

Fit for Fun

Report 2017-18

RedbridgeCVS 



Executive Summary

What is Fit for Fun?

Fit for Fun is a programme delivered by RedbridgeCVS, Redbridge Council for Voluntary Service. In 2017-18 we provided free exercise classes to 45 community groups in the London Borough of Redbridge, funded by Public Health Redbridge. In this period, 11 to 12 groups were recruited per quarter on a rolling basis.

Groups were able to choose their own activities, the venues and the times of the sessions. They took part in 1-hour sessions for 20 consecutive weeks with a vetted and qualified instructor, who ran sessions that met the needs of their members and made the activity enjoyable and fun for participants. The programme is called Fit for Fun because it provides regular physical activity that participants enjoy undertaking with people they already know. We worked with instructors who were able to tailor the sessions to meet the needs of each individual taking part.

Aims

Our aim is to work with a collective group of people (rather than individuals) who do not normally take part in regular physical activity or sport. The focus is on engaging with inactive communities (undertaking less than 30 minutes of physical activity per week) in an activity of their choice which is easily accessible to them. Groups undertake exercise in their own community venue or we support them to source an appropriate place suited to their needs. We help groups to continue beyond the 20 funded weeks with exit strategies for sustainability, following up with groups 3, 6 and 12 months after completion of the programme. The aim is to achieve long-term increases in levels of physical activity in the population across the borough, thus helping them to reduce the risk of a range of diseases including coronary heart disease, stroke and type 2 diabetes. Additionally, the programme helps people maintain a healthy weight; enhances their ability to perform everyday tasks with ease; reduces symptoms of depression, anxiety and isolation; and improves self-esteem and their quality of life.

Objectives

Publicity and promotion

We attended seven events across the borough:

- Our Community Event
- Volunteers' Fair
- Celebrating Healthy Families in Redbridge
- Redbridge Institute information Day
- Newbury Park Surgery PPG Information Week
- Celebrating Older People's Week

Fit for Fun is based on a study undertaken by the British Heart Foundation in 2008, which found that it took 20 weeks of regular activity for it to become a lifestyle habit. We found the group environment supported this behaviour change, as individuals transitioned into being more active. One member of a group commented "I like to exercise with a group."

Our monitoring and evaluation have shown real results in the changes to participants' general health and well-being, and revealed how participants want to keep on improving their health as they begin to feel better and fitter. We have observed these changes through the continuation of some form of regular exercise activity in the community groups we have worked with, which is evidenced through the fact that 90% of groups are still active beyond 6 months after the end of the funded sessions. The exercise became part of their weekly routine, forming habits and changing their mind set to be more active, whilst at the same time improving their general health and well-being. Participants are asked to rate their fitness and wellbeing levels on scales of 1-10 at weeks 1, 10 and 20 of the programme. On average, participants report a 20% increase in these scores over the life of the programme.

The activities took place across the borough of Redbridge in venues such as church halls, community centres, sports centres, school halls or premises, sheltered and residential accommodation and at groups' own community venues.

Background Information

How Fit for Fun Started

This project started in late 2006 with a pilot study when Redbridge PCT's Partnership Fund commissioned RedbridgeCVS to work with local community groups, and particularly those least likely to be accessing mainstream sports and exercise activities, such as older people and BME groups.

The idea of the pilot project was to give 20 hourly sessions to each group, and help them assess the impact on the lives of those attending. We hoped to see people become fitter, stronger, more confident and more able to face the challenges of life – and to be able to prove this to future funders. In this way, we hoped to be able to help groups to raise the funds to be able to offer exercise classes in the longer term.

At the beginning of each course during the pilot, those participating were asked to complete a very brief questionnaire about how fit they felt. This was repeated at the end of the programme, with an additional question about how likely they were to continue exercising as a result of their experience. All of the returns showed that people felt much fitter and healthier, and a large number wished to continue their activity.

A number of groups were able to source funding in order to continue with their classes. Five groups were offered continuation of their programmes under funding obtained from the Department of Health. This project (Diabetes & Obesity Intervention Programme) targeted Asian groups and was able to support some of the classes. We also had four groups who sent some of their members on a Chair Based Exercise Instructors training programme so that they qualified to continue running sessions for their groups. This was part funded by the RedbridgeCVS Exercise Project and part by the London Borough of Redbridge.

Overall, the scheme was wholeheartedly welcomed by the voluntary sector groups who benefited from it. Their only complaint was that it couldn't go on for longer!

The PCT recognised the success of the pilot in engaging with community groups to get them active and provided funding to RedbridgeCVS to develop the Fit for Fun programme in 2008. Fit for Fun is now funded by Public Health Redbridge and is part

of the Obesity Strategy for Redbridge. Fit for Fun is currently in its second year of the current three-year commissioning from Public Health and third year of funding from Sport England's Community Sport Activation Fund.

The programme is now in its ninth year overall in Redbridge. We have delivered the service to 400 groups, reaching over 4,000 individuals, and our work with groups to help them to continue the sessions when the funding ceases means that we currently have a continuation rate of over 90%.

“Exercising was easy and fun.”

“It brings people together.”

“Would like more exercise regularly.”

“Made a difference with me as I am a wheelchair user.”

“Feel sad that it is last session. Looking forward to seeing trainer again.”

Birchwood Group

Clients

Target client group

In 2017-18 we targeted community groups whose members we felt were less likely to engage in physical activity, which included BME people, those living in deprived areas and priority wards as identified by Public Health Redbridge, and people with a disability, although we did not exclude others.

Wards

The priority wards are:

- Loxford
- Barkingside
- Clementswood
- Clayhall
- Mayfield
- Fullwell
- Goodmayes
- Hainault
- Newbury
- Seven Kings

So far 65% of participants have been from BME communities and 73% from the priority wards.

Community groups

Fit for Fun also targeted community groups who met on a regular basis to socialise. We were able to incorporate the exercise activities within their community group setting. We worked well with these groups, engaging non-active communities as most of their members did not normally take part in any physical activity within or outside their community group setting. Participants stated that they only exercised because of our Fit for Fun programme.

We similarly assisted nine community groups who did not have their own venue to find a suitable place to exercise on a day and time most suited to their needs, either during the day, evening or weekend at a venue of their choice, making it easier for them to access exercise activities.

We also supported three women's groups who, due to cultural and religious factors, were unable to exercise in public settings, to source suitable

spaces where they felt comfortable and safe. This enabled them to conform to their cultural and religious beliefs and values. For example a group of Muslim women were able to exercise in venues where they could not be seen by others as the building they chose gave them the privacy they required.

We also encouraged people such as family groups, groups of friends, work colleagues, those who shared similar ailments, interests and situations to come together in groups to participate in an exercise activity of their choice most suited to their needs, rather than organised sessions run by leisure centres and gyms across the borough which were unsuitable and inaccessible to them.

All of the community groups were pleased to join in the exercise within their group setting because it removed barriers or preconceptions they felt about being active for the reasons that:

- They valued the sessions in their own settings with like-minded people where they felt comfortable and safe
- They found the sessions enjoyable and fun
- They were familiar with their surroundings
- Our instructors tailored the sessions to suit each group's needs
- They noticed a real improvement in their health and reaped the benefits of regular exercise
- Some with ailments saw a dramatic improvement in their health and physical wellbeing.

42% of groups were formed to take part in Fit for Fun.

58% of groups were existing community groups.

Our findings showed that taking part in Fit for Fun helped to reduced isolation and loneliness as members of groups forged new friendships which went beyond the exercise activity. They met up to socialise on other days. One group who formed purely to exercise became good friends and went on holiday abroad together. For a small number of groups with mental health issues the exercise sessions have been a springboard to greater independence, involvement with Redbridge Council services, and improved mental well-being.

The impact regular physical activity had on participants' general health and well-being led to the vast majority continuing to exercise beyond our 20 funded weeks. They chose to continue with either their existing activity or another activity because they saw the positive impact it had on their general health and wellbeing. Many participants with ailments commented on the improvements in their own health conditions. Some participants reported that they had either reduced the amount of medication they had taken, seen an improvement in their ailments, or both, with others stating that they feel much fitter and happier within themselves as a result. They also felt it was enjoyable and fun and looked forward to exercising each week as a group with their members as it had become part of their regular weekly gathering activities.

Our objective is also to help those groups to sustain their activity in the longer term once our 20 funded weeks have ended. We can work with each community group for up to 1 year as part of our follow up-process.

Who is eligible?

Voluntary and community groups who operate within the London Borough of Redbridge are eligible to take part in Fit for Fun. Each group has to have a minimum of 10 participants to take part in the programme with a minimum of 70% of those individuals attending regularly each week. The activity needs to take place within Redbridge, with the vast majority of participants living or working within the borough.

Fit for Fun worked with individuals from reception age (age 4 to 5) and upwards with no upper age limit. However under 5's were able to take part in the programme with their parents. Participants were recruited from all backgrounds within the local community. We also targeted and encouraged people from the 10 priority wards identified within

the borough as having high obesity levels and low levels of physical activity.



“Exercise has improved my physical health.”

“Instructor is doing well.”

“Exercising is encouraging and I am able to do more things independently.”

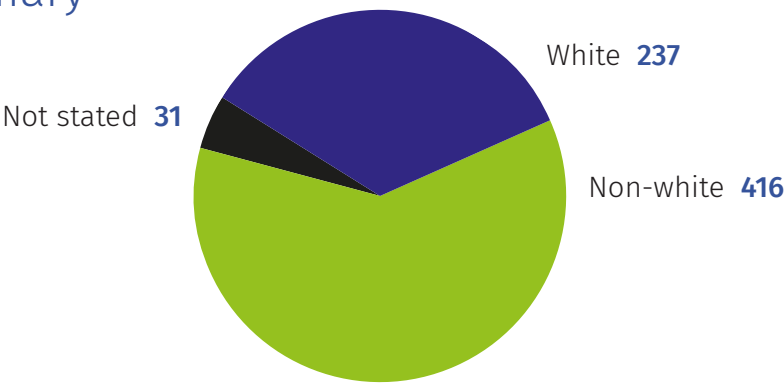
“Good to exercise regularly, body is active.”

“I am happy and more positive.”

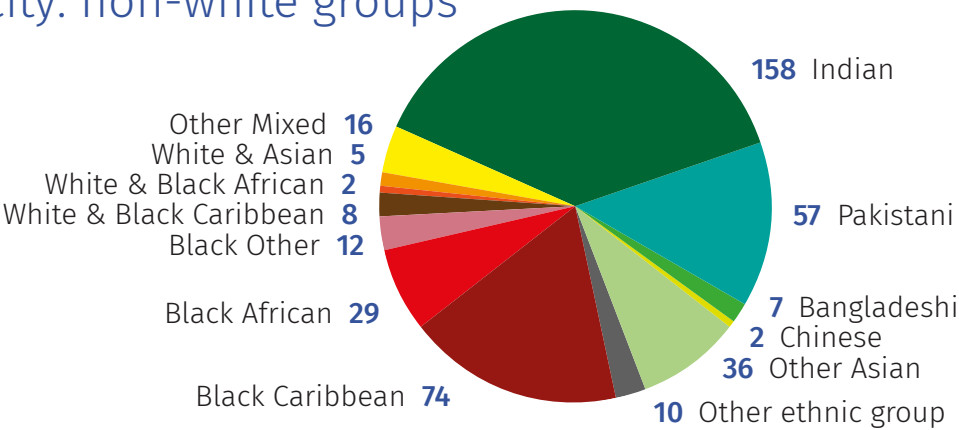
Disabled Asian Women's Network

Client Statistics

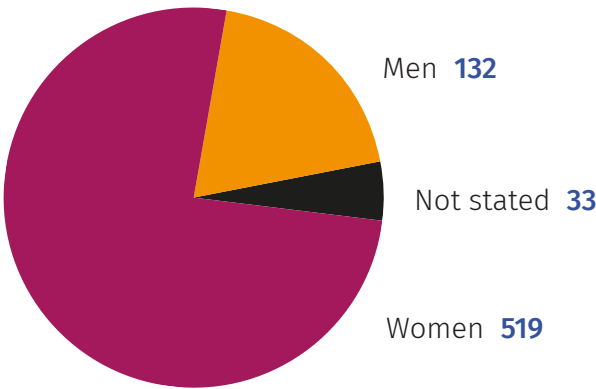
Ethnicity: summary



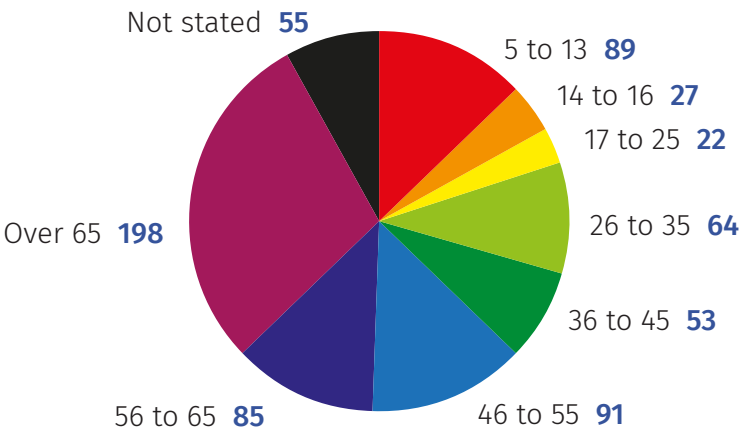
Ethnicity: non-white groups



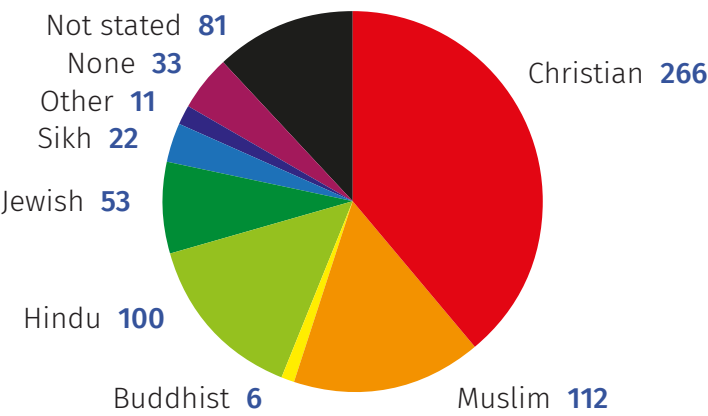
Gender



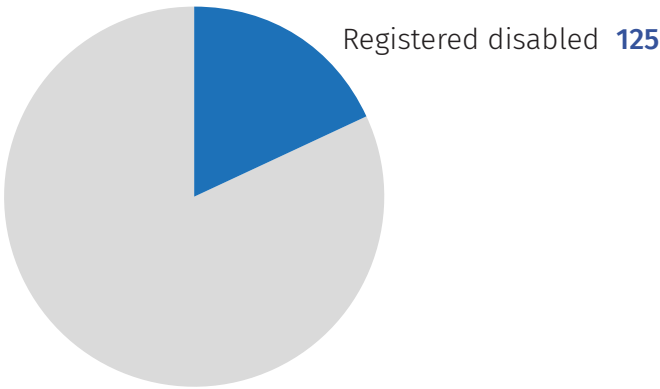
Age



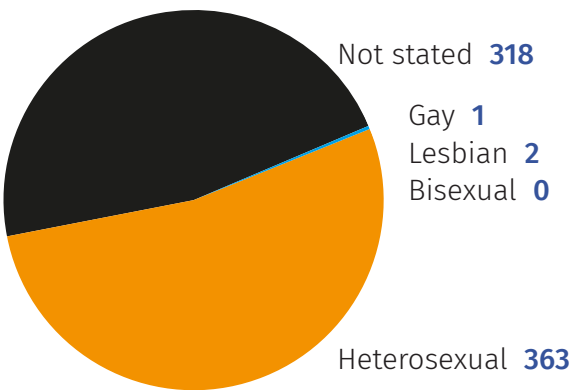
Religion



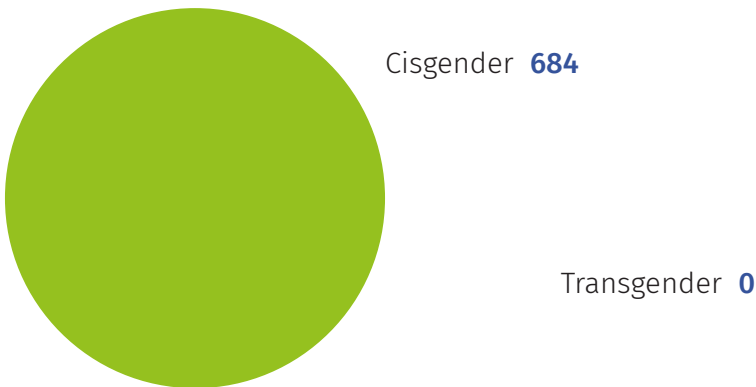
Disability



Sexual Orientation



Gender Identity



Targets and Achievements

Groups and service users

Group courses and total number of service users

In 2017/18, we ran 45 groups and to date have reached 684 individuals from 44 of the 45 groups. Not all of the groups started within the financial year. Nine groups delayed their starts to start April 2017-18 because of the Easter holiday break. We exceeded the target of 450 service users once these nine groups began.

Group courses run for families

We successfully recruited and achieved our target of five family groups. 23 individuals from one family group have started so far and have reported how much they enjoy the sessions together. Two more groups started in April.

Group courses run for older people

We exceeded the target for older people. This was much higher than expected with 16 groups recruited against the target of five. Fit for Fun was very popular amongst this age group as older people want to become more active and were able to access the programme at their own venues making it easier for participants to attend. The participating groups were made up of those from sheltered accommodation, care homes, various voluntary and community older people's groups including those with disabilities – e.g. the MS Society and sidelined support groups.

Proportion of service users from BME communities

Over the course of the financial year we recruited 65% of service users from BME communities against the target of 50%. This is a reflection of the demographic makeup of the population in Redbridge. More and more BME community groups are coming forward to take part in the programme.

Proportion of service users from priority wards

73% of service users were from the priority wards against a target of 70%. We have attended events across the borough, particularly those taking place within the priority wards, to promote the

programme to increase levels of participation from within these wards.

Proportion of service users who have a disability

21% of service users identified themselves as having a disability against our target of 2%. This included individuals from disability groups who took part in the programme as well as others from existing voluntary and community groups. This showed that participants with a disability are comfortable to join in their own community group's fitness activity. The instructors are made aware of those with disabilities and adapt the sessions to suit the needs of the individual as well as the group.

Average attendance rate across all session of all group courses

The average attendance rate was up 15% against the target. We achieved 87% against a target of 70%. We emphasised to all groups that they had to keep the attendance rates high. One group was put on hold due to low attendance until they could increase their numbers.

Outcomes

Our funder asked us to monitor the outcomes of this activity.

Proportion of groups still carrying out group physical activity 3 months after completion of course'

This includes whether groups are still carrying out physical activity three months after completion of the course. We contact each group to find out whether they are still active. A sustainability plan would have been discussed, and in many cases put in place, with each group before they completed the 20 week programme to assist them to find ways of continuing in the longer term.

Five groups reached the 3 month follow up stage with 80% still active against the target of 65%. This is what we expected from these five groups. The high levels of sustainability achieved by Fit for Fun are due to our team working with groups from week 10 onwards to find the best possible option for them to continue with activity sessions.

Four groups self-funded themselves with the original instructor to continue their sessions. Each participant committed to pay in advance a set amount to contribute towards the instructor's fees. The instructor is then paid in arrears allowing the group to have the finances to cover the instructor's costs.

The fifth group received funding from Redbridge Council to continue exercising in the longer term.

Proportion of groups still carrying out group physical activity 6 months after completion of course

5 groups have reached this stage with 100% sustainability against the target of 55%.

Proportion of groups still carrying out physical activity 12 months after completion of course

No group has reached this stage so we have no data to report. Our target is for 45% of groups to continue at 12 months after completion of Fit for Fun, and we are confident we will achieve this figure.



“Very good tutor and I look forward to it every week.”

“Motivated to continue the sessions.”

“Makes you want to do the exercises at home.”

“Beneficial to our health and wellbeing.”

“Happier when I attend the classes.”

Redbridge MS Society

Targets and Achievements Summary, 2017-18

	Target	Achieved
Total group courses recruited	45	45
Total group courses started	40	40
Total number of service users	450	684
Diversity		
Group courses run for families (starts)	5	5
Group courses run for older people (starts)	5	16
Proportion of BME service users (starts)	50%	65%
Proportion of service users (starts) from priority wards as detailed in paragraph 8.5 of the specification	70%	73%
Proportion of disabled service users (starts)	Min 2%	21%
Attendance and sustainability		
Average attendance rate across all sessions of all group courses	75%	87%
Proportion of groups still carrying out group physical activity 3 months after completion of course	65%	80%
Proportion of groups still carrying out group physical activity 6 months after completion of course	55%	100%
Proportion of groups still carrying out group physical activity 12 months after completion of course	45%	n/a
Total number of service users trained to enable them to lead their group's activity	6	0 *
Reporting		
Submission of monitoring reports in the correct format, by specified dates as detailed in paragraph 17.10 of the specification.	100%	100%

* However, the Project Manager has completed a "Training the Trainer" course and is looking to run seated physical activity courses with members of groups for sustainability.

Case Study: R&B Soul Stepping

This group formed as a result of the main contact's desire to exercise through line dancing using soul music. Barbara formed a small group of women and found a venue. They started off with 10 ladies and applied for Fit for Fun.

The sessions did not run smoothly in the beginning as the original instructor had a fair distance to travel to the venue which affected their start times. Thus we were able to find a new instructor who lived closer to the venue to continue the sessions with the group.

The sessions went from strength to strength with more ladies joining the classes through word of mouth. The number of participants increased to over 20!

As the weeks went by the group became more than just an exercise group. They formed a close bond and became friends who supported and motivated each other and they became a social group going out to dinner together.

Barbara remembers a participant who attended a session and was feeling low in herself because she passed a course but didn't have anyone to celebrate with. She had mentioned to the group that she was not going to attend that session because of this but was glad she came in the end. The whole group clapped and congratulated her on her success. The group got together and bought her some flowers and a box of chocolates and presented them to her the following week. She was so taken aback by their generosity and a new friendship was formed!

Barbara also commented that the participants achieved mental well-being, physical changes with some losing weight and gained confidence in their ability to dance. They learnt dance moves which they could continue to do socially and went out on social evenings together.

She also mentioned that the group faced a number of challenges which involved keeping all of the participants motivated and continuing to grow as a group. Another challenge for Barbara was supporting individuals to complete the monitoring and evaluation forms for non-readers.

The positive feedback that Barbara gave was that the classes were a "feel good factor, participants "enjoyed learning in a group", it was "a good

location" with a "fantastic instructor". She also felt the sessions helped the participants mentally and physically with them all stating that they were moving better.

The group will continue to exercise for sustainability with the instructor at the venue through self-funding and opening up the sessions to anyone who would like to join in indefinitely.

“Sleeping better. Mental well-being improved. Also feel much fitter and now doing other exercise classes.”

“Less pain in the knee. Length of running improved. Have achieved the goals I set in week 1 because my breathing has improved.”

“General feel good factor, I can run for a bus with less puffing!”

“Lost a bit of weight. Up levels of stamina.”

“Much more motivated and have gained endurance.”

“Improvement in mental health and mood. Now fitter and have lost weight.”

“Wanting to improve my overall tiredness. I have noticed my back pain not so painful with the help of exercise.”

“I sleep better and it’s easier walking upstairs at home and on the tube.”

“Fun and positive wellbeing and improved stamina.”

“More energy, less tired.”



Who attended the groups?

The attendees are members of various voluntary and community groups. They attend the sessions run by their groups for the purpose of taking part in regular fitness activities and sport to improve their general health and well-being. They are from different ethnic backgrounds, religions, ages and genders.

We have worked with a wide range of community groups including those who are carers, women only, men only, young people, those with physical disabilities, learning disabilities, mental health groups, older people, residential care homes, schools, colleges, sheltered accommodation, parents with young children, families and refugee men's and women's groups.

Activities

We successfully recruited the target of 45 groups for 2017-18. Each group was matched to a vetted and qualified instructor who travelled to the group's location to undertake their chosen exercise activity sessions. Each group is given a poster to promote their fitness activity to open it up to similar individuals within their location.

Each group was able to select from 46 different types of activities. They could choose one activity for the full 20 weeks or two activities for 10 weeks each. They also had the option of picking a different activity not listed provided that we could source a suitable vetted and qualified instructor. Fit for Fun is a flexible programme. We have found in some cases through regular consultation that some groups are not suited to the chosen activity, sport or instructor. In these situations we are able to adapt and change the activity and/or the instructor so that they can benefit fully from the programme.

Chair based exercise was the most popular activity (27%) followed by zumba, yoga, boxing fitness and aerobics. Sporting activities chosen were golf, badminton, resistance sliding, martial arts and athletics.

Activities by groups

- **Chair based** 12
- **Zumba** 6
- **Yoga** 6
- **Aerobics** 2
- **Boxing** 1
- **Tai Chi** 1
- **Exercise Fitness** 1
- **Bollywood/Bhangra** 2
- **Buggy Fit** 1
- **Badminton** 1
- **Line Dancing** 1
- **Pilates** 1
- **Movement/Dance** 2
- **Resistance Sliding** 2
- **Athletics** 1
- **Golf** 1
- **Street Dance** 2
- **Legs, Bums and Tums** 2
- **Martial Arts** 1
- **Reggae Salsa** 1
- **Multi Sports** 1

“Stronger, more alert.”

“Fun, lots of energy.”

“Have started walking now.”

East London Senior Club

Implementation of the scheme

45 groups signed up

Of these:

- 44 groups have started (90%) with an average attendance rate of 12 people per group

Groups that started but discontinued

- One NHS Staff group stopped after 5 sessions due to staff relocation.
- One disabled children's group stopped midway through the programme because they felt that their chosen exercise activity was no longer suitable for the participants. They were offered other activities but declined.

Withdrawn Group

- One local authority men's staff group withdrew because the main contact left the organisation.

Within 20 funded weeks

- 19 groups are still active
- 10 groups reaching the half way stage and beyond

Completed 20 Weeks

- 7 groups have completed the 20 funded weeks with 90% sustainability (6)
- The non-active group is applying to an external funder in order to restart

Over 13 Weeks (3 month follow up)

- 3 groups have reached this stage with 100% sustainability
- 1 group is self-funding the instructor to continue
- 2 groups main contacts undertook unaccredited Seated Physical Activity Training through Vision Redbridge Culture and Leisure to continue

Over 26 Weeks (6 month follow up)

- No groups have reached this stage

Over 52 Weeks (1 year follow up)

- No groups have reached this stage



“Feel more motivated.”

“I am not too moody.”

“Breathing has improved.”

“Sleeping better.”

“Have a positive attitude now.”

Staff Health & Social Care 7 Kings

Ensuring sustainability of the project

We explore with groups different ways to continue exercising after the 20 funded weeks have finished. Groups were either visited or contacted to discuss sustainability. We assisted groups to think about what they would do once the funded weeks ended.

Five groups reached the 3-month follow up stage with 80% continuation with exercise activity. We provided advice on different types of funding available and gave information and assistance in completing funding applications. Five groups reached the 6 month follow up stage with 100% continuation with exercise activity. We facilitated groups to look at different ways to continue with some form of physical activity.

Groups were able to consider the following:

- Self-funding by group members paying the costs with the same instructor
- Continuing to pay a different instructor
- Self-funding with a different instructor
- Self-teaching – bringing own moves to the sessions, video of themselves with the instructor
- Undertaking other fitness activities as a group such as walking
- Undertaking fitness activities as individuals
- Sign posting to LBR Leisure or other leisure activities
- Applying for external funding from funding organisations
- Joining in sessions privately run by instructors
- Joining other community groups

Redbridge CVS provided advice on different types of activities, information on different funding streams and assisted with the completion of funding bids.



“Group activity helps in mental wellbeing.”

“Class is something to look forward to.”

“No deterioration in my knees since joining.”

“Feel more energetic & supple.”

“Nice to see others happy.”

Abbey Care Complex

Monitoring and evaluation outcomes

There is a small amount of compulsory monitoring and evaluation which accompanies this programme. Each participant who attends weeks 1, 10 and 20 has to complete a self-assessment form which tracks their physical activity progress on a scale of 1-10 over the course of the 20 weeks. They are asked a set of questions relating to their personal health and well-being and an Ethnicity and Diversity form which they must complete at week 1. Each group lead also completes the weekly attendance sheet and forwards us a copy at the end of each month.

We ask participants to fill in these self-assessment forms not only to track their physical progress, but also to gather their views on their personal fitness levels and their expectations from the programme. This information helps us assess the impact and value of the exercise sessions.

We incorporate the completion of the monitoring and evaluation form by participants within the first 15 minutes of weeks 1, 10 and 20 before the sessions can start, so as to make it easier for the main contact to gather and return the information to us within a set deadline.

The self-assessment forms ask four questions on a scale of 1-10 relating to participants' health and well-being and fitness levels, and one question to inform us of any ailments and any improvements the activity has had on their general health and well-being.

See the next page for the results at week 20 of the questionnaire.

The monitoring outcomes so far have shown that all participants want to see an improvement:

- in their well-being
- becoming fitter
- being more active
- improving their self-worth.

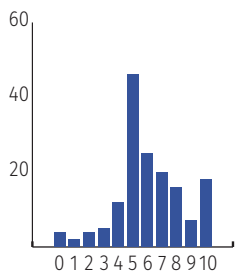
Participants have reported that their health and wellbeing have improved by between 1-3 points on the 10-point scale over the course of the 20 funded weeks.

Participant feedback

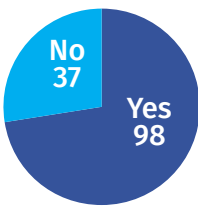
- Groups have commented how much they enjoyed the programme and the positive effects it has had on their general health and well-being.
- Participants have also commented that they did not take part in any other physical activity and are glad they undertook Fit for Fun.
- They all want to continue in the longer term.
- Members of the groups valued instructors tailoring the sessions to meet their individual needs and making sessions enjoyable and fun.
- Participants praise the programme and we have received 1 complaint from both the instructor and the group as they did not get on.

Participant responses

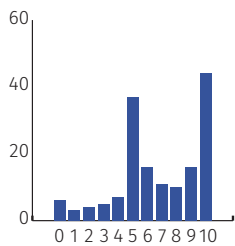
How fit do you feel after 20 weeks?



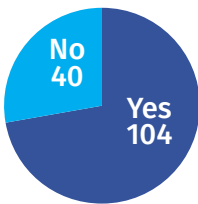
Have you achieved goals set on week 1?



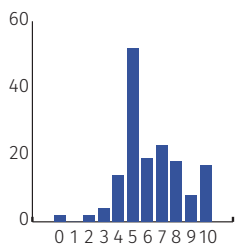
Has your level of fitness stopped you from doing anything in the last 20 weeks?



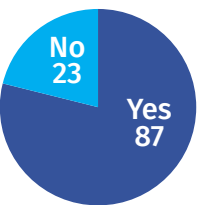
Have you shared goal with anyone?



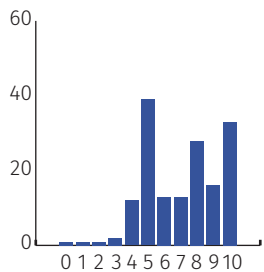
How is your overall physical health?



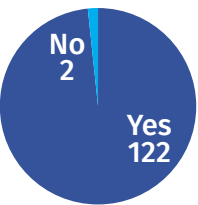
How confident do you feel that you will be able to maintain your goal in the long-term?



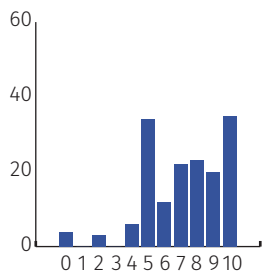
How would you describe your overall mental wellbeing?



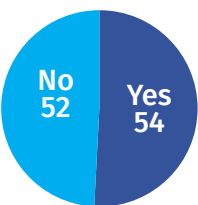
Has Fit for Fun explained the benefits of the programme to you?



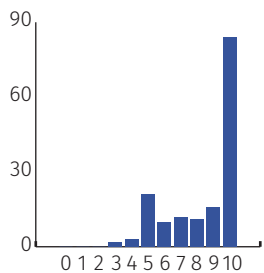
Has your health & wellbeing improved over the past 20 weeks following regular exercise?



Has Fit for Fun given you information on other physical activity services available in the borough?



How satisfied have you been with the Fit for Fun sessions?



Logistical issues

Venue availability and hall hire costs have caused delays in some groups starting as they search for suitable places for the exercise activity to take place near to their group members. Delays have been caused by DBS checks for new instructors taking a long time to come through. Religious holiday breaks and school holidays have also caused delayed starts as well as some groups do not meet during these times.

We will attempt to mitigate against similar problems in the upcoming year. We have put together a bank of venues and forged relationships with each venue at various locations across the borough where we have tried to negotiate a reasonable cost for hall hire. The DBS check process is still slow at times to process applications. We are hopeful that this situation will ease with time. One of our aims is to recruit and get started as many groups as possible outside these times in an attempt to reduce the number of delays. However we cannot guarantee that groups will not take a break during holiday periods.



Costs

Total Fit for Fun's budget from the London Borough of Redbridge for 2017-18 was £89,990.

So far 44 out of 45 groups had started with 684 participants taking part in the programme. The average cost per individual per session was £3 for the full 20 weeks.

“I feel more active than before.”

“It was good, I had fun. The instructor was good.”

Milan Elderly Women's Group

“I feel fitter.”

“Have lessons on a regular basis if possible.”

Bradley House – The Anchor Girls

Plans for 2018-19

Fit for Fun will continue running in 2018/19 and will, we hope, continue our successful track record.

Discussions with Public Health colleagues around the difficulties associated with some of the target groups and users has led to ante- and postnatal groups, and those being referred by GPs, being removed as indicators. We will continue to recruit people who fall into these categories and report on recruitment but will not include them in our targets for the year.

We plan to recruit to the following targets:

- 45 groups
- 450 Service Users
- 5 family groups
- 5 older people groups
- 70% of participants from priority wards
- minimum of 2% of service users with a disability
- 83% average attendance rate across all groups
- 80% of groups still carrying out group physical activity 3 months after completion of course
- 100% of groups still carrying out group physical activity 6 months after completion of course
- No groups still reached the 12 months after completion of course stage
- 6 service users trained to enable them to lead their group's activity
- identify/source more affordable venues
- request DBS checks as early as possible for new instructors
- continue to publicise and promote Fit for Fun across the borough of Redbridge through RedbridgeCVS eNews and Community publications, via Twitter and at events

Staff Team

Tracy Andrews

Project Manager

Dipa Kotecha

Outreach Worker

Nadia Al-Hadithi

Volunteer

Fit for Fun

RedbridgeCVS



020 8553 1004
info@redbridgecvs.net
www.redbridgecvs.net

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