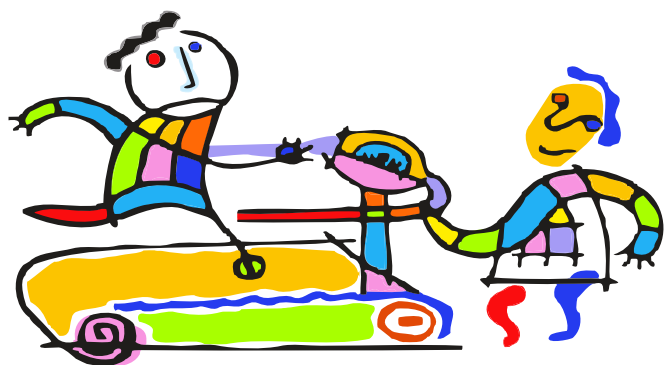


Fit for Fun



Report 2018-19



RedbridgeCVS 

Introduction

What is Fit for Fun?

Fit for Fun is a programme delivered by RedbridgeCVS, Redbridge Council for Voluntary Service. In 2018-19 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.

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.

Aims

Our aim is to work with groups of people – rather than individuals – who do not normally take part in regular physical activity or sport. We aim to engage 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 exercise in their own community venue, or we support them to source a venue 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 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.

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.”

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 13 priority wards identified within the borough as having high obesity levels and low levels of physical activity.

The Difference We Made

Reaching out to the community

We attended the following events across the borough:

- Our community event
- Volunteers' Fair
- Celebrating Health & Wellbeing Fair
- Newbury Park Surgery PPG Information Day
- Primary Schools Events at New City College & Redbridge Institute
- Employability Networking Meetings
- Children & Young People's Network
- Redbridge Early Years Festival
- Redbridge Providers Forum

Making a difference

Our monitoring and evaluation have shown the following:

Week 1

- 17% of participants felt their fitness levels were below average whilst 34% felt their fitness levels were slightly above average
- 15% of participants felt their level of fitness

has stopped them from doing all they would have liked to have done in the recent past e.g. walking to the shops, visiting friends

- 32% described their overall physical health slightly above average
- 27% stated that their mental health was slightly above average

Week 10

- On a scale of 1-10 92% of participants rated their fitness at a 5 or above
- Only 10% of participants felt that their fitness was <5 points on a scale 1-10 - stating that their level of fitness stopped them from achieving everything that they would have liked to have achieved in the last 10 weeks
- 88% of participants rated their overall fitness levels at 5 and above on a scale of 1-10 at week 10
- Only 7% of participants rated their overall mental health below 5 points on a scale of 1-10 at week 10
- At Week 10 94% of participants stated their health & wellbeing had improved 5 and above on a scale of 1-10 over the past 10 weeks



Comments from participants at week 10

Changes in health and wellbeing

Suffer from depression but now able to socialise a bit more and improved memory.

Improved arthritis with less pain in my knees

Improved my mood

Improved memory

Less breathlessness

Better recall

Feel happier

Feel better

More strength in my arms

More alertness

Improved health and reduced medication from stroke

Can now cope with pain and improved my depression

I can manage to walk a few more steps which is a good feeling

Improved asthma

Changes in physical well-being

Like to exercise with friends

Back pain improved along with mobility

Able to do more chores using my hands

Became more alert and pay more attention

More energy and more mobile

Joints becoming more flexible

Visit centre more often and can now walk to centre

Reduced medication

Walking more and reduced my weight

Less pain when walking and able to go out more

Feel good

I am more active



Week 20

- 77% of participants rated they felt fit 5 and above on a scale of 1-10 after the twenty funded weeks.
- In the last 20 weeks 88% of participants scored 5 or more when asked whether their fitness levels had stopped them from doing anything.
- 96% of participants felt their overall physical health was 5 and above on scale of 1-10.
- 95% of participants scored their Mental wellbeing as being between 5-10 on scale of 1-10
- 96% of participants felt their health & wellbeing had improved between 5-10 on the 1-10 scale over the past 20 weeks
- 99% of participants were satisfied with the Fit for Fun sessions and scored Fit for Fun 5 and above on the scale of 1-10. 51% gave Fit for Fun 10/10
- 56% of participants said that they had achieved their goal set in Week 1.
- 67% of participants said they shared their goals with family and friends.
- 72% of participants who completed the 20 weeks said that they were confident they could maintain their goals in the longer term.
- 86% of participants said that Fit for Fun explained the benefits of physical activity to them.
- 58% of participants stated that Fit for Fun gave them information on another physical activity in the borough.



Comments from participants at week 20

DAWN - Tuesday Group

Encouraged me to exercise more. Excellent teacher. Good programme of exercise. Exercising with music I love.

Doing different exercises so not boring.

Enjoying exercising in a group. Teacher helped me and showed me how to do exercises correctly.

Redbridge Council Children's Services

If current funding available then we can continue. Very good teacher. Pilate tutor gave equal attention to everyone and had great knowledge and was reliable.

This fitness class was really a success. 1 hour a week has led to an enthusiasm for a healthier lifestyle.

Great for work life balance. Need more sessions.

Andria's Woodford SW Warriors Group

Instructor Simone is fantastic. She explains the benefits of the exercise and keeps it fun including doing a dance at the end.

She gets everyone motivated. Varied, good teacher and achievable. A good workout without being exhausted.

Glade Primary Community Group

It was local and easy to attend and good fun. Instructor was happy, positive and encouraging. It was fun and relaxed.

Good social activity

Sathya Sai Ladies

I like everyone to do a weekly one hour exercise under guided tutor to achieve full benefit.

All ladies who came regularly benefitted well. The instructor was very encouraging and supportive.

A tutor provision at a reasonable rate will help the group continue and support most south Asian women to help with controlling diabetes, high blood pressure etc.

Oshwal Older People's

Offer more sessions. Excellent coaching. Coordination improved. Fun and excellent instructor.

She makes sure everyone is involved.

RIB Birchwood Care Home

I enjoyed the sessions.

Older Carer Health & Wellbeing

I liked the breathing exercises and working in a group. The session was perfect for my needs.

Jami Mitkadem

I would like to do the sessions again. The exercises motivated me. Have more sessions in the week.

Avanti Court Mums Group

It was a very good class. Enjoyed a lot. Encouraged me to find places of exercise and I am now less shy.

The class makes me stress free. We would like to have yoga sessions as well.

The instructor is very dynamic, energetic and encouraging. If the classes are twice a week, that will be good.

Very interactive sessions

I loved being part of these sessions. Met new friends and had fun.

Improvement in stamina, feeling good about myself and my body. I am much more active than before and I want to exercise every day.

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 the final year of the current commissioning period from Public Health.

The programme is now in its tenth year overall in Redbridge. We have delivered the service to 444 groups, reaching 4,600 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%.



Clients

Target client group

In 2018-19 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

Redbridge Public Health also added the following to the list of priority wards:

- Chadwell
- Ilford Town
- Valentines

Ilford Town ward was created as a result of the implementation of new ward boundaries in the borough.

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 six 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:

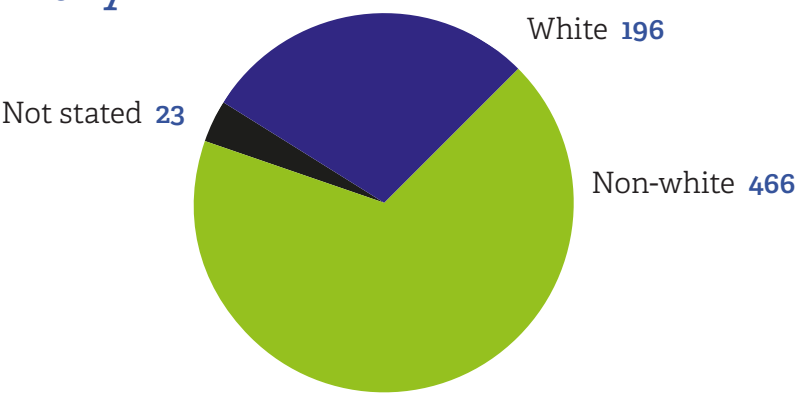
- They valued the sessions in their own settings with like-minded people where they felt comfortable and safe
- They found the sessions enjoyable and fun
- They were familiar with their surroundings
- Our instructors tailored the sessions to suit each group's needs
- They noticed a real improvement in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

36% of groups were formed to take part in Fit for Fun.

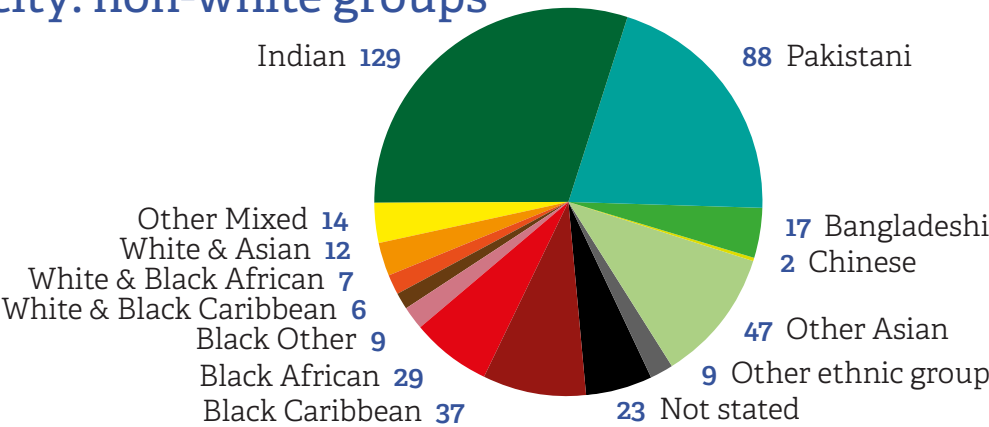
64% of groups were existing community groups.

Client Statistics

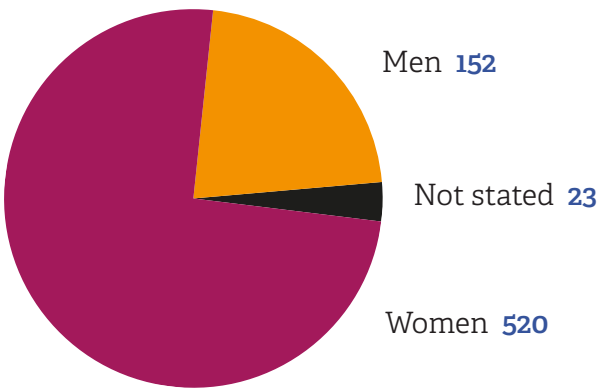
Ethnicity: summary



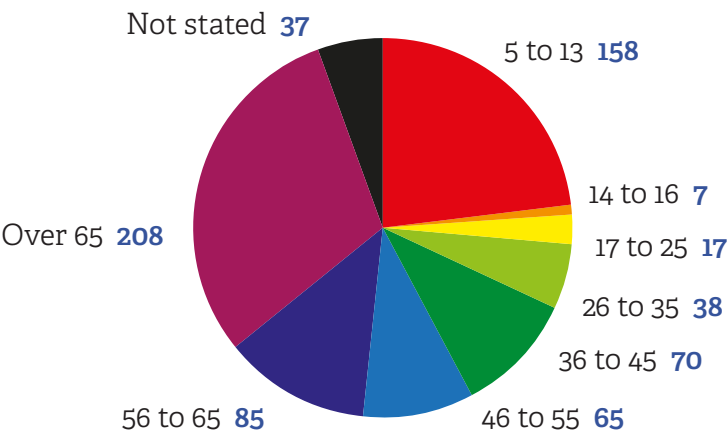
Ethnicity: non-white groups



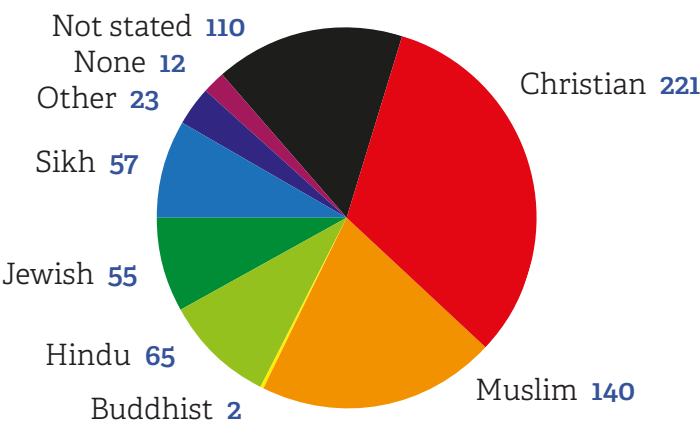
Gender



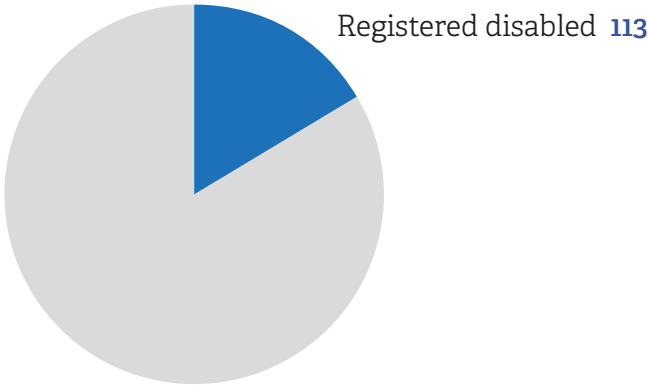
Age



Religion



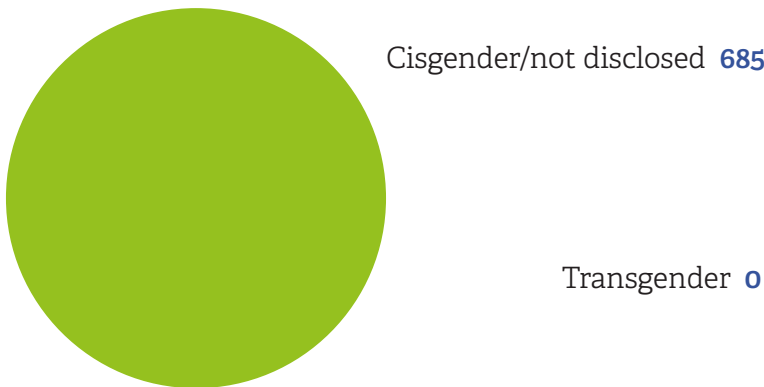
Disability



Sexual Orientation



Gender Identity



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.

Targets and Achievements Summary, 2018-19

| | Target | Achieved |
|---|--------|----------|
| Total group courses recruited | 45 | 45 |
| Total group courses started | 40 | 40 |
| Total number of service users | 450 | 685 |
| 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% | 68% |
| Proportion of service users (starts) from priority wards as detailed in paragraph 8.5 of the specification | 70% | 69% |
| Proportion of disabled service users (starts) | Min 2% | 17% |
| Attendance and sustainability | | |
| Average attendance rate across all sessions of all group courses | 75% | 89% |
| Proportion of groups still carrying out group physical activity 3 months after completion of course | 65% | 100% |
| 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 | 4 * |
| 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 is looking to run seated physical activity courses and walk leader courses with members of groups for sustainability.

Case Study: Andria's South Woodford Warriors

The group was formed from members of a Slimming World Club of mixed ages. They already met regularly, each week, to support each other to lose weight through healthy eating. Many of the ladies did not undertake any physical activity prior to Fit for Fun. Anthea the main contact of the group set up the group because she felt it would be a good idea for the ladies to exercise straight after their slimming world healthy eating sessions, at their current venue, as it would encourage all those who did not take part in any exercise to join in. Already feeling safe and comfortable at the venue, it encouraged everyone to further progress their weight loss goals.

They chose Keep Fit as their activity and we matched them with a vetted and qualified instructor, who was able to tailor the sessions to the needs of all participants taking part.

Athena commented that "It was good to work-out in a group and to see how we all benefited from exercise. More people began to take part and enjoyed the work-outs. It has really helped that we can combine healthy eating with exercise to lose weight. Without Fit for Fun this would not have happened.

We are seeing the benefits and starting to get closer to our weight loss goals. We are feeling fitter and healthier because of the additional benefits of regular exercise combined with healthy eating. Also for me I am more energised when I come out of the class. She does a good mix which is really beneficial.

I have negotiated with the instructor to continue the keep fit classes after the free sessions ended. We have enough committed members to go ahead and I will be taking payment in advance for sustainability of the sessions. Our classes may go on beyond our anniversary date!"

Members of the group commented:

Bernadette

"Brilliant! I love the class. I am still motivated once I leave the class and look forward to the sessions every week."

Mandy

"Very good, the instructor covers everything - all parts of the body. I have bad posture and it helps and I'm more flexible. Simone corrects my posture."

Donna

"Excellent, given me more energy and helps to be more focused, motivated and energised."

Pam

"Sometimes its hard work and I know it pays off. It's made me superwoman!"

Jenny

"Simone is brilliant! It's a good work-out. There is a difference in me. I walk up the stairs and now not breathless."

Carol

"Really good and variety. Makes our heart rates go up all the time and good fun. We need to keep moving."



Case Study: Avanti Court Mum's Group

This group was formed by a number of mums who attended a workshop at their local primary school, where I presented Fit for Fun. They were interested in taking part in the programme and a couple of the mums decided to become the main contacts for the group, despite not knowing how to form one. It took around six months to set up the group, including: sourcing a suitable venue, finding the desired activity and establishing a day and time which was suited all the mums who wanted take part. It was initially thought that the school would be the venue for the women, however, this proved too difficult. We, therefore, assisted the mums in establishing the group and finding a suitable venue close to the school during term time only.

We secured a venue near to their school and a time where they could exercise and then walk to the primary school to pick up the children at the end of the school day.

They started out with 12 mums and chose Zumba dance as their activity with one of our most popular instructors.

The group began to grow, week on week, through word of mouth as the participants told their friends and other mums about the free Fit for Fun sessions they were undertaking. Friendships were forged as they began to get to know each other. They, also, formed a close bond with the instructor as she brought different genres of music and dance to the sessions. This took them out of their comfort zones by getting them to devise their own moves to different types of music. To name a few: Bhangra/Bollywood, reggae, English folk dancing, pop music and salsa.

The group had lots of fun keeping fit and began to turn up early to the venue so that they had time to socialise before the sessions began and walk to the school together to pick up their children after it had ended. Some of the mums brought their toddlers with them and they occasionally joined in the sessions. Everyone was welcoming and looked out for the young children and encouraged them to join in.

I undertook two visits to this group and joined in the sessions with them as a condition of my visits. Much fun and laughter was had by all and they made me feel welcome; thanking Fit for Fun,

unreservedly, for giving them the opportunity to take part in the programme. The main contact of the group Mandeep commented that without our time and patience the group may not have happened.

They have made so many new friends and at the group's last session of the 20 funded weeks, they had grown to over 30 participants. The instructor told them that she will let them know when the numbers get too big for her to teach. In the mean time they will keep growing.

For sustainability, they are continuing to pay for the instructor and the venue. Collecting money in advance from each participant to cover the costs they will continue for the foreseeable future.

At the end of the 20 funded weeks Mandeep commented

"Working as team leader and getting input from the group members was a learning curve. Dealing with group matters, money and problems was a challenge however I have great group focus which was an achievement and I look forward to continuing to be the main contact for our group.

The mums have reported to me that they feel very happy in themselves both mentally and physically. We worked to our own ability during the exercise sessions. They are supporting to me and each other. We have also become a good friends group of mums.

We are committed as a group to continue the Zumba sessions with Giselle the instructor (who has been brilliant) and the venue. I am always adding new members to the group. Some of whom don't have children yet whilst others children attend different schools."

Case Study: Avanti Court Mum's Group

Comments from the participants

Jaya

"First time I've ever joined classes. I came and made friends. Giselle the instructor has kept us motivated to keep coming. Having had two babies I don't get to do things. It's inspired me to exercise more than once a week."

Pushpa

"Very good, best thing we can do for ourselves and it's free!"

Garima

"My stamina is better after taking part."

Pretibhna

"My body is free now as I can move better!"

Lalita

"Stressbuster for me. It's a treat as I'm a dancer. I lacked self-confidence and now I feel light and more confident."

Aruna

"It's boosted my self-confidence. I couldn't dance and now I feel stress free and I feel physically and mentally fit and want to continue."

Gurdeep

"Keeps me motivated to keep going. I have knee pain and have been advised to keep exercising. It helps. Some of the exercises referred by my physio are in the class so it really helps."

Lakshme

"Amazing, I have a 2 year old and she loves to join in. Really enjoying and happy. I feel engaged and energetic. I had left knee pain and after 6 weeks

of Fit for Fun I feel really good and pain has got better and I am now flexible. I can now do lunges which I couldn't do before."

Suseela

"After joining this class I feel like a girl and not a mum! The main thing is we were too shy to dance and now can dance and reduce stress."

Janaki

"I like it very much as I was very shy and now I can move freely and have made many friends."



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 2018-19. 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 keep fit, yoga, Zumba and aerobics. Sporting activities chosen were golf, badminton, resistance sliding, martial arts and athletics. Groups also took part in netball for the first time.

Activities by groups

- Chair based exercise 13
- Zumba 5
- Yoga 6
- Aerobics 4
- Boxing fitness 1
- Tai Chi 2
- Exercise and Fitness 1
- Bollywood/Bhangra 1
- Badminton 1
- Line Dancing 1
- Pilates 3
- Circuit 1
- Keep fit 6
- Street Dance 2
- Multi sports 4
- Netball 2
- Chair yoga 1
- Basketball 1

Targets and Achievements

Groups and service users

Group courses and total number of service users

In 2018-19, we ran 45 groups and to date have reached 685 individuals from 44 groups. Not all of the groups started within the financial year. Ten groups delayed their starts to start after April 2019-20 because of the Easter holiday break and Ramadan. 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 consisting of 64 individuals and an average of 12 participants per group. Groups have commented how much fun they are having exercising together as families.

Group courses run for older people

We exceeded the target for older people. It was higher than expected with sixteen groups recruited against a 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.

Proportion of service users from BME communities

Over the course of the financial year we recruited 68% 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

69% of service users were from the priority wards against a target of 70%. This was slightly below the target set. 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

17% 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 19% against the target. We achieved 89% against a target of 75%. 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.

Three groups reached the 3 month follow up stage with 100% 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.

A member of one group trained as a trainer in a different activity to continue teaching the group. One group is self-funding the instructor to continue and one group's members have all joined gyms and will continue to be active through gym memberships.

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

Three groups have reached this stage with 100% sustainability against the target of 55%. Two groups are self-teaching and one is self-funding with the original instructor.

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

No group has reached this stage. 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.



Implementation of the Scheme

45 groups signed up

Of these:

- 44 groups have started (98%) with an average attendance rate of 13 participants per group

Withdrawn Group

- One group withdrew because they wanted to use a particular instructor who increased their fees to beyond the rate payable by Fit for Fun.

Within 20 funded weeks

- 18 groups are still active
- 9 groups have reached the half way stage and beyond

Completed 20 Weeks

- 18 groups have completed the 20 funded weeks with 95% sustainability (17)
- The non-active group were unable to pay the instructor themselves for sustainability

Over 13 Weeks (3 month follow up)

- 3 groups have reached this stage with 100% sustainability
- 1 group member of group trained as a trainer in a different activity to continue teaching group.
- 1 group is self-funding the instructor to continue
- 1 group's members have all joined gyms and will continue to be active through gym memberships.

Over 26 Weeks (6 month follow up)

- 3 groups reached this stage with 100% sustainability
- 1 group is self-funding with the original instructor.
- 2 groups are self-teaching

Over 52 Weeks (1 year follow up)

- No groups have reached this stage

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.

enjoyed the programme and the positive effects it has had on their general health and well-being.

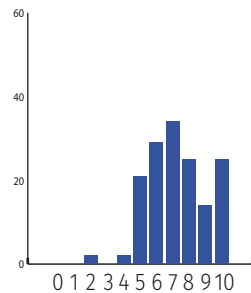
- Participants have also commented that they did not take part in any other physical activity and are glad they undertook Fit for Fun.
- They all want to continue in the longer term.
- Members of the groups valued instructors tailoring the sessions to meet their individual needs and making sessions enjoyable 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 feedback

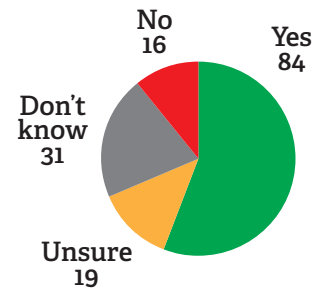
- Groups have commented how much they

Participant Responses

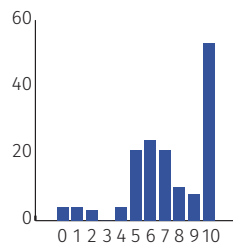
How fit do you feel after 20 weeks?



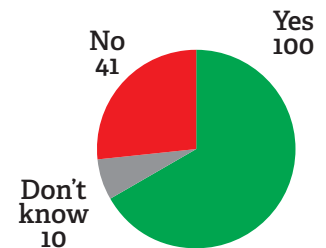
Have you achieved the goals set on week 1?



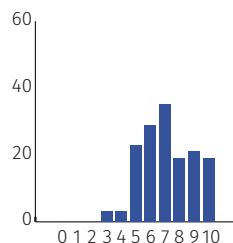
Has your level of fitness stopped you from doing anything in the last 20 weeks?



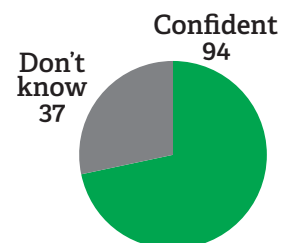
Have you shared your goal with family and friends?



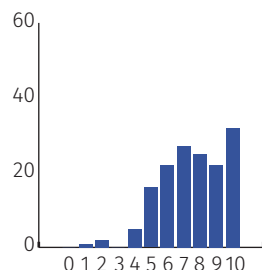
How is your overall physical health?



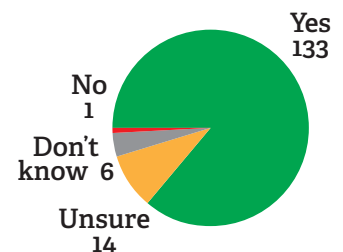
How confident are you about maintaining your goal in the long term?



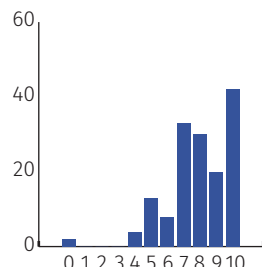
How would you describe your overall mental wellbeing?



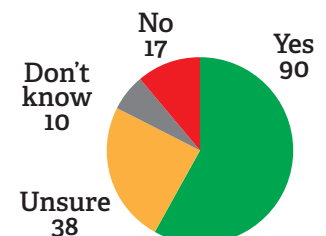
Has the Fit for Fun Coordinator explained the benefits of physical activity to you?



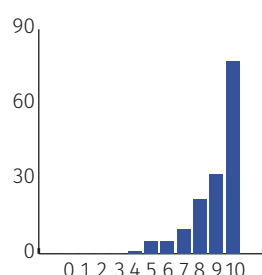
Has your health & wellbeing improved over the past 20 weeks following regular exercise?



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



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



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.

Three groups reached the 3-month follow up stage with 100% continuation with exercise activity. We provided advice on different types of funding available and gave information and assistance in completing funding applications. Three 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.



Logistical Issues

Groups continuing for sustainability at existing venues has caused delays in other groups starts because it has taken away the time slots preventing new groups from having access to those venues as they search for suitable places for the exercise activity to take place near to their group members.

Also, increases in venue hire costs means that more and more groups have to contribute towards the cost of hiring venues to take part in Fit for Fun. Some venues have simply become too expensive for us to use. 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 2018-19 was £89,990.

So far 44 out of 45 groups had started with 685 participants taking part in the programme. The average cost per individual per session was £3 for the full 20 weeks.

Plans for 2019-20

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

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
- 75% average attendance rate across all groups
- 65% of groups still carrying out group physical activity 3 months after completion of course
- 55% of groups still carrying out group physical activity 6 months after completion of course
- 45% of groups still carrying out group physical activity 12 months after completion of course
- 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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