

BE
ACTIVE
— **BE** —
HEALTHY
BE
Happy

Fareham and Gosport Voluntary Sector Health Forum

Active and Healthy Lives

1-2pm

Tuesday 16 May 2023



Hampshire and Isle of Wight



Programme for today...

- Welcome and Agenda – **Angela Gill** Community First & GVA Health Forum Facilitator
- **Kay Hallsworth**, Chief Executive Officer, **Gosport Voluntary Action**
- **Sarah Taylor**, Transformation Lead, Working in Fareham and Havant, **Hampshire, Southampton & Isle of Wight Integrated Care Board (ICB)**
- **Emma Kemp**, Director, **Love Outdoors CIC**
- **James White, Conor Morley**, Health & Wellbeing Coaches, **Meon Health Practice**
- **Esther House**, GP Referral Administrator, **Fareham Leisure Centre** and **Holly Hill Leisure Centre, Sarisbury Green (Everyone Active)**
- **Rebecca Quail**, Health & Wellbeing Coordinator, **Gosport Leisure Centre**
- **Dates of 2023-24** Fareham and Gosport Voluntary Sector Health Forums
- **Close** of the Health Forum



Kay Hallsworth

Chief Executive Officer

Gosport Voluntary Action

Kay.Hallsworth@gva.org.uk



Community First

Volunteers

- Community First now have a Service Level Agreement with Fareham BC – support for mobilising volunteers
- Organising a Fareham VCSE Showcase Event in September

Digital Champions

- Community First have a team of trained Volunteer Digital Champions
- 1:1 or a group session led by our enthusiastic Digital Champions
- Running a monthly drop-in with Meon Patients & a Seniors Group in Hayling Island - would love to work with other groups
- So for help or if you are interested in becoming a volunteer please contact:-

Paige.Giles@cfirst.org.uk 07823 335485



Community First...

Peer Support Groups in Fareham

- **Long Covid** – Monday 5 June, 5-7pm (new) Holy Trinity Church, West St, Fareham
- **Heart Conditions** (for those aged 18-50 years) – Monday 19 June, 5-7pm (new) Holy Trinity Church, West St, Fareham

longcovidpeersupport@cfirst.org.uk or heartconditionspeersupport@cfirst.org.uk

Contact - **Amy-Beth** - 075706774434 | Jo 07585330721

- **Cardiac Support Club** – (first Thursday of each month) for information contact - John Willis on john.willis63@ntlworld.com

Health Advocacy

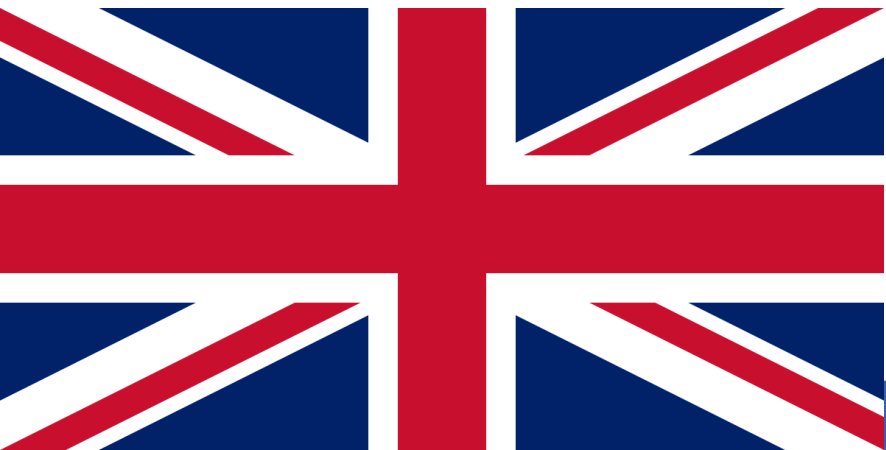
Working with Meon and Coastal PCNs, Community First have 2 Wellbeing Workers who are engaging with patients who frequently contact the surgery. Looking at community based solutions to help reduce pressure on the surgery and to improve patients wellbeing.



Community First

Coronation Afternoon Tea

- Volunteering was at the heart of the King's Coronation Big Help Out initiative which saw older people in Fareham enjoy a right royal knees-up!
- The celebratory afternoon tea, organised by Community First and 22 volunteers, was made possible thanks to money raised in the local community, together with donated goodies from both the Co-op and Tesco.
- Trinity Church Hall in the town was a sea of red, white and blue, with many of the 50 party-goers matching their outfits to the colours of the Union flag
- Following the afternoon tea guests were treated to songs from the Singing for Wellbeing choir
- Next are a couple of photos that capture the celebratory community event...





Gosport Voluntary Action (GVA)

- GVA remodelling and role changes
- Community Friends
- Ukrainian Hub
- Healthy Walks
- Neurodivergent town and Autism Ambassadors
- Volunteer Celebration GVA Volunteers – 1 June 2023
- Somerset Court Fire
- Hampshire Improving Mental Health & Wellbeing Board
- Suicide First Aid Training – HCC funded
- Close Encounters – the National Lottery Community Fund
- Hampshire Civilian Military Partnership Board



Gosport Voluntary Action (GVA) - Core20PLUS5...

- Primary Care Network and Social Prescribers meetings/inductions are taking place
- Community engagement is also underway – Gosport Older Persons Forum Meeting, St Francis Church Presentation, Willow Incredible Garden Opening...



Sarah Taylor

Transformation Lead (Fareham and Havant)
Hampshire, Southampton & IoW, Integrated Care Board (ICB)

sarah.taylor249@nhs.net



- Children & Young Peoples' Mental Health Grants
- Fareham Today article
- Core20plus5
- Healthy Weight/Physical Activity Support





THE UK'S NUMBER ONE MEN'S WEIGHT LOSS PROGRAMME

MAN v FAT FOOTBALL

Hampshire

MAN v FAT **FOOTBALL**

MANvFAT FOOTBALL

MAN V FAT FOOTBALL

MAN v FAT is the UK's leading, male only, weight loss company.

MAN v FAT Football is a football league for men who want to lose weight. Every player is in the same situation and wants the same thing - to enjoy football, lose weight and get healthier.

Uniquely, the league is decided not just on points won, but pounds lost. We give support to every player with unique resources, inspiration and support to help you lose weight, get fitter and enjoy the beautiful game.



MAN v FAT FOOTBALL

AUDIENCE

We have an engaged audience of men who want to get active, lose weight and improve their health.

UK MAN v FAT Footballers

8,250

UK MAN v FAT Football
locations

160

Hampshire MAN v FAT
Footballers

505

Hampshire MAN v FAT
Football locations

6



MAN v FAT FOOTBALL IN HAMPSHIRE

- **Aldershot** | Aldershot Garrison Sports Centre | Monday's 20:00 – 22:00 *Funded Places Available*
- **Andover** | The Sports Academy | Thursday's 19:30 – 22:00 *Funded Places Available*
- **Basingstoke** | The Vyne School | Tuesday's 20:00 – 22:00 *Funded Places Available*
- **Eastleigh** | Stoneham Lane Football Complex | Friday's 19:30 – 22:00 *Funded Places Available*
- **Gosport** | Gosport Leisure Centre | Wednesday's 19:00 – 21:00 *Funded Places Available*
- **Havant** | Draper Tools Community Stadium | Monday's 19:00 – 21:00 *Funded Places Available*

Referral Link: <https://manvfatfootball.org/>

WHY MAN V FAT FOOTBALL?

Across commercial service providers Weight Watchers, Slimming World, and Rosemary Conley Diet and Fitness Clubs, men represent just 11% to 18% of participants.

Men are more likely to associate dieting with unappealing food and smaller meal portions, affecting their engagement with it.

Women are much more likely to be referred to weight loss programmes by GPs. Despite being just as likely to accept, men make up only one in ten referrals.

Men are much less likely to undergo bariatric surgery to lose weight. NHS data for England show that women accounted for 79% of those with obesity undergoing bariatric surgery in 2018/19.

There are broader issues related to men being reluctant to see a GP and seek help

WEIGHT LOSS STATS

Below are a set of stats based on a sample size of 15,318 players who started MAN v FAT Football between May 2016 and September 2021:-

- 26% - Lost 5% of their body weight or more
- 17% - Lost between 3% and 5% of their body weight
- 37% - Less than 3% weight loss
- 8% - Weight stayed the same
- 12% - Gained weight

*The above data includes all starters which means this includes those who attended at least one session.

Based on a sample of those who completed their first season at MAN v FAT (11+ / 14 sessions) the weight loss is:-

- 52% - Lost 5% of their body weight or more
- 17% - Lost between 3% and 5% of their body weight
- 22% - Less than 3% weight loss
- 3% - Weight stayed the same
- 6% - Gained weight

For those whom we have a 52 week weight follow up for (1,105 members):-

- 56% continued to lose weight
- 1% stayed exactly the same weight
- 43% regained weight

*The average percentage body weight loss compared to their initial weight in with MAN v FAT is 6.4%

HOW IT WORKS

Players must be over 18 with a BMI of 27.5 or above.

A MAN v FAT Football league typically comprises of 8 teams with squads of up to 10 players. Each week guys turn up and:

1

Weigh

Men score bonus goals for their weight loss performance.



2

Play

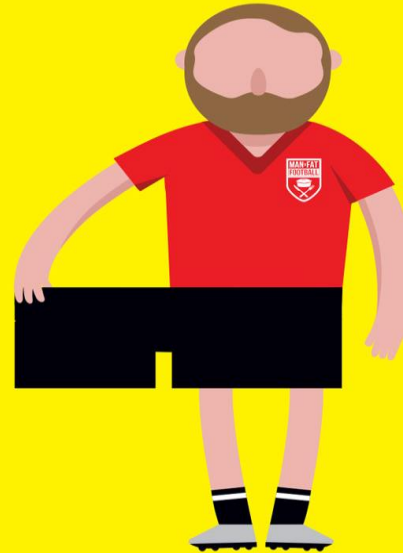
These are added to the goals from their weekly game.



3

Lose

90% of players lose weight.



4

Win

We've already helped thousands of men - join us!



THE PROGRAMME

27.5

BMI (and above)

18

Years of age or over

14

Weeks in a season

5,6 or 7

A-side

28

Minutes per match

4,6 or 8

Teams in a league

THANKYOU

If you would like any further information, please contact
danchurch@manvfat.com

MANVFATFOOTBALL.COM

MANvFAT FOOTBALL®



Great outdoors. Great connections. Greater wellbeing.

www.loveoutdoors.org.uk

Emma Kemp, Director, Love Outdoors CIC

Willow Incredible Garden



Forton Medical Centre





Just
turn up

Tools
provided

NHS

love
OUTDOORS

WILLOW WELLY AND WELLBEING GROUP

*Volunteer at the Willow Incredible
Garden, Forton Medical Centre.*

Pop in during the following days and times:

Every Thursday 10am- 12pm midday.

*The second Sunday of every month
10am-12pm midday.*

More info: www.loveoutdoors.org.uk/willowgarden

Email: hello@loveoutdoors.org.uk





Wellbeing in the park

new

buggy fit classes

FREE 6 WEEK BUGGY FIT PROGRAMME

📍 PRIVETT PARK, GOSPORT
📅 FRIDAYS STARTING **21 APRIL**
🕒 10.30AM-11.30AM
👤 LED BY LIZ

SIGN UP HERE:



or visit www.loveoutdoors.org.uk/wellpark



new

wellbeing crafts

**FREE CRAFTS AND GROWING ACTIVITIES
INSPIRED BY THE PARK AND NATURE.**

📍 PRIVETT PARK, GOSPORT (near cricket pavilion)
📅 FRIDAYS STARTING **21 APRIL**
🕒 10AM-12PM (drop in)

Find out more
by scanning here:



Or visit:
www.loveoutdoors.org.uk/wellpark
including for info on Buggy Fit and Yoga classes



new

outdoor yoga classes

FREE YOGA-BASED SESSIONS FOR BEGINNERS

📍 PRIVETT PARK, GOSPORT
📅 FRIDAYS STARTING **12 MAY** FOR 6 WEEKS
🕒 11.30AM-12.30PM
👤 YOGA WITH LIZ

SIGN UP HERE:



or visit www.loveoutdoors.org.uk/wellpark



Privett Park









Please get in touch if you would like to work with us:

hello@loveoutdoors.org.uk

www.loveoutdoors.org.uk

Facebook/Insta @LoveOutdoorsSolent

Great Outdoors. Great Connections. Greater Wellbeing.

Active & Healthy Lives

Conor Morley & James White

Health and Wellbeing Coaches

About us



- ✂ Sport and Exercise Science Training
- ✂ Health and Wellbeing Coaches
Meon Health Practice
- ✂ We offer patients 1-2-1 sessions, as well as group support. These include:
 - Seated exercise x 2
 - Pain
 - Pilates
 - Cancer drop in
 - **Walking groups x 2**



The British Association of
Sport and Exercise Sciences

Walking 4 Health



- ✂ Short walks with volunteers
- ✂ Free and open to everyone
- ✂ Patients Perspectives
- ✂ New Titchfield walk coming soon
- ✂ Benefits
 - Psychological
 - Physical
 - Social
 - Financially accessible

JOIN OUR NEW WALKING GROUPS

EVERY WEDNESDAY AT 2 PM
MEET UP POINT: MEADOWSIDE
LEISURE CENTRE, WHITELEY, PO15 7LJ

EVERY THURSDAY AT 12:30 PM
MEET UP POINT: ST COLUMBA CHURCH
HILLSON DRIVE, PO15 6PF

Are you...

- ✓ One of our patients
- ✓ Looking to move more in a supportive environment
- ✓ Interested in meeting others

THIS IS A LEVEL 1 BEGINNERS WALK, GREAT FOR THOSE WHO ARE LOOKING FOR SOME GENTLE EXERCISE.

Toilets available after walk

Health and Wellbeing

Brought to you from local GP Practices

If you are looking to improve your health, it does not need to be drastic. Making one or two small changes to your lifestyle can have a huge impact on your long-term health, whether you are aiming for physical fitness, dealing with poor mental health, or just trying to manage bad habits. Setting one or two goals that focus on specific actions you can take to improve your health could make motivation much easier and more sustainable.

If you feel you would benefit from some support to adapt to a healthier way of life, your GP Surgery could help you. Health and Wellbeing Coaches and Social Prescribers can meet face to face and have a conversation about whatever you would like support with. They can help with high blood sugar, weight loss/gain, giving up smoking, stress and anxiety management, low motivation, problems with sleep or local physical activity ideas.

In Fareham, Sovereign Health Partnership (Highlands, Whiteley and Jubilee surgery) are now running **two weekly walks**, a seated exercise class and will soon be launching a new chronic pain and a beginners Pilates class in January during the evening.

James White, Health and Wellbeing Coach explained, "Exercise is the miracle cure we've always had. Whatever your age there's strong scientific evidence that being physically active leads to a healthier happier life. People who exercise regularly have a lower risk of developing many chronic conditions such as heart disease or type 2 diabetes. You don't have to join a gym to exercise as making small changes is often the best route. Let me share John's story."

"John Wright is 63 years old and takes part in two surgery walks every week, as well as a chair-based seated exercise class on a Saturday morning. He is also a member of 4 different choirs. He has managed to walk further each week and increase his speed since beginning this new exercise regime."

Further details about Fareham Walking 4 Health are available at Self-Guided Walks on Fareham.gov.uk

Case Studies

Patient 1:

- Housebound: Extreme anxiety, self-doubt, low mood and confidence
- 4 weeks of walking groups: Made new friends, Confidence improved, joined other health groups, speaks within a crowd

Patient 2:

- Severely overweight: High BP, poor CV fitness, low confidence, BM1 30+
- 3 months of walking groups: 20kg lost, Carries a more active lifestyle, increased confidence, BP & resting HR lowered









Walk leader perspective

- Helping to promote people's wellbeing
- Making a difference within the community
- Everyone is welcome – Not just our patients
- Bringing people together (Community rooms, café chats)



GET INVOLVED!

	Singing Workshops St Columba Church, Hillson Drive, 12-1pm, Thursdays, £3 per session. Pre-booking not required.
	Weekly Wellbeing Drop-in St Columba Church, Hillson Drive. 1-3pm. Andover Mind attend weekly. Last admission 2.30pm.
	Pilates The Whiteley Surgery, 6.30pm-7.15pm held weekly Monday, £4 per session. Must pre-book by emailing the Wellbeing Team (see address below).
	Walking Groups Walking group, beginners' level - Meadowside Leisure Centre, Whiteley PO15 7LJ, Wednesdays at 2pm. Walking group, beginners' level- St Columba Church, Hillson Drive, Fareham, PO15 6PF, Thursdays at 12.30 pm
	Exclusive Pain Support Group Monthly Inclusive Pain group 7.15pm-8.15pm First Monday at The Whiteley Surgery
	Seated Exercises Highlands Practice, 11am-12pm, Saturday, cost £3 per session Must be pre-booked by emailing the Wellbeing Team (see address below).
	Carers & cancer Clinic The last Saturday of every month, The Highlands Practice between 9am-12pm. Last admission 11.30am.

Active & Healthy Lives

- Accessible for all our Patients
- No pressure to attend
- Free of charge / Discounted rates
- Ability to feel a part of a group
- Socialising with like-minded people

If you'd like to know more then please contact us on
hiowicb-hsi.wellbeing-meonhealthpractice@nhs.net

Thank you



James White:

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E: james.white22@nhs.net



Conor Morley:

M: 07478358385

E: conor.morley@nhs.net

Esther House

GP Referral Administrator

**Fareham Leisure Centre
Holly Hill Leisure Centre, Sarisbury Green
(Everyone Active)**

EstherHouse@everyoneactive.com



Rebecca Quail

Health & Wellbeing Coordinator

Gosport Leisure Centre

RebeccaQuail@pfpleisure.org





A comfort zone is a beautiful place, but nothing ever grows there.

Thank You



- ❖ **Thank you** to all who have supported &/or attended today's Health Forum
- ✓ The recording will be saved on Community First's and GVA's webpages by Tuesday 23 May 2023
- **Dates** of 2023-24 Fareham and Gosport Voluntary Sector Health Forums...
 - Wednesday **13 September, 10.30am-12.30pm** (Face to Face – Market Place and Networking – Gateway Church, Fareham, PO16 0EF)
 - Tuesday **6 February 2024, 1-2pm**
- **Please feedback** via Chat or email - including re future Health Forum theme or presenter ideas
- Health & Wellbeing related **items** will be **circulated** 4-6 weekly by Jane Bray
- **Finally**, if you aren't a Health & Wellbeing Forum member or know of a local health organisation that would like to join, please ask them to email Jane:- healthforums@cfirst.org.uk
- ❖ Have a **Happy, Healthy Summer!**



Community First Fareham

163 West St, Fareham, PO16 0EF



<https://www.cfirst.org.uk>



healthforums@cfirst.org.uk



0300 500 8085



Gosport Voluntary Action

Martin Snape House, Pavilion Way, Gosport, PO12 1FG



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