

The Cumbria model - A leisure led and NHS approach utilising Sport England funding

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THE CUMBRIA MODEL

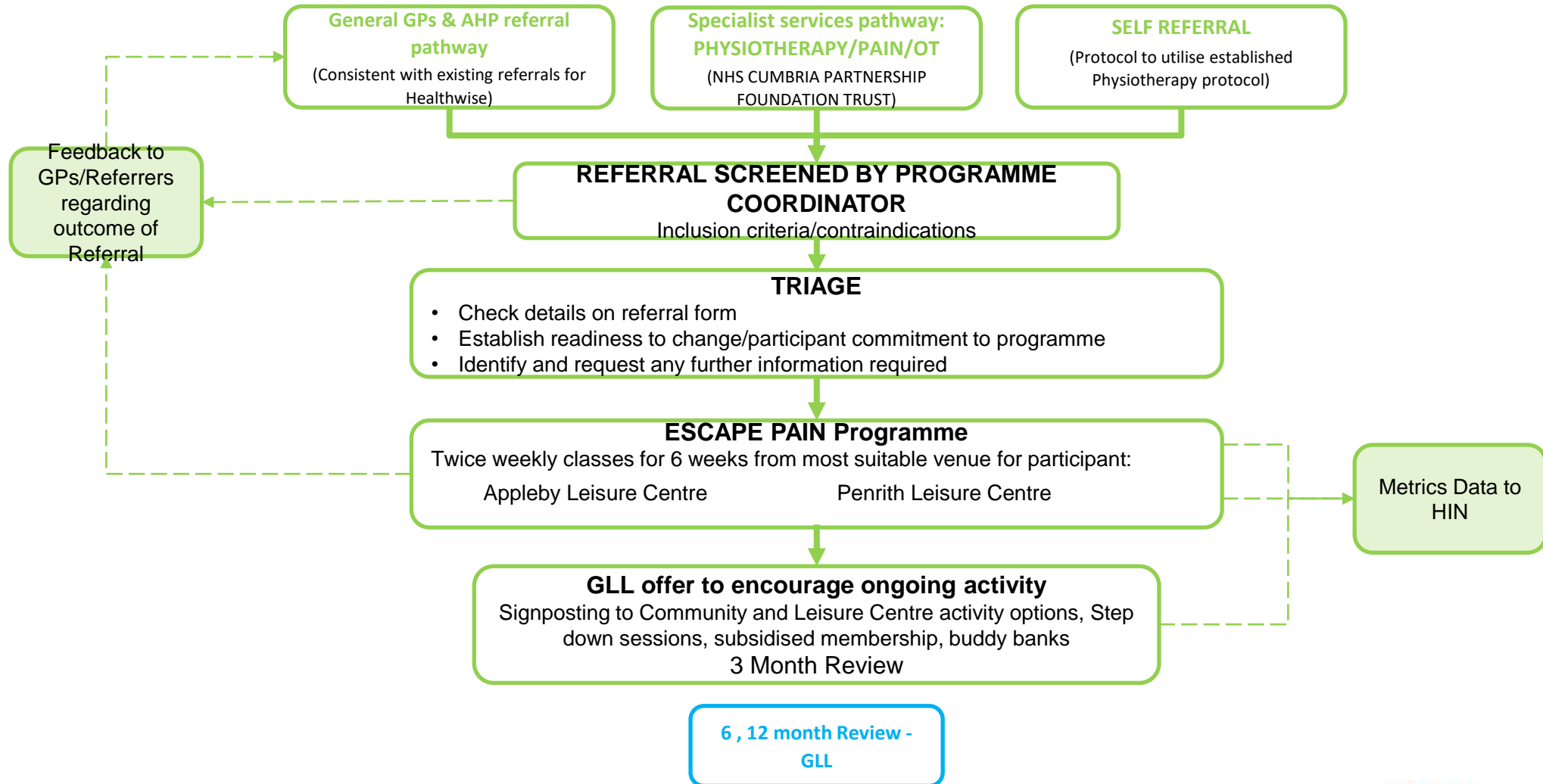
A Leisure & NHS led approach
utilizing

Sport England Funding

Lynn Almond – Regional Health Manager – GLL

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EDEN PILOT - ESCAPE-PAIN SERVICE PATHWAY



Successes

- Leisure Centre Model – ‘breaking down barriers and building bridges’
- Outcome measures ‘so far so good’
- Participants like it
- Feedback from the wider health teams

Challenges

- Recruiting participants initially
- Admin time
- Communication
- What happens when the participants don't improve?
- Feedback to referring clinician
- Getting follow up data
- Funding post Sport England

Feedback

‘I was in despair and the class gave me hope. Before the class I didn’t think I would ever climb a hill again. Since the class I have climbed to the top of Blencathra’

Anon – Penrith

Feedback

“The group of us helped keep one another going leading to some of us going on to do regular exercise in the gym. Something none of us would have done before experiencing the benefit of the Escape Pain class.

Now regular gym sessions followed by a coffee is proving of great benefit to us all”

Gill B – Eden – Graduate 12 months

Feedback

“The Escape Pain class proved to me that I needed to do more than walk the dog to keep my joints and general fitness in good shape.

I along with a number of others I met on the course, felt initially the course was too simplistic and did not meet our expectations. But persevering, attending regularly and being able to achieve your own level ended up being of great benefit”

Anon Eden – Graduate 12 months

Feedback

“ Even in three weeks I noticed that my knees were stronger. Swimming is much easier and I can do breast stroke confidently now. My knee joint feels tighter with less unwanted movement. Due to an ankle flare up I have learnt the importance of modifying my exercises”

“The group experience has been great”

“This programme has been brilliant. Karen has been wonderful. I feel very encouraged to continue my strengthening exercises as they help immensely”

“Very pleased with the programme. My knees are much more dependable”