk

Questions

Movement Break - 10mins

Group Picture with the Cake



CanMove Buckinghamshire

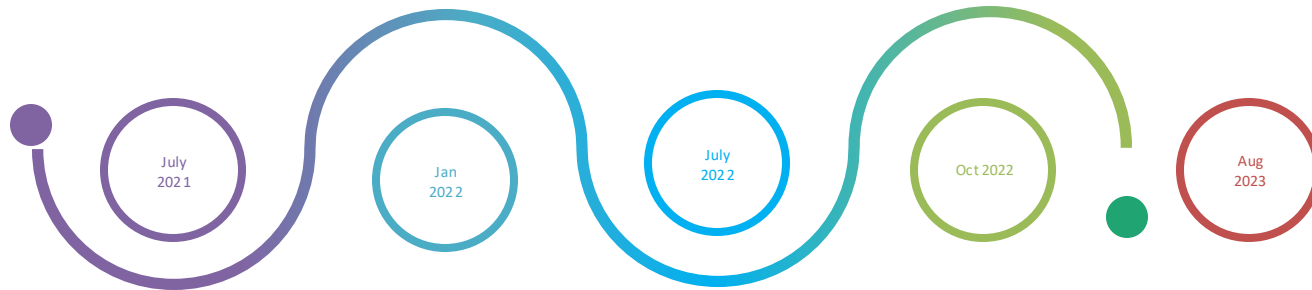
OUTSTANDING CARE

HEALTHY COMMUNITIES

AND A GREAT PLACE TO WORK



Development of Cancer Pre & Rehab service



Idea/Challenge

Kerry set up cancer rehab classes
Approached Leap about moving patients onto qualified instructors
Reviewing services after COVID

Mapping

Leap mapped the system partners including instructors in Bucks with L4 cancer rehab qualification or interest in System Partner Network established to share vision moving forward

Setting up services

Developing referral pathways & criteria
Source funding from SE TF and PH.
New rehab community sessions with coverage of Bucks.

Launch of the services

Health & Wellbeing events
Live referral email secondary care.
Primary care launch on hold
Macmillan "what's in your area" website update

Review and improve

Refreshed sessions with low numbers.
Issues continue with primary care pathway.
Amended leaflet and sent to all GPs.
Briefing for CSN team.



What was the challenge/idea: Cancer Pre & Rehab service

- New National and local guidelines for all patients to have access to lifestyle support from the point of diagnosis.
- Lots of evidence for exercise and physical activity before, during and after cancer diagnosis but this wasn't being used.
- Limited understanding and conversations being had with patients in hospitals or with GPs.
- MacMillan/BHT physio sessions were full, no flow of patients into community activity.
- MacMillan/BHT Physio had no knowledge of who is operating in the community.
- Small number of exercise professionals offering Cancer Rehab, no coordination.

PHYSICAL ACTIVITY FOR PEOPLE WITH METASTATIC BONE DISEASE

Guidance for healthcare professionals

WE ARE MACMILLAN CANCER SUPPORT



SHEET 4

Physical activity guidelines for ADULTS (19-64 YEARS)



ADULTS (19-64 YEARS)

- Adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (100 minutes if you are unable to do more) of moderate intensity activity in bouts of 10 minutes or more – one may try to approach this in 10 to 30 minutes on at least 5 days a week.
- Alternatively, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or combinations of moderate and vigorous intensity activity.
- Adults should also undertake physical activity to improve muscle strength on at least two days a week.
- All adults should increase the amount of time spent being sedentary, sitting for extended periods.

Individual physical and mental capabilities should be considered when interpreting the guidelines.

Examples of physical activity that meet the guidelines

Moderate intensity physical activities will cause adults to get warmer and breathe harder and their hearts to beat faster, but they should still be able to carry on a conversation. Examples include:

- Brisk walking
- Gardening

Vigorous intensity physical activities will cause adults to get warmer and breathe much harder and their hearts to beat much faster, making it more difficult to carry on a conversation. Examples include:

- Minimising sedentary behaviour may include:
- Reducing time spent watching TV, using the computer or playing video games
 - Taking short breaks at work
 - Breaking up sedentary time such as using a long fork or not pouring for refilling part of the wine

What are the benefits of being active daily?

- Reduces risk of a range of diseases, e.g. coronary heart disease, stroke, type 2 diabetes
- Helps maintain a healthy weight
- Helps maintain ability to perform everyday tasks with ease

Exercise Guidelines for Cancer Survivors: Consensus Statement from International Multidisciplinary Roundtable

KRISTIN L. CAMPBELL¹, KERRI M. WINTERS-STONE², JOACHIM WISSEMANN³, ANNE M. ANNA L. SCHWARTZ⁴, KERRY S. COURNEYA⁵, DAVID S. ZUCKER⁶, CHARLES E. MATTHEI⁷, JENNIFER A. LIGIBEL⁸, LYNN H. GERBER⁹, G. STEPHEN MORRIS¹⁰, ALFA V. PATEL¹¹, FRANK M. PERNA¹², and KATHRYN H. SCHMITZ¹³

Effects of Exercise on Health-Related Outcomes in Those with Cancer

Overall, avoid inactivity, and to improve general health, aim to achieve the current physical activity guidelines for health (150 min/week)

Outcome	Aerobic Only	Resistance Only	Combination (Aero + Resistance)
Strong Evidence	Dose	Dose	Dose
Cancer-related fatigue	3x/week for 30 min per session of moderate intensity	2x/week of 2 sets of 12-15 reps for major muscle groups at moderate intensity	3x/week for 30 min per session of moderate to vigorous intensity training 2 sets of intensity
Health-related quality of life	2-3x/week for 30-60 min per session of moderate to vigorous	2x/week of 2 sets of 8-15 reps for major muscle groups at a moderate to vigorous intensity	2-3x/week for 30-30 min per session of moderate to vigorous intensity training 2 sets of moderate to vigorous intensity
Physical Function	3x/week for 30-60 min per session of moderate to vigorous	2-3x/week of 2 sets of 8-12 reps for major muscle groups at moderate to vigorous intensity	3x/week for 20-40 min per session of moderate to vigorous intensity training 2 sets of moderate to vigorous intensity
Anxiety	3x/week for 30-60 min per session of moderate to vigorous	Insufficient evidence	2-3x/week for 30-40 min per session of moderate to vigorous intensity training 2 sets of moderate to vigorous intensity
Depression	3x/week for 30-60 min per session of moderate to vigorous	Insufficient evidence	2-3x/week for 30-40 min per session of moderate to vigorous intensity training 2 sets of moderate to vigorous intensity
Lymphedema	Insufficient evidence	2-3x/week of progressive, supervised program for major muscle groups does not exacerbate lymphedema	Insufficient evidence
Moderate Evidence			
Bone health	Insufficient evidence	2-3x/week of moderate to vigorous resistance training plus high impact training (sufficient to generate ground reaction force of 3.4x one body weight) for at least 12 months	Insufficient evidence
Sleep	2-4x/week for 30-40 min per session of moderate intensity	Insufficient evidence	Insufficient evidence

What can exercise

- Prevention of 7 common cancer types
- Dose: 2018 Physical Activity Guidelines for Americans (moderate to vigorous aerobic exercise)
- Survival of 3 common cancers
- Dose: Exact dose of physical activity needed to reduce cancer risk is unclear. Overall, more activity appears to lead to better risk reduction.
- Modifiable breast cancer, endometrial, myeloid, kidney and stomach cancers
- Breast, colorectal and prostate cancers

Lots of Physical Activity and Exercise Evidence and good practice



Physical activity and cancer: the underrated wonder drug

The case for integrating physical activity into cancer care



New Directions for Physical Rehabilitation of Musculoskeletal Pain Conditions

Review

OPEN

Physiotherapy for people with painful peripheral neuropathy: a narrative review of its efficacy and safety

Tom Jesson¹, Nils Plunge², Annina B. Schmid³



Integrating physical activity into cancer care

REVIEW

Predictors of adherence to exercise interventions during and after cancer treatment: A systematic review

H.L. Ormel¹ | G.G.F. van der Schoot¹ | W.J. Sluiter² | M. Jalving¹
A.M.E. Walenkamp¹

WILEY



HEALTHY LIVING AFTER CANCER

MOVE MORE

OUTSTANDING

HEALTHY

AND A GREAT PLACE TO LIVE

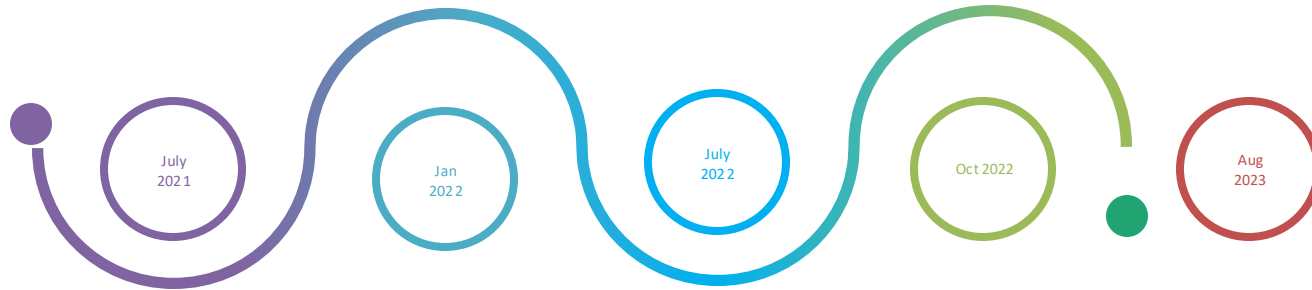


MACMILLAN CANCER SUPPORT

PREHABILITATION EVIDENCE AND INSIGHT REVIEW

MACMILLAN CANCER SUPPORT

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Issues continue with primary care pathway.
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Mapping: who are the system partners?

Bucks Public Health

Bucks CCG / BOB ICS

Buckinghamshire Health Care Trust

Day Hospice's

Primary Care Networks (GP Surgeries)

CIMSPA

Canhab

Community Exercise Professionals

Leisure Centre Providers

Thames Valley Cancer Network

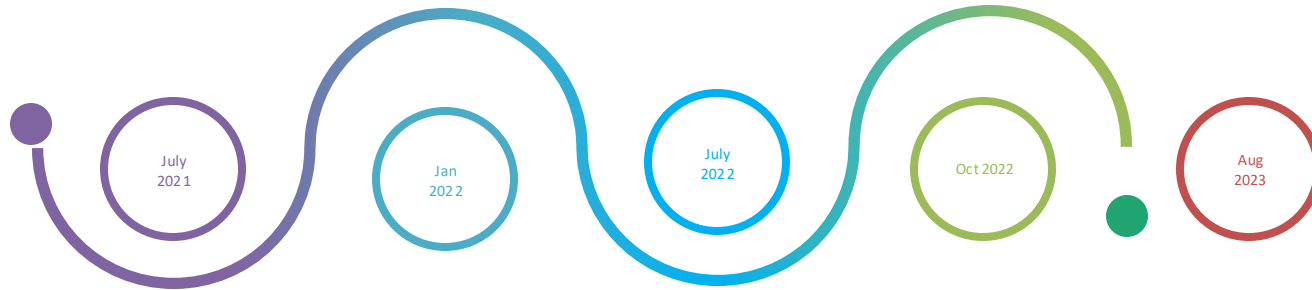
MacMillan

OUTSTANDING CARE

HEALTHY COMMUNITIES

AND A GREAT PLACE TO WORK

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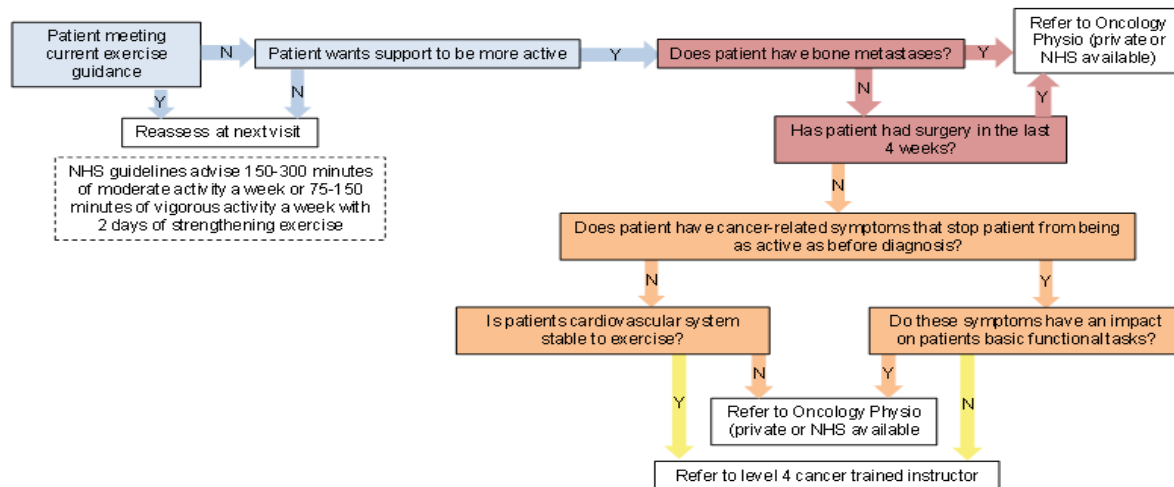
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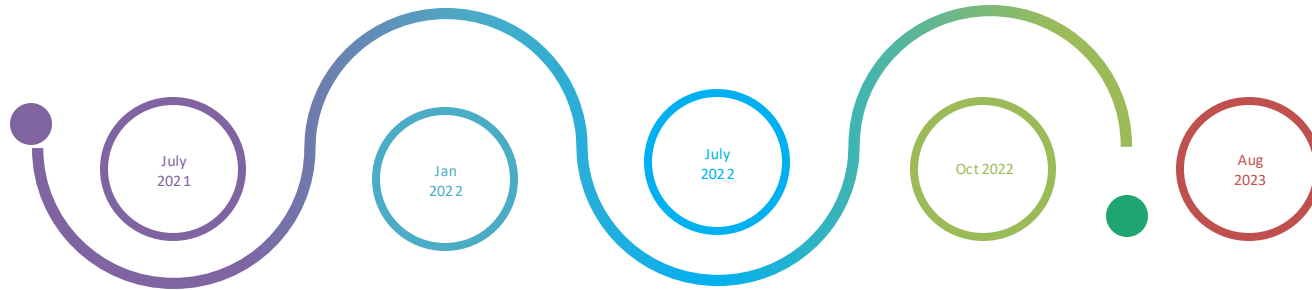
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Cancer Rehab Guidance Flowchart- which service?



	WHAT	WHO	WHEN
HIGH RISK (Bone mets, previous MSCC, recent surgery, cognitive impairment)	Initial holistic assessment Problem list & goal setting Red flags awareness Safe progression Supervised and guided exercise	Oncology Physio	Disease Progression Recent or frequent hospital admissions Advanced disease
MEDIUM RISK (Newdiagnosis, prehab, completion of treatment)	Assessment & plan to meet patients goals/needs Exercise classes Exercise programme for patients to do independently	Oncology Physio Level 4 cancer trained instructor	Treatment complete Preparation for treatment/surgery
LOWRISK (Stable disease, maintenance regime, remission)	Choice of classes for patient to attend independently	Level 4 cancer trained instructor	Living with and Beyond Cancer

Development of Cancer Pre & Rehab service



Idea/Challenge

Kerry set up cancer rehab classes
Approached Leap about moving patients onto qualified instructors
Reviewing services after COVID

Mapping

Leap mapped the system partners including instructors in Bucks with L4 cancer rehab qualification or interest in
System Partner Network established to share vision moving forward

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Source funding from SE TF and PH.
New rehab community sessions with coverage of Bucks.

Launch of the services

Health & Wellbeing events
Live referral email secondary care.
Primary care launch on hold
Macmillan "what's in your area" website update

Review and improve

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WHAT IS CAN MOVE?

Can Move is a partnership between the NHS and community providers to support the wellbeing of people living with a cancer diagnosis.

CAN MOVE PHYSIO

Small group community-based activities led by cancer specialist oncology physiotherapists, to support patients with more complex cases.

Aylesbury Roman Park Hall
Monday PM. FREE
bht.aosphysio@nhs.net

Marlow Community Hospital,
Thursday PM. FREE
bht.aosphysio@nhs.net

Buckingham Community Hospital
Friday PM. FREE
bht.aosphysio@nhs.net

Amersham Community Centre,
Pilates Health Physiotherapy
Weekdays

Exercise, pain, fatigue & scar management.
1:1 and group sessions.
Contact for more information and pricing.
rehab@pilates-health.com

CAN MOVE EXERCISE PROFESSIONAL

Community-based group activities to help you be fit for treatment and to aid recovery.

These sessions are led by experienced exercise professionals with a Cancer pre and rehab qualification.

Aylesbury Aqua Vale
Wednesday 2.30pm-3.30pm
£30 for 6-week block/£6 PAYG
vicky@livewellfitness.co.uk

Chalfont St Peter Community Centre
Outdoor exercise session. Friday 10am - 11am
£30 for 6 weeks / £40 for 8 weeks
referrals@breatheoutside.co.uk

Denham Village Memorial Hall
Circuits style exercise session
Wednesday 10am-10.45am £6 PAYG / £20 month
beth@bouncebackexercise.com 07888912579

Wycombe Leisure Centre
Monday 10am - 11am
Friday 10am - 11am
£6.80 per session KristinaBaker@pfpleisure.org

Online classes via Zoom
Monday 12pm-12:45pm (Functional Fitness)
Tuesday 8am-8:30am (Mobility & Balance)
Thursday 10am-10:30am (Core Control & Stretch)
Friday 12pm-12:45pm (Strong & Balanced)
£28 a month or £5 per session
beth@bouncebackexercise.com 07888912579

CAN MOVE COMMUNITY

The Bucks Online Directory lists a variety of community-based activities that will help you be active.

These are led by qualified exercise instructors or coaches, but they do not hold cancer pre and rehab qualifications.

These sessions are ideal for people who don't need specialist cancer rehab support but want to keep active with others.

Examples of the activities available include:

- yoga
- group walks
- walking football & netball
- swimming
- table tennis

www.directory.buckinghamshire.gov.uk

Why not try:

5K Your Way - Move against Cancer (Parkrun)
Rickmansworth Aquadrome 8.45am
Last Saturday of the month. Free.
rickmansworthgroup@5kyourway.org

Higginson Park, Marlow 8.45am
Last Saturday of the month. Free
Meet by skate park
higginsonmarlowgroup@
5kyourway.org





Training for Cancer Specialist
Nurses

One pager for healthcare
professionals

Offer of training for consultants.

OUTSTANDING CARE

HEALTHY COMMUNITIES

AND A GREAT PLACE TO WORK



Buckinghamshire Healthcare
NHS Trust

Vicky and her Aylesbury Class



OUTSTANDING CARE

HEALTHY COMMUNITIES

AND A GREAT PLACE TO WORK



“I am 54 and a lung cancer survivor. After my lobectomy (to remove one lobe of my lungs affected by cancer) I had lost a lot of my strength and my flexibility. So, I started the cancer exercise class with Vicky. The class is just what I needed. It is adapted to each person as we all have different cancers, issues and fitness levels. We do muscles strengthening and stretching exercises and a bit of low impact cardio. They are gentle exercises, and we just do what we can. There is no pressure. I also face anxiety and depression and this course is a great help to relax, reduce my stress and boost my mood and energy levels. I would recommend this course to any cancer patient. Really it should be suggested to patients by oncologists and by the NHS.”

“I am 62 years old and recovering from breast cancer treatment which involved a lumpectomy and radiotherapy. Vicky Pudney has been fantastic, running sessions that allow everyone to work to their own level without singling people out for special attention. She has also created a kind and supportive group environment.”

“I have found the sessions really useful to build back some physical activity post-surgery / cancer diagnosis. Vicky has been really supportive and provides an adaptive range of physical exercises noting some mobility challenges.”

OUTSTANDING CARE

HEALTHY COMMUNITIES

AND A GREAT PLACE TO WORK



Before starting these classes, and having just finished my treatment, i was feeling very tired, having two or three naps a day with no energy.

I also had a lot of muscle wastage from the treatment and found it very hard to get motivated.

Once I started these classes, I found that I was starting to get my strength back, and this gave me more motivation.

I can now walk 3 to 4 miles without feeling totally fatigued, which is also improving my mental wellbeing.

Another bonus of the classes that I didn't realise, is the ability to meet people with similar issues and able to talk through treatments, side effects and realise you are not dealing with this on your own.

63yr old, Prostate Cancer

OUTSTANDING CARE

HEALTHY COMMUNITIES

AND A GREAT PLACE TO WORK



OUTSTANDING CARE

HEALTHY COMMUNITIES

AND A GREAT PLACE TO WORK



46-year-old, colon cancer.

“The class has really helped me in my overall confidence in getting back to fitness, helped my overall mental health and my energy levels. It’s motivated me to really think more about the exercises I’m doing. Vicky is very supportive, and the class is just a nice thing to attend each week.”

77-year-old, oesophageal cancer.

“I enjoyed the sessions and felt motivated to go every week.” 80-year-old, bile duct cancer.

“The classes have helped me gain confidence to exercise post-surgery” 52-year-old, appendix cancer.

52-year-old, breast cancer.

“Vicky runs the class in such a way we feel ok to go at our own pace.”

76-year-old, lung cancer.

“Fun and welcoming session to be a part of.”

38-year-old, breast cancer.

“The sessions helped me feel alive.”

72-year-old, lymphoma.

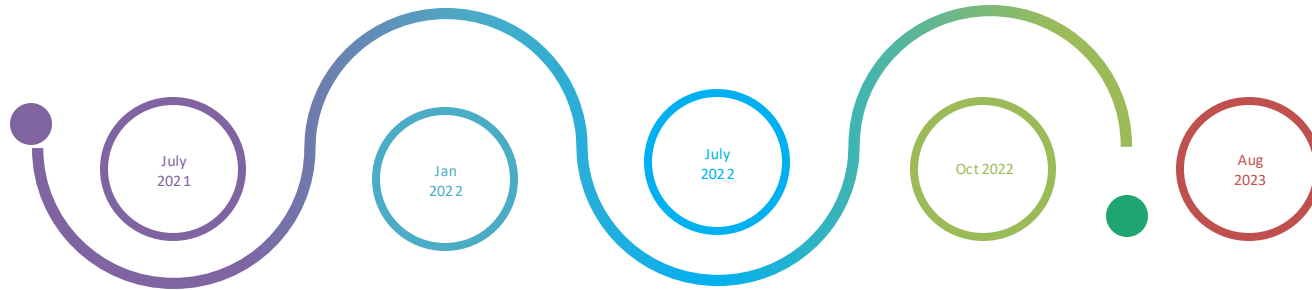
“I have benefited greatly from the sessions – from the instruction and from the stimulus.”

OUTSTANDING CARE

HEALTHY COMMUNITIES

AND A GREAT PLACE TO WORK

Development of Cancer Pre & Rehab service



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Learning from cancer system work

- Private and public partnership is key.
- Seed funding needed to bring collaboration together.
- Bring the health and exercise prof together as it build trust.
- Healthcare system governance will slow down the process.
- A coordinated offer and joint brand gives credibility.
- Influencing is needed at a senior (system) & operational level.
- Combined or a single PA pathway would be more efficient.
- More referrals for activities in larger towns.

OUTSTANDING CARE

HEALTHY COMMUNITIES

AND A GREAT PLACE TO WORK

What next?

- Rolling evaluation and impact demonstrated.
- Major conditions strategy in development – expansion of pathway.
- Can we link up NHS workforce plan, leisure/sport/PA sector needs and local skills plan.
- Primary care pathway needs to embed and be nurtured.
- BOB ICB Cancer Networking event July 2024
- Continue to attend cancer wellbeing events.
- MacMillan physio on maternity leave.



Contacts

Chris Gregory – Leap cgregory@leapwithus.org.uk

Jane Kenny – BHT/Macmillan Physio jane.kenny3@nhs.net

OUTSTANDING CARE

HEALTHY COMMUNITIES

AND A GREAT PLACE TO WORK

Emerging System Change work...

Sport Welfare Officer Network

Find out more about the new England wide network of Sport Welfare Officers and how they are looking to change the way the Sport and Activity system looks after the welfare of its participants.

Children's Coaching Collaborative

Overview of a national system change piece of work to better understand the needs of young people.

This Mum Moves

Overview of a system change programme linked to pregnancy and parents in Bucks.

Local Skills Improvement Plans

Overview of system change work linking education system to movement, leisure, physical activity and sport sector across Bucks and MK.

Questions

Sports Welfare Officers

The word "Leap" is rendered in a stylized, 3D font. The letters are primarily red with blue highlights and shadows, giving them a ribbon-like appearance. The 'L' is a simple vertical stroke. The 'e' is a cursive loop. The 'a' is a cursive loop with a blue highlight on its top curve. The 'p' is a cursive loop with a blue highlight on its top curve. The final 'p' is a cursive loop with a blue highlight on its top curve. The logo is set against a white background.

Leap

SPORTS WELFARE OFFICER



The SWO role has been developed by Sport England in collaboration with NSPCC, Ann Craft Trust, National Governing Bodies and Active Partnerships, the role has been developed as a direct recommendation from the Whyte Review and is part of the Uniting the Movement strategy

Funding was given from Sport England to 43 Active Partnerships nationally for to fund 63 Sport Welfare Officer to be located within Active Partnership with 2 National Leads hosted by the National Active Partnership organisation to support the SWO work

Objectives



Identify

Identify safeguarding and welfare priorities both for NGB's and Buckinghamshires and Milton Keynes sport and activities networks

Support

Support safeguarding for children, young people and adults and to provide support to Club Welfare Officers

Promote and share

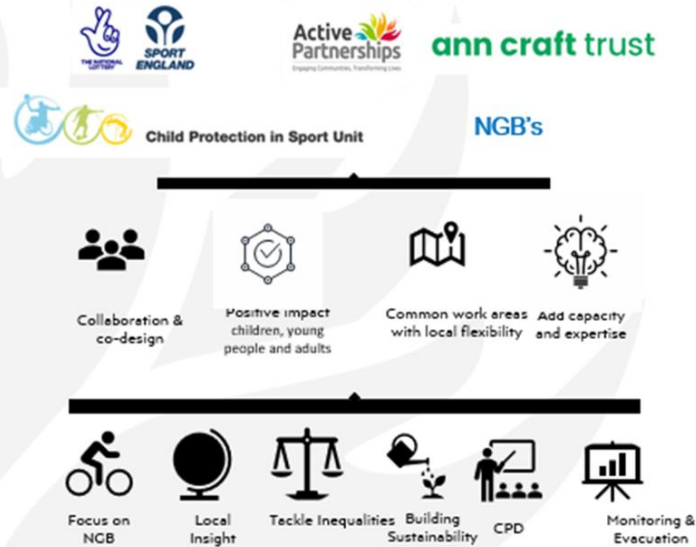
Promote and share good practice across the sport and activities network in Buckinghamshire and Milton Keynes

Sports Welfare Officers



Impact

- Safer clubs, lead to inclusive, improved experiences for children /adults narrowed inequalities
- Consistent best practice with an effective welfare culture in club environments





- **Add Capacity and expertise**

- ⌚ SWOs add capacity and expertise existing safeguarding work of APs and NGBs
- ⌚ Will not be responsible for APs and NGBs compliance with standards for safeguarding and protection in sport nor the safeguarding Adults in Sport Framework
- ⌚ SWO role will complement existing work (eg club development with a welfare lens).
- ⌚ Complement SE safeguarding case management programme (Sport Resolution) which is supporting NGBs in responding to welfare concerns

- **Focused on NGBs**

- ⌚ This is about our primary focus being on those 51 NGBs and their clubs who are long term partners of Sport England but with flexibility to support others dependent on local need and officer's capacity- speaks to that 80/20 split



- **Collaboration and co-design**

- 🕒 Project developed by a national group involving SE, APs, NGB, Ann Craft Trust, CPSU – a collaborative effort
- 🕒 Committed to maintaining co-design throughout the development, delivery and evaluation phases this group as evolved into a project oversight group provide strategic oversight and act as a sounding board.
- 🕒 SWO's are collaborating with NGB/clubs to co-design a support offer that is insight led.



- **Collaboration and co-design /systems change**
- What can we do to support the change we want?
- Low level concerns
- Parents/carers/participants
 - Codes of conduct
 - Complaints procedures
 - Training
 - Its okay to ask questions
 - From the top
 - From the bottom

Leap



- **Can systems change happen from the bottom up?**
- Mind your language- it can deter engagement
- Time to change- its now acceptable for elite athletics to admit to mental health challenges
 - Marcus Trescothick
 - Simone Biles
 - Naomi Osaka
 - Kevin Love

Grassroots campaign that led to systems change

The Children's Coaching Collaborative

The Children's Coaching Collaborative (CCC) is a collective of 17 like-minded organisations with a common purpose to improve the provision of physical activity and sport for children and young people. Through the power of coaching, we aim to influence the sector to raise the bar of children's coaching.



ONLY 50% OF CHILDREN
who take part in sport and physical activity say they *really* enjoy it



The recent Sport England Motivations and Attitudes to Sport and Physical Activity report highlighted that from the five components of physical literacy — enjoyment, confidence, competence, knowledge and understanding — “enjoyment” was the biggest single driver to improving activity levels in children and young people.



www.leapwithus.org.uk



A rights-based approach



The CCC's guiding principles and purpose are based on the UN Convention on the Rights of the Child, specifically article 3 (best interests of the child).

- Article 31 (the right to play)
- Article 6 and 24 (their equal right to develop to their full potential and the right to the best possible health)
- Article 12 (the right to be heard and to have their views taken seriously)



We believe... **Coaching benefits children most when it empowers them to play freely and shape their own positive experiences.**



We believe... **All children and young people deserve an equal chance to develop through sport and physical activity.**

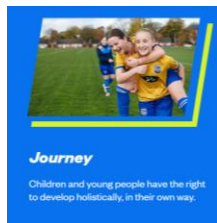
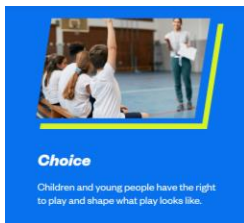
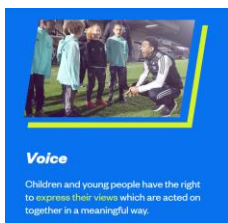


We believe... **Every child and young person should be seen, heard and valued in the coaching environment.**



Play Their Way

Child first coaching campaign

A large graphic for a podcast episode. It features a central circular portrait of a smiling man wearing a dark blue Adidas Golf cap. To the right of the portrait is a circular icon with a microphone and the text "PLAY THEIR WAY PODCAST". Below the portrait is a quote in a black box: "Being kind isn't a soft thing; kindness has teeth too". Below the quote is the text "Justyn Price on why community and kindness are the heart of coaching" and "Hosted by Laura-Jane Jones". At the bottom right are icons for Spotify, Apple Podcasts, and a microphone.

Episode 7

"Being kind isn't a soft thing; kindness has teeth too"

Justyn Price on why community and kindness are the heart of coaching

Hosted by Laura-Jane Jones

PLAY THEIR WAY PODCAST



Public Health and Leap – Physical Activity and Movement across Buckinghamshire

Layla Ravey - Public Health Practitioner

Layla.ravey@buckinghamshire.co.uk

Abbi McKane

Amckane@leapwithus.org.uk



Our local plans...



The Buckinghamshire Physical Activity Strategy 2024 -2029 (a multi-agency approach) highlights the commitment we are making to understand the needs of our residents to reduce inactivity and inequality.

[Buckinghamshire Joint Local Health and Wellbeing Strategy 2022 to 2025](#) | [Buckinghamshire Council](#)



Leap Strategy: 2022 – 2026

- Inequalities in Bucks affect the health and opportunities of some communities
- Women and their families from these communities are a key target for Leap
- Key area of work for Leap - Try and embed movement in the systems that support these women's then we know will be improving the lives of the women but also their families.



"A Mothers fitness level has a direct relationship to the health of her children. According to the American journal of pediatrics the less active a mother is the less active her children are, especially when they're really young"



Leap

Through this work our aims across Buckinghamshire are...



To train up to 70 this
Mum Moves
Ambassadors across
Bucks workforces
over the coming year



Develop a Moving
mums Network.



Mapping exercise of
activity – focus on
deprived areas



Support
instructors and
activity leads to
tackle inequalities



Conduct 12 case
studies



Strengthen local
physical activity
pathways

Leap

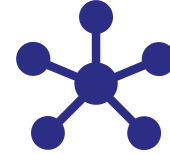
Progress to date....



23 ambassadors
trained across Bucks



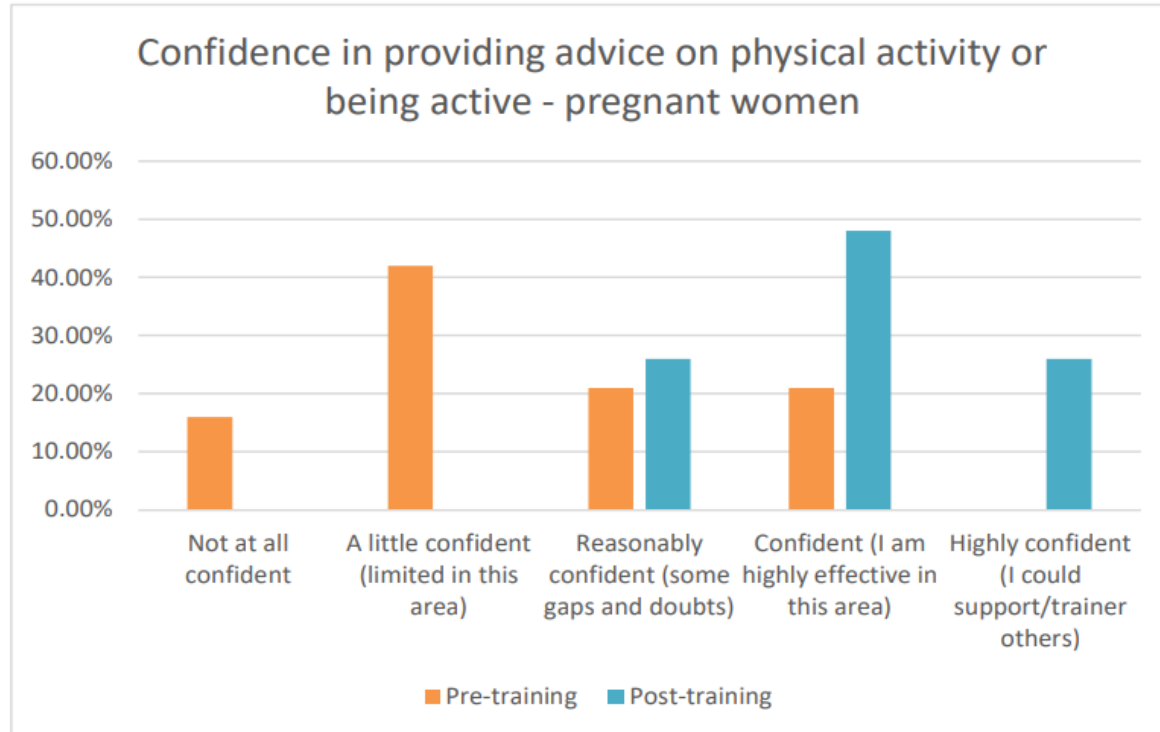
Mapping activity



Network developed

Results of April training...

When working with **pregnant women** to what extent do you feel confident in providing advice on physical activity or being active?





Chartered Institute for the Management of Sport & Physical Activity

Local Skills Hubs

Rich Kerr – Skills Hub Manager

About CIMSPA

The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) is the professional development body for the UK's sport and physical activity sector, committed to supporting, developing and enabling professionals and organisations to succeed and, as a result, inspire our nation to become more active.

VISION

Shaping a recognised, valued and inclusive sport and physical activity sector that everyone can be a part of.

VALUES

Our team values and culture are respect, quality and teamwork.



Our purpose

Our purpose is to lead the sport and physical activity sector and continue to shape a respected, regulated and recognised profession that prioritises diversity, inclusion, skills and behaviours.

By doing this we will increase employment and volunteering opportunities for people from the broadest range of backgrounds and experiences.



Professional status and professional recognition

Our people – the sport and physical activity workforce – are the catalyst that will release the potential of our sector.

Our insight and conversations with them reveal a singular truth – **they want to be recognised for the great work they do** – by their peers, by their employers, by the public and by professionals in other sectors.

Making professional recognition a reality for everyone in our world, through professional status, is the core ambition of this strategy.



Our skills strategy ecosystem

Local Strategies
WORKING TO CREATE
National Impact

Measure impact
Review improvements
Repeat cycle

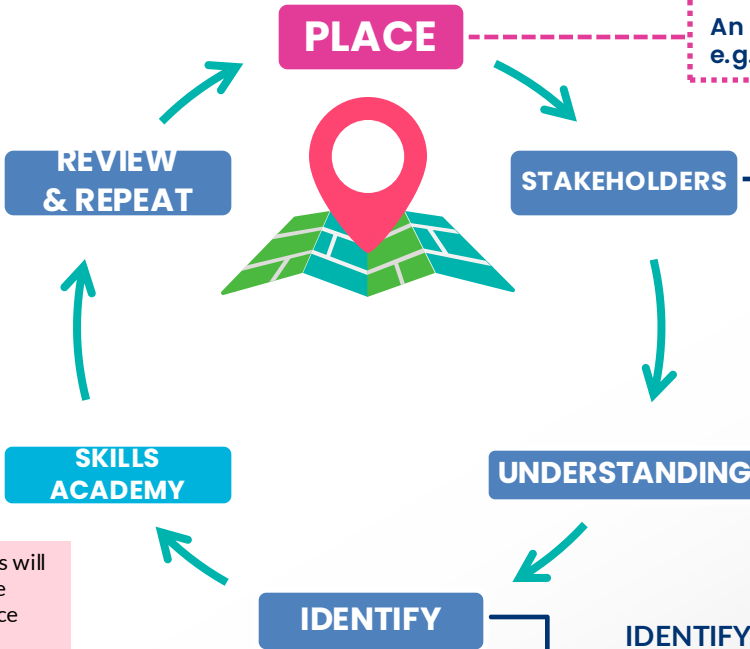
An understood geographical location
e.g. Oxfordshire

Work with CIMSPA Training Academy

Work with providers to **MEET LOCAL SKILLS NEEDS** – colleges devise **SPECIFIC CURRICULA** with CIMSPA for that place.

Colleges get funding based on meeting employer led needs through their courses.

Learners and employees will be representative of the demographic of the place they will be deployed.



- Identify relevant **STAKEHOLDERS** in that place.
 - EMPLOYERS
 - ACTIVE PARTNERSHIPS
 - NHS – INTEGRATED CARE SYSTEMS
 - TRAINING PROVIDERS
 - LOCAL AUTHORITIES

UNDERSTANDING local needs, local objectives and desired outcomes.

IDENTIFY the roles and skills needed to make successful interventions.

Feedback & Round Up

Partner Forum 2024 Dates

11.00-13.30 16th October

Proposed Theme: Disability and Inclusion

Post-event feedback survey



Networking Lunch

Leap[®]

Join the movement and Leap with us



@Leap_BMK



@Leap_BMK



info@leapwithus.org.uk

www.leapwithus.org.uk

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