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Eligibility:

- Currently do less than 30 minutes of physical activity per week
- Over 16 years of age
- Live in the district of Epping Forest

What Active Living includes:

- 1-2-1 support
- Motivational Interviewing and Behaviour Change
- Active Living Booklet
- 12 weeks Active Living group activities
- Further 3 months free activities

Locations

- Buckhurst Hill
- Epping
- Waltham Abbey
 - Mixed and Men's Only

What Worked Well

- Flexibility
- Personalised approach
- Social opportunity
- Link to existing EFDC activities
- Partner Support

Results so far....



202
Referalls

87% improved wellbeing score at 3 months
95% increased activity levels at 3 months
90% increased wellbeing at 6 months
100% increased activity levels at 6 months
91% improved wellbeing at 1 year.
100% increased activity levels at 1 year for participants completing programme.
67% retention rate

“Feeling younger and more alert”

“Learning about myself; not just my limits but my capabilities”

“Helps build structure into my day”

“I don't feel on my own”

*Participants who have been attending for 1 year – have increased on average their activity from no activity to at least 3*30 minute sessions per week.*

Confidence levels have been improved – participants are now attending classes such as Yoga, Pilates, Keep Fit and much more they didn't feel they could attend before Active Living.

Referral Sources

Doctors – 30%
Friends/Family – 23%
Provide – 18%
Social Media – 9%
Forever Active – 5%
WA Town Cryer – 4%
11% shared between:

Parkinson's Nurse, ACE, VAEF, Mental Health, Employability, COPD rehab and Slimming World WA.

Case Studies

- A participant in our Waltham Abbey group has recorded the lowest blood sugar levels in 25 years since being part of the programme for over a year now. She regularly does 3-5 sessions per week a mixture of classes and walking something she wouldn't have considered doing before the programme began.
- We have a client who has recently reached a personal goal of losing 2.5 stone, whilst Active Living is not primarily focused on losing weight she has been delighted with the side effect and has increased in confidence dramatically since starting with us 6 months ago.
- Dropped cholesterol levels for one participant from 8.8 to 5.8.