

Project Report



Tackling Inequalities Phase 3

October 2021 – March 2022



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The Project Focus

- Renewing the resilience of older people most affected by Covid 19 lockdowns and shielding.
- Recovering muscle mass, core strength and stability.
- Regaining confidence to take exercise of any kind.
- Addressing the impact of long periods of enforced isolation on mental health.
- Reconnecting people with their physical body.

The Plan

- Maintain Covid 19 prevention protocols for group and 1 to 1 work.
- Offer a programme of progression from individual support to attending groups.
- Homebound people to receive 1 to 1 support for 4 sessions including goal setting.
- With a start date of October, be flexible about outdoor and indoor arrangements.
- "Whatever Works - Just keep moving" with fun sessions for movement and socialising.
- Offer new ideas and opportunities as taster sessions that might become more often.
- Target of 50 individuals for groups and 8 x 1 to 1 participants.

The Outcomes - 62 people

- Walking groups
- 3 Taster sessions to try something new.
- Wellbeing Zoom sessions
- 8 homebound people, 1 to 1 attention

Here are some of their stories.

Age:90

Health: Generally OK

Mental Health: Low

Fitness: Has been better.



Case Study - John

Before the lockdowns of 2020, John attended Extend classes, popped along to play Boccia once a month at his local village hall and enjoyed the company of others. He drove his car for shopping and kept in touch with friends. All that stopped with lockdown and John became very isolated.

With funding from Quartet, we were able to set up a Galaxy Tablet for John to join Zoom social and Extend sessions. As things opened up, he was reluctant to return to his previous social life. It became clear that his physical health had declined and along with that, his mental resilience.

John was pleased to hear that we could offer him individual attention to reclaim his mobility and confidence. 1 to 1 sessions were the starting place.

John's Goals

During the first session, Ketyyn discussed what John was missing the most and how that might be changed. Three longer term goals were set.

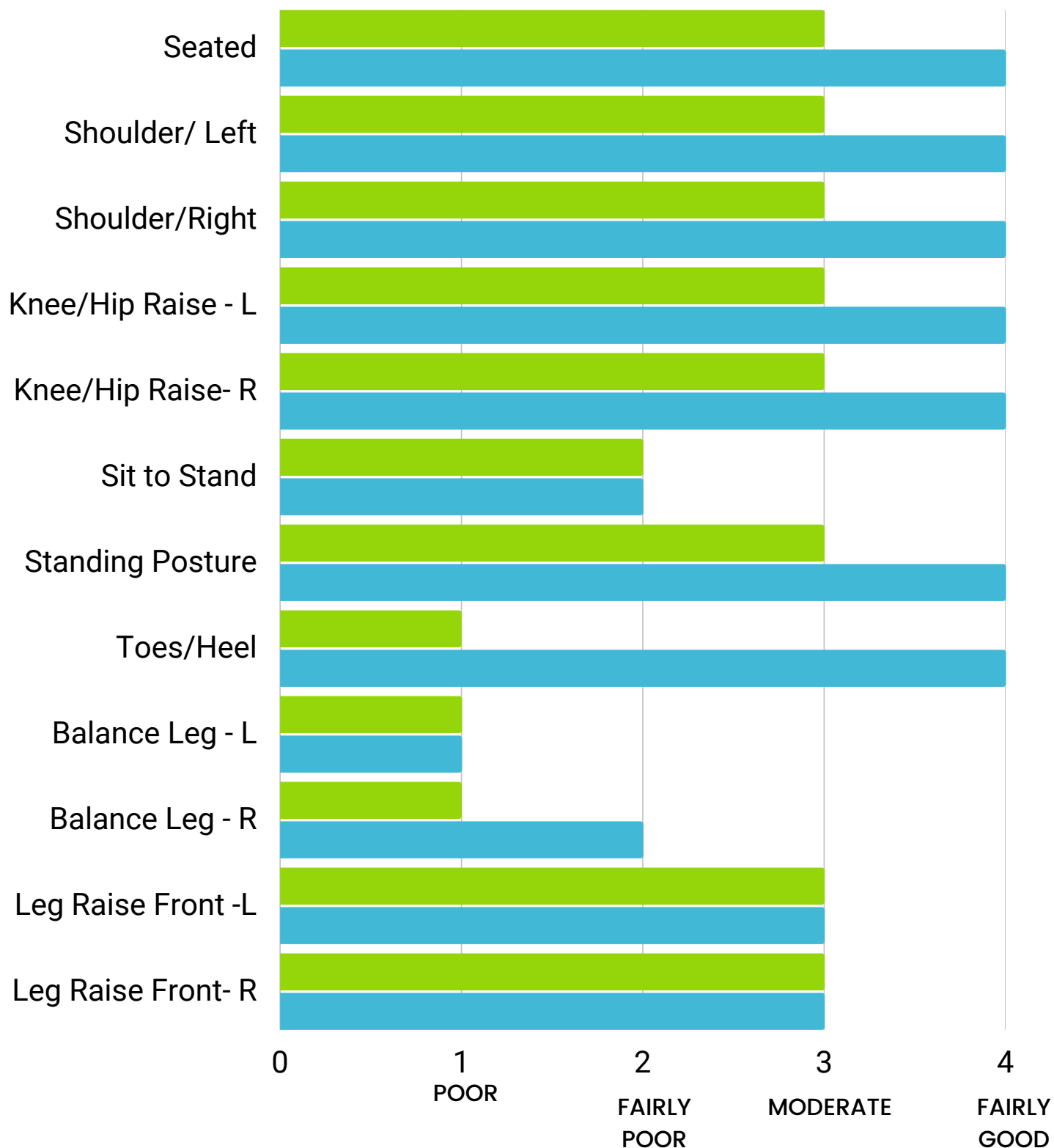
- To get back driving again
- To exercise every day
- To visit my brother's in Cumbria in December to celebrate my 90th birthday and Christmas

“ To get to my car, I have to walk down 14 concrete steps which I have not managed since the first lockdown. I have to keep my legs strong to be able to achieve this and keep my independence!

”

John's Progress

Using a 12 point posture and movement assessment tool on first and final sessions



“ We went for a walk along my road. It's not very far but I have not managed to do that for 2 years. I missed seeing neighbours and waving to people out there.



Age:89

Health: Generally OK

Mental Health:

Withdrawn and low.

Fitness: Below

average after Covid
lockdown

Case Study - Isobel

Isobel attended Extend classes and a few local social groups on a weekly basis. Covid stopped her and then robbed her of confidence. She tried joining the local walking group a couple of times and started to make wobbly progress, but as the group numbers increased, she felt unable to cope with the fear of being in a crowd, even outdoors.

Keeping in touch via our weekly zoom socials and then being visited for 1 to 1 sessions helped Isobel recover her mobility and she feels less isolated.

Isobel set weekly goals which she met with enthusiasm. The threat of Covid is still holding her back so we are trying to find creative ways to keep her safe but inspired to continue her progress.

Isobel's Goals

- Week 1 - 15 to 20 minutes of set exercises x 3 times in the week.
- Week 2 - As above + chair based exercise x 3 times in the week.
- Week 3 - As above - noted improvements and weightless.
- Week 4 - Increased exercise to 4 times a week, maintained lost weight and now using pedometer to track her own progress.

“

I need the encouragement that Anne-Katell brings otherwise it's easy to put off doing exercise - she gives me a real boost of confidence.

”



Isobel's Progress

Isobel enjoyed setting and meeting goals but also the regular check of her physical progress.



I am feeling stronger, more mobile and my balance and standing posture have improved. I think I have also lost a bit of weight.



Age: 84

Health: Usually very active

Fitness: Recovering from injury.

Interests: Badminton and Line Dancing



Case Study - Irene

Irene was referred to us by the Reablement Team. She was recovering from a bad fall. The OT gave her basic rehab exercises but felt she needed support to consolidate her longer-term recovery.

Irene's had been isolating at home, terrified about going out after her hospital stay. As well as regaining strength, it was clear her confidence needed to grow before she would feel able to join any group activities which she had missed the most.

She made excellent progress during the 1 to 1 sessions and joined a Rural Moves easy and level walk along with a neighbour. They now walk out together regularly.

Within a few months after her Rural Moves 1 to 1 sessions Irene is exercising most days using her Fitbit gift from her daughter. She is back driving and re-started Line Dancing. Above all, her mental wellbeing is matching her new enthusiasm for keeping active and seeing her friends again.

Irene's Goals

- Improve my balance
- Regain my confidence
- Exercise at least 3 times a week
- Consider joining a group exercise class

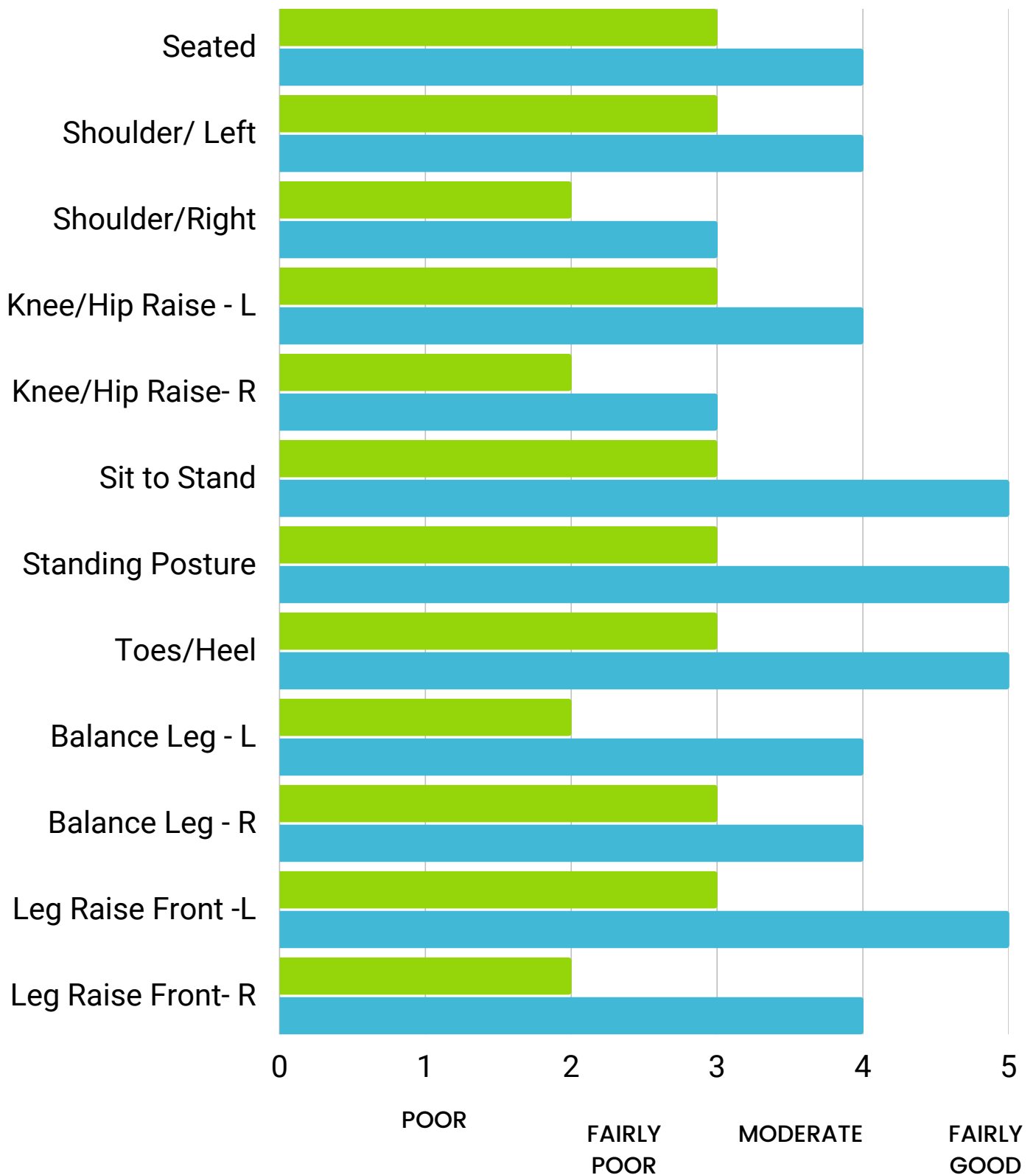


The Rural Moves program was brilliant. It's much more relaxing as I didn't need to drive anywhere especially at the beginning when I would have had to rely on someone else.



Irene's Progress

Her progress has far exceeded her initial expectations but she was determined and valued the support to keep going.



“ After so many set backs, I feel like I have found myself again - I thought I would never manage that. Thank you. ”

Age: 81

Health: Ok except for mobility issues.

Fitness: has become sedentary

Mental Health:

Disappointed.

Case Study - Mike

We met Mike after he stopped driving due to a knee replacement and recovery that had not been possible with Covid restrictions. He became housebound, very lonely, in pain and his mood deteriorated.

Without post-op physiotherapy his knee became swollen with restricted movement, impacting on his walking and caused back pains.

Ketyn helped him get back to his GP for better after -care, then focussed on regaining core strength and muscle mass.

Over the 4 weeks of 1 to 1 support Mike's strength improved and he was very determined to carry on with the regime. He joined the local Chew Chat group for elders which has "changed his life".

Mike is young at heart and along with regaining his mobility, he wants be well enough to walk and get a dog and a new wife- not sure in which order of preference.

Mike's Goals

- Get medical post-op care
- Start exercise to increase mobility
- Manage to stand up more easily
- Get out to meet people after Covid lockdown

“

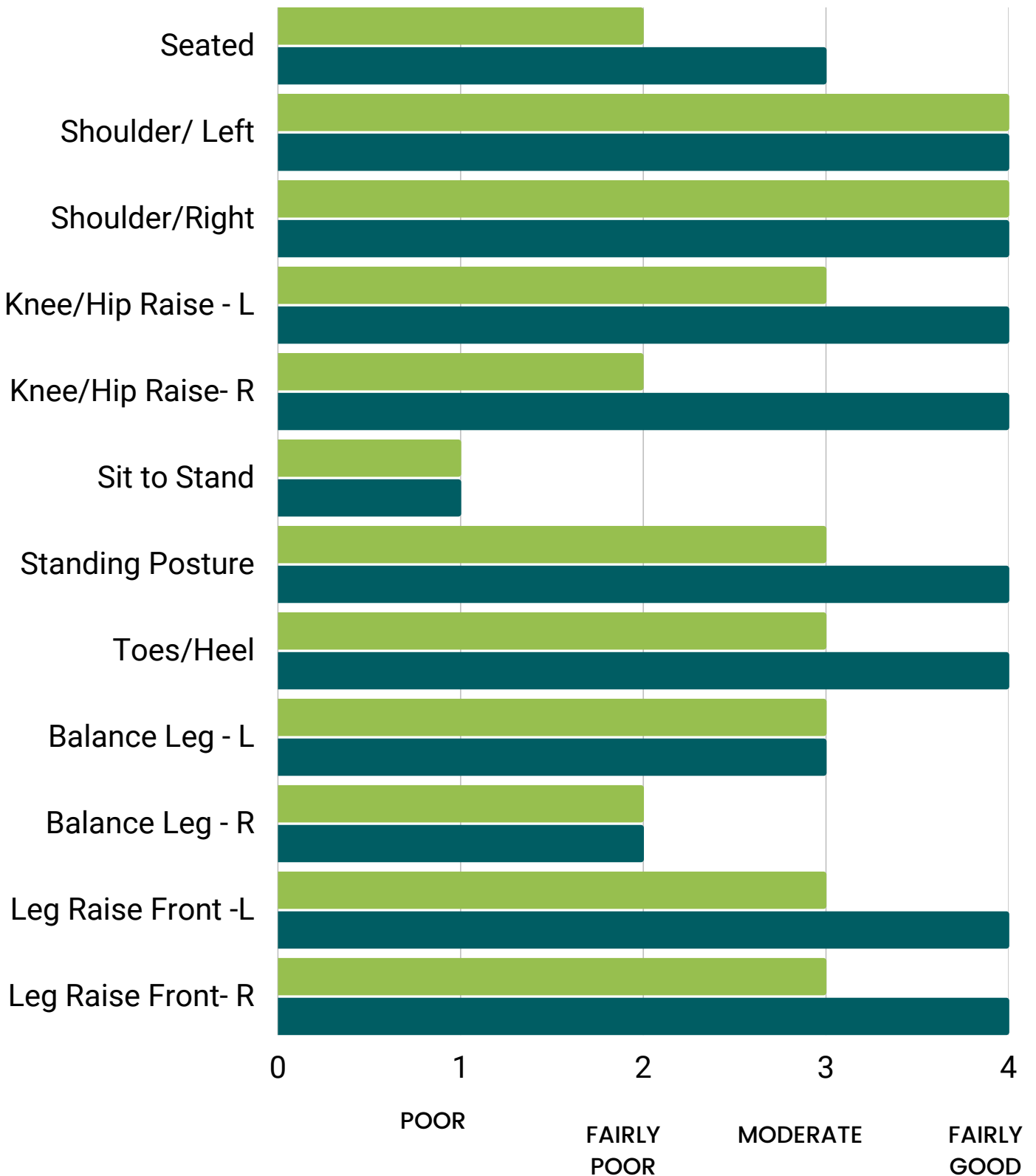
Things have got on top of me after the knee op. I felt I was let down and that hasn't help me much either.

”



Mike's Progress

He had felt abandoned after his knee op. Rural Moves helped him refocus and take control over what he could manage by himself.



“

It's good to know that someone cares enough to listen and help me. I am so much better than before.

”

Group Activities



Good to get outside again

With Phase 3 starting in Autumn we knew we needed to be creative and take any opportunity during good weather. A series of guided walks were mapped out, suitable for the nervous or unsteady and with resting spots or short cuts. Repeating these allowed people to go a little further each time or rest less often.

Over time some walkers decided to meet up, follow a familiar route and have a cuppa or meal afterwards. A Bath Half Marathon grant from Quartet allows us to add more routes until June.

Avon Wildlife's Folly Farm has a 1 mile accessible walkway, also suitable for wheelchairs, through woodland that has places to rest and many point of interest on the site. This has become a favourite route for people to return to in pairs or even on their own. And pubs and cafes very local too.



Group Activities



Keep moving and smile!

During the colder months the team found new ways to move using freelance tutors for taster sessions:

Fitsteps - Movement to music that could be taken at an individual's level or as more of a challenge. This first taster brought people together indoors after too long away from company.

Seated Pilates - Participants had hear of Pilates but thought it would be too tough for them to try. The class was mostly seated and gave core muscles a wake up call.

Chair Based Yoga - People told us they liked the idea of yoga but not getting up and down to the floor. This version was rewarding, stretching but also very relaxing. Hosted at a new venue for us was worthwhile as the tutor has been inspired to start regular classes from April.



Future Plans - Research with Mii Care



Our core Village Agent team have been asked to support a 3 month research project with Mii Care who provide digital solutions for older people and their carer families.

Of the 12 devices that will be placed with people in our rural communities, 4 have been allocated to participants of TIF Phase 3. The wearable AI will track steps, heart rate and body temperature. Room sensors collect data of movement around the house and the digital PA "Monica" supplies hand reminders for medication and hydrating.



Our aim is to use this opportunity to continue to monitor participant's progress but also add a level of weekly coaching using the Monica reminders that can be changed to suit their individual needs.

The Team

Ketyn Jepson

Freelance Extend Exercise Tutor and Specialist Personal Coach

Anne-Katell Peton

Rural Moves Coach and Motivator



Visit wern.org.uk for more information