

End of grant report

Active Cumbria- iCan Health and Fitness CIC

ABC in care homes 2022-2023

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Grant summary

The project was designed to encourage care home/ residential living residents to use the Active Brew Crew exercise toolkit to form a new friendship group to exercise regularly together and promote regular activity without the need of an instructor long term. The intention being that this will solve the need of paying for an instructor to keep active, improve their resilience levels and reduce reliance on support services.

Project content: The project will include weekly sessions of the ABC workouts in 4 care home settings for 4 months. During this time the group will be guided to take more responsibility for the class receiving support to start leading the class on their own through peer-to-peer support. During the 4 months the iCan facilitator would step further back in their role and allow the group to lead on their own but with the support they may get reassurance from. After the project end iCan aimed to keep in touch to see how the Active Brew Crew is doing and support if necessary. Participants/staff will also be encouraged to do more sessions in between the iCan delivered sessions.

Course attendees were given a complete toolkit to do their exercises including a copy each of the ABC manual, a resistance band, a resistance ball, and copy of the instruction manual. This toolkit has been designed by members of iCan Health and Fitness CIC and iCan's chair-based exercise qualified teacher.

Delivery sessions: The project aimed to reach 4 care homes of different economic status within this pilot project including requests from Waverly Court-Private residential living, Burnrigg court, The Laurels (CIC- not for profit) and Moot Lodge (Council run) These venues had contacted iCan requesting our support after hearing about us from friends and family and social media/ Active Cumbria and other sources.

Financial statements

The project was allocated a total grant of £7040.

Total proposed investment (round to nearest pound e.g., £397)	<u>£7040</u>
Budget Breakdown	
Please provide specific detail e.g., Staff Costs 12 hours x £20 = £240	
Equipment Hire / Purchase ABC equipment including book, ball and band and delivery toolkit x 80	<u>1360</u>
Coaches Fee / Expenses 1 coach X 2 hours per week for 16 weeks in 4 venues @ £20 per hour	<u>2560</u>
Hire of Facilities Provided by the care home free of charge	<u>0</u>
Promotion / Publicity Included in project management	<u>0</u>
Staff Costs Project management costs including learning, evaluation, and outcome reporting to compare different settings @ £620 per setting = £38.75 per week	<u>2480</u>
Transport / Travel £10 per week to cover all travel costs.	<u>640.00</u>
Other (Please state)	<u>0</u>

The total amount spent on the project was:

Budget spends.	<u>£7040</u>
Equipment Hire / Purchase ABC equipment including book, ball and band and delivery toolkit x 80	<u>1360</u>
Coaches Fee / Expenses 1 coach X 2 hours per week for 16 weeks in 4 venues @ £20 per hour	<u>2560</u>
Hire of Facilities Provided by the care home free of charge	<u>0</u>
Promotion / Publicity Included in project management	<u>0</u>
Staff Costs Project management costs including learning, evaluation, and outcome reporting to compare different settings @ £620 per setting = £38.75 per week	<u>3077.50</u>
Transport / Travel £10 per week to cover all travel costs.	<u>122.50</u>
Other (Please state)	<u>0</u>

The differences in budget occurred for the following reasons:

- 1) Staff turning up to arranged sessions at care home doors but told they could not enter due to "lockdowns" (a circumstance where the care home lock down/ do not let outside organisations or family members enter the building in event of covid 19 breakout of D+V breakout.) This occurred in 3 out of 4 care homes. Staff wages must remain paid, so this budget is higher than expected to cover those costs.

- 2) The travel budget was minimised when we were able to use our iCan van to transport staff, fuel expenses were only allocated when staff used their own car at 0.45ppm. We were also able to tie in multiple activities on the same day minimising costs of fuel.

Project activities delivered.

We successfully delivered all provisions for the project however this did take longer than expected due to the lockdowns that occurred with 3 out of 4 care homes.

Delivery sessions started: 13th September 2023

Delivery sessions ended: 19th June 2023

Total individual participants worked with 58- target 40.

Care home participant breakdown:

Burnrigg: 19

Mootlodge: 12

The laurels: 16

Waverly court: 11

Target was 10 per care home= target was exceeded.

Total staff worked with 15- target 4.

Total attendances (this includes participants multiple times): 633.

Session's hours delivered: 63 hours.

Sessions delivered: 63- target 64 *

*This is one less visit than anticipated due to the care home cancelling on us at the door of the care home 4 individual times without consultation. We justified we couldn't host another session to replace those lost hours. The care homes were called before staff left the iCan premises to travel to the venue, but there was no answer when called.

A full report is attached to this document from our Upshot reporting system.

Results and impact

Each participant was offered the chance to complete outcome star surveys. We gained 11 complete responses in total = week 1 and week 16 outcome star survey. This is lower than predicted as many residents were not present throughout the whole 16 weeks due to ill health and we experienced 4 deaths of residents.

The comparison data is very pleasing as we can report a positive change in every category:

Do you feel able to exercise? 11 participants (100%) report a positive change with a median change of +2

Do you think you are able to lead part of the ABC workout? 10 participants (90%) report a positive change, with a median change of +1

How would you rate your forearm strength (1-10)? 9 participants (80%) report a positive change, with a median change of +1

How would you rate your ability to breathe well (1-10)? 8 participants (70%) report a positive change, with a median change of +1

How would you rate your Torso and core strength (1-10)? 11 participants (100%) report a positive change, with a median change of +2

How would you rate your emotional wellbeing? 10 participants (90%) report a positive change, with a median change of +1

How would you rate your lower body and leg strength (1-10)? 11 participants (100%) reported positive change, with a median change of +2

Please see attached the full report from our Upshot reporting system of these changes and individual responses.

Responses from care home staff also showed that they thought the participants enjoyed and benefitted from the sessions:

"I often see 'x' using his band and ball in his room, he seems motivated by it."

"We missed a session and one lady said shall we do our exercises and tried to inspire the group".

"We have noticed they all enjoy the activity".

“We love the sessions and would welcome you back every week if we could.”

Lessons learned.

After speaking to all residents and care home staff/ managers, it is clear the project was well received, however they all suggest they would want an instructor to lead the sessions on a regular basis due to the level of excitement and entertainment it brings to the residents: “They have a different face to talk to”, “Something different to see and do”. They also felt that some of the residents were “not capable of hosting the session alone due to their health.”

The staff in care homes reported they would not have the time to dedicate to leading a weekly session even though they enjoyed it and felt the residents benefitted from the programme. This is an integral problem with the time allowances staff face and the lack of people working in care roles.

We have learnt that the programme and ABC activities are beneficial from the supporting comments and the statistics clearly showing incredible positive change, however that the model of being able to leave the care home to do the exercises alone would not be sustainable even though the results of the surveys show that residents would feel confident to lead the group in exercise, meaning that if we want the ABC project to progress we should consider hosting the sessions every week and encouraging the residents to keep their bands, books and balls for use in their rooms when we are not there and encouraging their peers to join in as often as possible.

We also learnt from multiple comments that the ABC book is too small for those suffering visual impairment, we have taken this on board and are producing a larger guide, converting the size from A5 size to A4.

Future plans and sustainability

As an organisation we plan to continue the work of delivering ABC in residential and care home settings, we have accepted contracts to work directly with the NHS to provide the taught activity to community hospitals, the Cumberland infirmary and 4 care homes across the county including west Cumbria in 2023. It is an aim of iCans to continue this work and seek further funding to do this for more care homes/ hospital settings.

We were approached by Waverly court to continue hosting weekly sessions for their group paid by the residents themselves. We have achieved this from June 2023 and hope this continues. This is challenging as the money gathered from the group only covers staff salaries of an hour per week and does not cover fuel

or admin expenses. However, as a charitable organisation we have committed to this arrangement for the benefit of the residents for the time being. This particular group of residents are not generally living on very low income so can afford to contribute to the costs of regular sessions however we understand this is not sustainable long term or for all care homes.

Active Cumbria were approached by the residential living home manager to fund this further however this was declined.

It is built in our financial forecast and 5-year plan (2023-2028) to promote this work further and seek more care homes who would like to take on a similar contract.