

# TOWNSHIP PROJECT BRIEF AND COMMISSIONING FORM



**ROCHDALE**  
BOROUGH COUNCIL

Township Ref Service Ref

<b>Township</b>	Rochdale	RP/02/19	
<b>Name of Request Originator</b>	Link4Life		
<b>Project Manager &amp; Ext</b>	Paul Gardner		
<b>Completed by</b>	Paul Gardner	<b>Date Completed</b>	24/05/19

## A. DETAILS OF SCHEME

<b>Scheme Name &amp; Location</b>	Functional Fitness Course – Rochdale Leisure Centre
<b>Scheme Description (include as much information as possible)</b>	<p>The recently published NHS long term plan 2019 – Chapter 1 page 17 Quote: Evidence as shown that specifically designed falls prevention schemes, including exercise classes can significantly reduce falls and are cost effective.</p> <p>Fall related injuries are common, resulting in considerable healthcare utilisation, and are a major cause of long term pain and functional impairment among older adults. They also increase considerably the risk of discharge to a nursing home and have a high economic cost. It has been established that well designed exercise programmes can prevent falls in older adults living at home, and also reduce social isolation for those involved.</p> <p>The purpose of the 10 week Functional Fitness courses is to improve the health and wellbeing of residents in both the north and south of the Rochdale Township and help those participating to have a better quality of life. The courses provide activities which improve postural stability, strength, flexibility, and balance to promote greater independence and reduce the risk of falls in the future.</p> <p>The courses would be held at Rochdale Leisure Centre, and will increase participants knowledge and awareness around the main factors associated with living a healthy lifestyle, encouraging pathways into continued activities, both within and outside of Link4Life facilities.</p> <p>The 10 week course includes a number of different physical function tests to give the participants an idea of how their fitness compares to their peers. The results of these tests are then used to discuss the different components of fitness and highlight participant's individual strengths and weaknesses, in order to promote individual programmes and goals.</p> <p>The four initial tests completed on weeks 1 and 10 are:</p> <ol style="list-style-type: none"> <li>1. 2 min walk</li> <li>2. 8 foot up and go</li> <li>3. 30 sec sit to stand</li> <li>4. Single leg stance</li> </ol>

	<p>Each week a circuit based programme will be undertaken to include exercises such as; single leg stance, knee lift and dumbbell seated curls.</p> <p>The courses are aimed at those aged 60 year+ with mobility issues and who are at risk of falling. People are referred onto the course via a number of partners and also via promotion to the catchment area to encourage self-referral. Evidence shows a gap in the provision for this type of course in the Rochdale Township. National evidence also indicates that the increase in the elderly population now requires local support for those aged 60+. NICE 16 (2018) found that 40% of older people attending GP surgeries, and 60% of those living in residential institutions report 'poor mental health'. Being active increases engagement, improves confidence, resilience and control, reduces anxiety and depression as well as reducing symptoms of disease and improving function to help maintain independence. In 3 months, 65-95 year olds can rejuvenate 20 years of lost strength.</p>
<p><b>Desired Outcome (what is required by the scheme)</b></p>	<p>To improve the health and wellbeing of residents in the Rochdale township, through:</p> <ul style="list-style-type: none"> <li>• Increasing the number of older people aged approximately 60+ in the Rochdale Township taking part in physical activity on at least one occasion per week.</li> <li>• Applying motivational techniques, including goal setting and achievements to ensure all participants have the knowledge and tools to continue the activities after the course is completed.</li> <li>• Identifying those people most at risk of falling either at home or in the outdoor environment in the Rochdale Township to ensure they have information about the Functional Fitness courses, and future pathways onto continued activities.</li> <li>• Via our home exercise sheets that we provide on the courses. Supply the participants with the knowledge and education, to do home exercises during and after the courses have been completed.</li> <li>• Demonstrating an increase in wellbeing using WEMWBS scorecard at the start and end of the 10 week course.</li> <li>• Providing support following a fall and proactive educational courses to prevent the falls in the first place.</li> </ul>
<p><b>Township Priorities Met</b></p>	<p>People</p>
<p><b>Land Owner</b></p>	<p>Rochdale Council</p>
<p><b>Public Consultation</b></p>	<p>No</p>
<p><b>Proposed Source of Funding</b></p>	<p>Township Revenue</p>

## B. ESTIMATE

### Assumptions made during preparation of estimate

Instructor costs, administration and marketing all included, along with venue hire costs at current year rates. A key part of these courses is the time spent after the exercise socialising and meeting the instructors and other participants. This is why we incorporate refreshments and social time into all the courses. All specialist equipment required for the courses and also a reduction in venue hire costs will be undertaken as match funding by Link4Life.

The funding would be to supply 3 x 10 week courses.  
 Each 10 week course would cost £785 and include the following costs;  
 ( Staffing, venue hire, marketing, refreshments) This equates to a cost per participant with an average of 20 attending each course of £39.25 per course.

*Cost of a fall which results in a hospital admission is £5000 per incident with a hip fracture generates a fiscal cost of £18,694 over three years. (GM falls and fracture prevention resources – case for change Oct 2018)*

**Risks that may change estimate**

None applicable.

**Total Estimated Fees**

£ 2355

**Total Estimated Works Costs**

£ 2355

**Total Cost**

£ 2355

**Amount Approved by Township**

£

**Cost Code**

**C. TIMESCALES**

**Estimated Start Date**

January 2020

*(start date subject to commissioning within three months of application)*

**Evidence**

- Improvements in both aerobic and muscular endurance.
- Less use of aids to support during the tests.
- Recovery time improved following each test.
- Noted improvements in balance and stability while completing the tests.
- Demonstrated an increase in wellbeing using WEMWBS scorecard at the start and end of the 10 week course.
- The average % attendance, and total numbers participating

**Completion Date**

June 2021

**Evidence**

- A triangular of intervention assessments would be employed to capture the impact of the programme on the participants.
- Measure increase in distance walked in 2min walk, 8 foot up and go, 30 sec sit to stand
- Indications showed on any significant improvement in core leg strength since week 1 to week 10.  
Single leg stance
- Any increases in either right or left leg strength or overall balance improvements since week 1 to week 10.
- Case studies and stories of those participants completing the course.
- Raise awareness of Rochdale Leisure Centre.
- Reduce falls in the Rochdale Township.
- Reduced strain on local NHS services in the Rochdale Township.

- Participants reduced risk of any current long term conditions deteriorating.
- The reduced risk of any more serious secondary long term conditions, due to lifestyle changes made.
- Overall improvements in mental wellbeing.
- Reduction in social isolation.

#### D. AUTHORISATION

I have read the terms and conditions provided with this form and agree to the funds being allocated as approved at Committee

Date Committee Approved Scheme

Signature of Head of Service

Date

Signature of Townships & Communities Manager

Date

Signature of Township Chair

Date

#### KEY

	To be completed by whoever receives the original proposal
	To be completed by Service/Provider after discussion with the Township Office
	To be completed by Township Councillor/Officer