|  |
| --- |
| **Summary of Delivery (500 words)*****What did you do? Where? How did you promote? Who attended?*** |
|   The Katherine Low Settlement has been running chair-based exercise classes for frail older people for three years. We identified that a barrier to attendance at these classes for local people was lack of transport. Although the Dial-A-Ride service exists, people have to be attending an activity for a while before they are accepted onto the scheme, and also often need support to fill in the application form. The Big Local funding provided a pilot scheme to enable transport for older people to be funded whilst we provided support with Dial-A-Ride applications. The aim was that this encouraged very inactive local people to take up some form of exercise and in a way that would be sustainable through the Dial-A-Ride scheme.This was a very challenging project and we are grateful for the opportunity to pilot a way to enable some of the most inactive and isolated people in the local area to get out and get active.We promoted this scheme widely, including to 2 libraries, 5 religious centres, 6 health centres and 6 sheltered accommodations, also through our own members and regular ‘contact club’ group of older people.11 elderly people have taken up the service, incrementally during the project, and have really benefitted from attending the classes and now come weekly. Of these, four have been successfully accepted into the Dial-A-Ride scheme and begun to use this during the project, whilst applications for the others remain outstanding.However, most of these people are not from the Big Local area, and Dial-A-Ride has not proved to be a reliable service and so many people have still needed taxis to bring them to class as the Dial-A-Ride has not arrived. To increase take up we went to four sheltered accommodations to speak with wardens and residents, all of these being in the Big Local Area (Doris Everton Ct, Haven Lodge, Homeleigh Ct and John Kirk House). Although there was some interest shown in coming to classes by residents, this didn’t translate into more people attending. The future phase of the project will be to continue to support Dial-A-Ride applications and to provide vouchers for taxi rides in the meantime to enable elderly people to be more active.As a result of the project we have been able to take what we have learned to the Wandsworth Mobility Forum and share our concerns with Dial-A-Ride. We hope this will lead to better ways of working which will enable very elderly people be more active. |

| **Demographic Data** |  |
| --- | --- |
|  | Unique Participants | Total Attendances |
| BLSW11 Residents | Non-Residents | BLSW11 Residents | Non-Residents |
| Male | 1 |  |  |  |
| Female | 1 | 7 |  |  |
| Unknown |  |  |  |  |
| 18-29 |  |  |  |  |
| 30-39 |  |  |  |  |
| 40-49 |  |  |  |  |
| 50-59 |  |  |  |  |
| 60-69 |  |  |  |  |
| 70-79 | 2 | 3 |  |  |
| 80-89 |  | 3 |  |  |
| 90+ |  | 1 |  |  |
| Unknown |  |  |  |  |
| White | 1 | 2 |  |  |
| Black/Black British | 1 | 4 |  |  |
| Asian/Asian British |  |  |  |  |
| Mixed |  |  |  |  |
| Chinese |  |  |  |  |
| Other |  | 1 |  |  |
| Unknown |  |  |  |  |
| Visual disability |  | 2 |  |  |
| Learning disability |  |  |  |  |
| Hearing disability | 1 | 1 |  |  |
| Physical disability | 2 | 6 |  |  |
| No disability |  |  |  |  |
|  |  |  |  |  |

|  |
| --- |
| **Progress Towards Key Performance Indicators** |
| ***Key Performance Indicator (KPI)*** | ***Project Target*** | ***Actual Output*** | ***Explanation of progress towards KPIs*** *(250 words per KPI maximum)* |
| 1. Number of individuals attending a session
 | 15 - 20 | 11 | * This is fewer than our target, and we have found it harder than we expected to encourage people in this very hard to reach target group to start attending classes.
 |
| 1. Total number of attendances at a session
 |  |  |  |
| 1. Number of individuals attending 8 sessions or more*(6 or more if you delivered 8 sessions)*
 | 15 |  |  |
| 1. Number of inactive people joining a session *(0 days of activity in past 7 days)*
 |  | 11 | * This activity is very targeted for the most inactive local residents, and most hard to reach to enable to become active. All started from no activity levels and transport to the sessions enabled them to become more active.
 |
| 1. Number of people increasing activity levels *(reporting more days active in past 7 days than at the start)*
 |  | 11 | * Given that we started with a group of such inactive people, the impact of this programme in increasing activity levels is very significant.
 |
|

|  |
| --- |
| **Key successes and achievements (300 words)*****What went well? Was there a significant impact? What did participants tell you?*** |
| * We have encouraged active and independent living by enabling elderly people most at risk of becoming less active, to leave their house, stay physically more healthy and have a sense of purpose to their lives.
* Improve health and well-being: Those attending classes have attended regularly and reported improvements in balance, fitness and strength and a general sense of emotional well-being. In addition, attendance at the class has increased a positive attitude towards physical activity such that older people may feel able to do more (generally in their lives, as well as more exercise) independently.
* Reduce isolation and loneliness:By encouraging people to join in with this activity and be able to also spend time with other people in the class and access some of the other social programmes within KLS, for example, our weekly lunch clubs. This pilot scheme included the administrative support to become users of the Dial-A-Ride service which they can now use to access other activities as well.

One of the attendees said ‘I feel extremely grateful. Without the transport I couldn’t come to chair based exercise. I feel that the classes are doing me some good - it is a form of physiotherapy and I have more ‘get and go’ after the class. At first I wasn’t sure about the classes and viewed them from afar, but having tried it I’m getting into it and I’m going to carry on doing them.’ |

 |

|  |
| --- |
| **Key issues and learning (300 words)*****What didn’t go well? What barriers did you face? What have you learnt for the future?*** |
| The two barriers faced have been getting interest in coming along and the administration of the Dial-A-Ride scheme.Despite wide promotion, there was less take up of this scheme than we hoped for. Our visits to sheltered accommodation in the Big Local area seemed to result in interest from residents but didn’t result in more people coming along and getting active.The Dial-A-Ride scheme takes many weeks to get onto, but even when accepted the bus often didn’t arrive, or arrived too late so that they missed their chair-based exercise class. We supported this by providing taxis as a replacement service if there was time, but it adds an element of uncertainty which people who are frail or suffering from memory loss should not need to contend with and stops them from keeping to try to be active.Tackling isolation and inactivity in older people is a very difficult thing which we have partially done in this pilot scheme but not resulted in all the changes we hoped for - but it has been a good start. Local voluntary sector groups, the council, Enable and others need to continue to find ways to tackle this issue together.Although we felt that, based on experience, the timings were achievable, we found that the promotion and people starting to attend, and then the Dial-A-Ride applications both took longer than planned. We advised Enable of this situation during the project and it was agreed that the extended time of continuing to support transport during June would be acceptable. To further extend the sustainability of the programme we will be buying transport vouchers for future use when Dial-A-Ride is not able to pick up, whilst we continue to address work towards getting Dial-A-Ride to be a useful service and a key way to enable elderly people to continue to be active. |

|  |
| --- |
| **Sustaining for the future and recommendations (500 words)*****How will you sustain the activity of the people you have engaged? What advice would you give others in the future?*** |
| There is a definitely a need to provide transport to enable elderly people to attend exercise classes, and we have seen the benefit of attending these classes in this project. This is not only because of mobility problems but also because of memory problems. Many attendees would not remind the appointment, be ready and prepared to leave on time and be able to get to and from the centre unaided without the provision of transport. For those signed up to Dial-A-ride, they will continue to come to classes for the long-term. We will continue to return to the sheltered accommodation and attend coffee mornings to follow up on the interest shown and encourage frail elderly residents to attend exercise classes at the Katherine Low Settlement.In the future we will work with Wandsworth council and continue to work with Dial-A-Ride.Advice we would give to the Wandsworth Mobility Forum and to Dial-A-Ride is that transport to exercise centres and community centres such as Katherine Low is a key barrier to combatting inactivity and isolation for older people in Battersea. The Dial-A-Ride scheme is very good in concept but in practice is cumbersome and not entirely reliable and needs to be addressed to meet the needs of older people better. Through attending the Mobility Forum and sharing experiences of this pilot project, we now have a direct contact with a Dial-A-Ride officer and will be meeting together to agree better ways of working which should be of benefit for older people attending not only our chair based exercise but also our other activities and for others using Dial-A-Ride for a variety of reasons as well. |

**Budget Reconciliation**

Please detail below how much you have spent for each budget line. We may request to see invoices and receipts detailing these costs.

|  |  |  |  |
| --- | --- | --- | --- |
| **Expenditure** | **Original Budget** | **Actual Spend** | **In kind – Yes / No** |
| Coaching/ Instructor costs | £ | £ |  |
| Equipment  | £ | £ |  |
| Venue hire | £ | £ |  |
| Marketing e.g. printing | £ | £ |  |
| Advertising | £ | £ |  |
| Public Liability Insurance | £ | £ |  |
| Administration e.g. postage | £260£130 | £ | Yes - administration was for KS Outreach officers to promote this project, to support applications for transport and to ring round and remind people to come to classes each week. |
| Catering | £ | £ |  |
| Transport | £960 | £ | £506 to the end of May, and estimated £180 spend in June (invoice not yet received) and £270 in vouchers for extending the service |
| Other (please explain) | £ | £ |  |
| **Total Expenditure** | **£1350** | **£1346** |  |
| **Income (please give further details including organisation names etc.)** |  |  |  |
| In kind support | £260£130 | £260£130 | This is a minimum spend, actual time was more than planned as the Dial-A-Ride scheme has not proved easy to work with and so has taken extra time even after people have been signed up. However fewer people have joined this project than anticipated. |
| Other (please explain) | £ | £ |  |
| BLSW11 Fitness Movement Grant | £960 | £960 |  |
| **Total Income** | **£1350** | **£1346** |  |