# Report supplementary material 11

# Services involved in focus groups and interviews

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| **Programme** | Active Against CancerHarrogate and District NHS Foundation Trust & Yorkshire Cancer Research (partnership) |
| **Location** | Harrogate, UK |
| **Population** | Cancer patients (all kinds) |
| **When** | Perioperatively |
| **Locality background** | Harrogate Borough is the least deprived district in North Yorkshire, but has some areas of disadvantage with high levels of inequality reflected in an 11-year gap in life expectancy between wards. Smoking prevalence for adults is similar to England (14%). The proportion of inactive adults in Harrogate Borough (16%) is lower than England (22%). Source: JSNA North Yorkshire |
| **Overview of provision** | NHS Health and wellbeing service for people living with cancer providing bespoke, individualised activity programmes, to all cancer patients, no matter their diagnosis or current fitness level. Variety of classes (19 weekly) with unlimited, flexible access, accommodating all levels of fitness. Classes include low, medium & high difficulty exercises, walk & talk, active core, and active flex. Some gender-specific classes.Support and guidance provided on best activities to incorporate. Multi-professional team and partnerships: Physical trainers (some with physio or cancer expertise) and Pilates instructor, Clinical Lead (Consultant in Anaesthesia and Intensive Care Medicine), Manager with medical research background, Physiotherapists, Macmillan Nurses.Close working with local cancer support services including access to Macmillan dietician; Clinical Psychologist; Complimentary Therapies (such as, acupuncture, reflexology, therapeutic massage and reiki); Macmillan Welfare and Benefits advice service; hair loss support.Located in a private Sports & Fitness Centre with family and friends access to a cafe, bar, racket sports courtsSupport accessing physical activity classes beyond the programme to help maintain ‘fitness for life’. Self-referral or through a health professional. |
| **Unique Characteristics** | Opt out model: provision is embedded in local cancer care pathway as soon as patient is in contact with Cancer Nurse Specialist. Rapid response (first contact within 48 hours of referral). One-to-one assessment with specialist physiotherapist and development of individualised programme of classes.Outreach sessions at GP clinics.Three phases of support: Prehab (on diagnosis around optimising health and work towards recommended activity guidelines before surgery or treatment begins); Maintenance (during treatment or in early-stage recovery to help keep active and combat fatigue and pain during treatment); and Rehabilitation (to help recovery from treatment or surgery through rebuilding strength and fitness).Pilot service started operating July 2019. Evaluation underway by Sheffield Hallam University.Also offer a ‘walk and talk’ programme which is less labour intensive from a staffing perspective, and can be volunteer led |
| **Contact** | Telephone: 01423 557924Email: info.activeagainstcancer@nhs.netWebsite: <https://www.activeagainstcancer.org.uk/> |
| **References** | [harrogate-2019.pdf (datanorthyorkshire.org)](https://hub.datanorthyorkshire.org/dataset/8523672d-ba16-4d0f-851e-6286ddd60a3d/resource/895f2079-ff5c-43c4-ac6f-54cb8bd74c85/download/harrogate-2019.pdf)[Joint strategic needs assessment | North Yorkshire Partnerships (nypartnerships.org.uk)](https://www.nypartnerships.org.uk/jsna) |

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| **Programme** | Prehab 4 Cancer |
| **Location** | Manchester, UK |
| **Population** | Cancer patients (all kinds) |
| **When** | Perioperatively |
| **Locality background** | **Summary**Life expectancy at birth in Manchester is lower than for the North West and England and the Index of Multiple Deprivation (IMD) 2015 ranks Manchester as England’s fifth most deprived local authority (rank of average scores).Source: JSNA ManchesterRegional collegiate partnership, GM Moving <https://gmmoving.co.uk/> encouraging *movement back in to people’s lives*. Includes active transport initiatives.  |
| **Overview of provision** | Exercise referral scheme providing multi-modal interventions of exercise, nutritional support and wellbeing. Interventions are provided before and after treatment (in some cases during). It is designed to achieve improved clinical outcomes for people recently diagnosed with cancer by improving fitness levels prior to cancer treatment.Focused on prehabilitation and optimisation for colorectal, lung and upper GI patients. They also run a 12-week rehabilitation programme followed by referral into subsidised local support.Focus on empowerment, education, and increasing the likelihood of long-term behaviour change. They measure a patient’s self-efficacy for exercise in order to assess support needs.Delivered out of local community gyms and often in supportive, group-based sessions. |
| **Unique Characteristics** | Driven by clinical outcomes pre surgery; seeking to get patients into gyms, increasing intensity to at least 70% of maximum training zone. Closely monitored intervention; speaking to patients at least twice per week.Evolving comprehensive and flexible package of remote delivery developed throughout Covid-19. |
| **Contact** | Telephone: 0161 778 0557Email: prehab.4cancer@nhs.netWebsite: <https://www.gmactive.co.uk/prehab4cancer/> |
| **References** | <https://gmcancer.org.uk/our-areas-of-work/prehab4cancer-2/>[Joint Strategic Needs Assessment | Manchester City Council](https://www.manchester.gov.uk/jsna)[Summary\_of\_Key\_Data\_April\_17.pdf](file:///C%3A%5CUsers%5Cmicky%5CDownloads%5CSummary_of_Key_Data_April_17.pdf) |

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| **Programme** | Active Beyond CancerLeeds Rhinos Foundation |
| **Location** | Leeds, UK |
| **Population** | Cancer patients (all kinds) |
| **When** | Post-surgery or treatment |
| **Locality background** | **Summary**Over 20% of the city’s population live in areas ranked amongst the most deprived 10% nationally. (2015)Smoking prevalence in the least deprived fifth of the population in Leeds is around 13% while the prevalence in the most deprived fifth of the population is around 33%. (2012)Source: JSNA Leeds (2012 & 2015) |
| **Overview of provision** | Leeds Rhinos Foundation & Yorkshire Cancer Research. 12-week programme of health and fitness coaching and advice with a focus on helping cancer patients increase their physical activity and confidence for recovery and living well after cancer.Sessions focus on improving the health and wellbeing of attendees, and include talks on living a healthy lifestyle, money management and eating well, alongside practical exercise sessions which include circuit training, Thai Chi, ballroom dancing and chair gymnastics.Tea & Talk sessions to introduce prospective members to the programme.Community health checks at rugby matches and education in schools with a focus on prevention and early diagnosis of cancerDelivered at three hubs; Armley, Rothwell and Fearnville Leisure Centres |
| **Unique Characteristics** | Associated with local Rugby Club who also offer community health checks at Rugby matches. Education sessions around physical activity with an emphasis on enjoyment, and give 12 different tasters of physical activity which, depending on the person’s preference, can lead to further engagement with the leisure centre or with something more community basedInvolved in full service evaluation with Leeds Beckett University.  |
| **Contact** | Email: info@leedsrhinosfoundation.orgWebsite: <https://www.leedsrhinosfoundation.org/health-and-wellbeing/our-health-and-wellbeing-projects/active-beyond-cancer/> |
| **References** | <https://yorkshirecancerresearch.org.uk/activebeyondcancer>[01-JSNA\_2015-Executive-Summary1.pdf (wpengine.com)](https://leedsobs.wpengine.com/wp-content/uploads/2018/03/01-JSNA_2015-Executive-Summary1.pdf)[JSNA-Summary-doc-WEB-NP-Acrobat-4-.pdf (wpengine.com)](https://leedsobs.wpengine.com/wp-content/uploads/2018/03/JSNA-Summary-doc-WEB-NP-Acrobat-4-.pdf) |

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| **Programme** | Physical Activity Referral in Stockport (PARiS) |
| **Location** | Stockport, UK |
| **Population** | Inactive population including surgical patients |
| **When** | Postoperatively for people having surgery |
| **Locality background** | Stockport has pockets of severe deprivation, but that deprivation is not particularly widespread – 14% of the population lives in the nationally ranked 20% most deprived areas, 28% in the least deprived.Life expectancy at birth has increased by 10% over the last 20 years. Males in Stockport are now expected to live to age 79.7 and females to age 83.0 years which is similar to the national average.Source: JSNA Stockport (2015-16)Regional collegiate partnership, GM Moving <https://gmmoving.co.uk/> encouraging *movement back in to people’s lives*. Includes active transport initiatives. |
| **Overview of provision** | Exercise Referral scheme delivered by Life Leisure, designed to help inactive people with chronic mild to moderate medical conditions (including perioperative patients) become and stay more physically active, whilst benefiting and improving their health. Guidance, support and pathways towards health improvement delivered by health and exercise professionals. Self- referral or referral through GP or a Practice Nurse. Service available to people who are physically inactive (undertaking less than 1 x 30 minutes per week of moderate intensity exercise) and not a current member at a Life Leisure facility.Also offer a Home Activity Guide which provides simple and effective exercises for people who suffer with mobility problems, focusing on developing functional fitness to improve quality of life.Available at different locations across Stockport |
| **Unique Characteristics** | Broad mix of classes, including: Stay Steady falls prevention exercise programme, Ladies only sessions, social coffee and chat, Cardiac Rehab Classes, Nordic Walking, Weight Management Aqua Aerobics, PARiS Gym sessions, and COPD Classes |
| **Contact** | Email: gpreferral@lifeleisure.net Website: [Life Leisure](https://www.lifeleisure.net/health-wellbeing/exercise-referral/) |
| **References** | <https://www-sciencedirect-com.liverpool.idm.oclc.org/science/article/pii/S2405457719302049> <https://www.lifeleisure.net/enterprise/HealthWellbeing-GPReferral>[PowerPoint Presentation (stockportjsna.org.uk)](http://www.stockportjsna.org.uk/wp-content/uploads/2016/04/2015-16-JSNA-Key-Summary.pdf) |

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| **Programme** | ERAS+ Surgery School |
| **Location** | Greater Manchester, UK |
| **Population** | Surgical patients |
| **When** | Preoperatively but links into postoperative programme |
| **Locality background** | **Summary**Life expectancy at birth in Manchester is lower than for the North West and England and the Index of Multiple Deprivation (IMD) 2015 ranks Manchester as England’s fifth most deprived local authority (rank of average scores).Source: JSNA ManchesterRegional collegiate partnership, GM Moving <https://gmmoving.co.uk/> encouraging *movement back in to people’s lives*. Includes active transport initiatives. |
| **Overview of provision** | Evidenced-based surgical pathway aimed at helping people prepare for and recover from major surgery. Programme of tools and interventions supporting and guiding patients, families and professional groups to optimise patient experience and outcomes when having surgery. Delivered over 12-weeks – six weeks before and six weeks after surgery. Focus on six key areas: Get Active, Chest Training, Muscle Strengthening, Surgery School, Live Well, Eat Well. Delivered in eight hospitals across Greater Manchester: The Christie Hospital, Royal Bolton Hospital, Stepping Hill Hospital, Royal Oldham Hospital, Salford Royal, Manchester University NHS Foundation Trust, Tameside, North Manchester General Hospital. Information leaflets and short videos available online |
| **Unique Characteristics** | Focus on working with patients’ wider network of family and friends as central to recovery. Individualised plan taking into account nutrition, psychological wellbeing, and goal setting. The wider treatment team also attends Surgery School, such as the pharmacist, in order to devise the best possible plan for the patient. Patients are able to visit the High Dependency Unit prior to surgery so that they are familiar with the setting.Initial treatment is then followed by five years of subsidised access to gyms and other physical activity opportunities.  |
| **Contact** | Email: admin@erasplus.co.uk |
| **References** | <https://www.erasplus.co.uk>Video presentation: [SurgerySchoolPresentation (nwyhelearning.nhs.uk)](http://www.nwyhelearning.nhs.uk/elearning/northwest/christie/SurgerySchoolPresentation%28Combined%29/index.html)<https://www.health.org.uk/improvement-projects/improving-surgical-care-for-patients-and-their-families-in-greater-manchester-%E2%80%93> [Joint Strategic Needs Assessment | Manchester City Council](https://www.manchester.gov.uk/jsna)[Summary\_of\_Key\_Data\_April\_17.pdf](file:///C%3A%5CUsers%5Cmicky%5CDownloads%5CSummary_of_Key_Data_April_17.pdf) |

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| **Programme** | PREPWELL - Community Prehabilitation & Wellbeing |
| **Location** | South Tees Hospitals NHS Foundation Trust, UK |
| **Population** | Major surgery and cancer treatment patients |
| **When** | Perioperatively, or during treatment |
| **Locality background** | Smoking rates in Middlesbrough are significantly higher than the national average; and deaths from smoking in Middlesbrough are higher than the national average.Nine in ten local adults are physically inactive, and one in four adults are obeseSource: JSNA Middlesbrough |
| **Overview of provision** | Programme offered to patients four to six weeks before surgery. Weekly exercise programme includes supervised sessions at the Live Well Centre and home-based exercise training, guided by health trainers, information leaflets and short videos. Advice about a healthy diet in preparation for surgery is also provided.Support to access further programmes following discharge and again at three-months post-surgery. Referral usually made by surgeon, anaesthetist or GP.  |
| **Unique Characteristics** | High ratio of health trainers (one to two) supervising sessions and small class sizes (maximum ten people). Located in a co-delivery space with local authority public health team supporting referral and access to broader health and wellbeing support such as smoking cessation and alcohol reduce alcohol services. Social opportunities for discussion and questions. Support co-ordinating any additional / new care needs with GPs and hospital services to support surgery to happen as quickly as possibleHealth economics evaluation embedded in provision in collaboration with Northumbria University |
| **Contact** | Email: stees.prepwell@nhs.netWebsite: [PREPWELL Programme - South Tees Hospitals NHS Foundation Trust | South Tees Hospitals NHS Foundation Trust](https://www.southtees.nhs.uk/services/prepwell-project/) |
| **References** | Tew GA, Bedford R, Carr E, et al. Community- based prehabilitation before elective major surgery: the PREP-WELL quality improvement project. BMJ Open Quality 2020; 9: e000898. doi: 10.1136/bmjoq-2019-000898 *(14) (PDF) Community-based prehabilitation before elective major surgery: The PREP-WELL quality improvement project*. Available from: <https://www.researchgate.net/publication/340141021_Community-based_prehabilitation_before_elective_major_surgery_The_PREP-WELL_quality_improvement_project> [accessed Apr 15 2021][att4868.pdf (middlesbrough.gov.uk)](http://democracy.middlesbrough.gov.uk/aksmiddlesbrough/images/att4868.pdf) |

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| **Programme** | The Family Practice |
| **Location** | Barrow-in-Furness, UK |
| **Population** | General Practice patients (including surgery patients) |
| **When** | Perioperatively / General Practice approach |
| **Locality background** | Barrow falls within the 10% most deprived districts in England with higher rates of adults classified as overweight or obese (67.4%) than the England average (62%). Adult inactivity (28.2%) is higher than the England’s average (22.2%), as is smoking prevalence in both males and females (2018)Source: Cumbria Observatory – JSNA |
| **Overview of provision** | General Practice Surgery with focus on lifestyle medicine, nutritional and health coaching. Some referral links into local leisure centre provision at no or subsidised cost as well as a diet and exercise programme.Barrow has a Health and wellbeing hub where diet and exercise education and advice are delivered.  |
| **Unique Characteristics** | Motivation to support development of perioperative lifestyle provision and utilising social prescribing link worker for referrals. |
| **Contact** | Telephone: 01229 402900Email: thefamilypractice@nhs.netWebsite: [www.thefamilypracticebarrow.co.uk](http://www.thefamilypracticebarrow.co.uk) |
| **References** | [Cumbria Observatory – JSNA](https://www.cumbriaobservatory.org.uk/jsna/)[JSNA Executive Summary 2017 (cumbria.gov.uk)](https://www.cumbria.gov.uk/elibrary/Content/Internet/536/671/4674/6164/6995/43088104439.pdf)[Life Leisure Barrow Park - Pool, Sports, Fitness for Everyone](https://www.lifeleisurebarrowpark.com/) |

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| **Programme** | Marnock Medical Group Active Practice |
| **Location** | Kilmarnock, UK |
| **Population** | General Practice patients (including surgery patients) |
| **When** | Perioperatively / General Practice approach |
| **Locality background** | Life expectancy in Ayrshire and Arran is the third lowest among Scottish health boards, and significantly below the Scotland average (2014-2016). Disparities in smoking prevalence for people age 16 and over differ across the health board but were marginally higher in East Ayrshire (Kilmarnock) (19%) than the Scottish average (18%).NHS Ayrshire & Arran 2019 |
| **Overview of provision** | Active Practice working with colleagues to improve staff activity levels through education and walking challenges.A GP partner provides weekly yoga sessions online, after working hours.Park Run Practice (advertise local Park Run to patients and some practice staff attend).Utilising [Moving Medicine](https://movingmedicine.ac.uk/) materials to support staff conversations with patients around physical activity and providing resources and links to local activities directly to patients on their website and via email. |
| **Unique Characteristics** | Working with trainee doctors around exercise prescription and physical activity in different conditions.Role modelling physical activity to patients. |
| **Contact** | Telephone: 01563 523593Website: <https://www.londonroadmedicalpractice.co.uk/> |
| **References** | [Health and Wellbeing in Ayrshire and Arran Volume 1: Current health status](https://www.nhsaaa.net/media/8272/health-and-wellbeing-in-ayrshire-and-arran-vol-1-18-sep-2019-final-report.pdf) |

**Provision and resources used by some of the services**

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| **Programme** | Moving Medicine |
| **Location** | Led by the Faculty of Sport and Exercise Medicine UK, with sites nationwide |
| **Population** | General patients (surgery patients under development) |
| **When** | All contact with clinicians |
| **Overview of provision** | Extensive resources for, and partnerships with, clinicians, hospitals and patients to promote the positive effects that ‘just a little bit of movement’ can have on the symptoms of many common diseases.A campaign to bring physical activity into chronic disease management as a core part of medical care.Evidence based condition-specific information to help clinicians and allied health professionals to discuss and give advice on physical activity at all stages of a patient’s treatment pathway. Offers web-based consultation frameworks to support clinicians to have effective conversations with patients about the benefit of physical activity; downloadable information leaflets and posters to share with patients; and downloadable workbooks to help patients develop a tailored active lifestyle plan |
| **Contact** | Email: contactus@movingmedicine.ac.ukWebsite: [Homepage - Moving Medicine](https://movingmedicine.ac.uk/) |