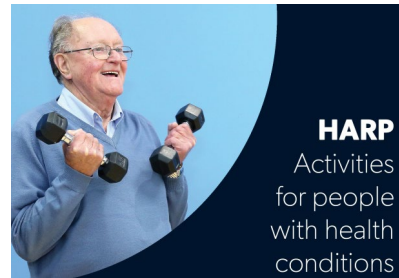
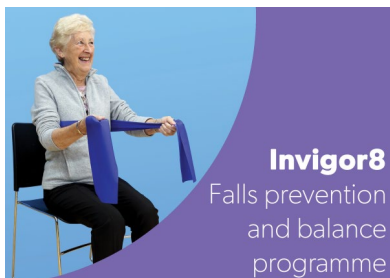


Invigor8 and Healthy and Active Rehabilitation Programme (HARP) Update Report

April 2022 – December 2022



HSCP funded until April 2025

Invigor8 - £44K per annum

HARP - £28K per annum

Invigor8 and HARP programmes, funded by HSCP and South Ayrshire Council and delivered by South Ayrshire Council, Sport and Leisure (Active Living), play an important role in the following strategies and plans

[Integrations Joint Board Strategic Plan 2021 - 31](#)

[South Ayrshire Council Plan](#)

[Physical Activity and Sport Strategy for South Ayrshire](#)

[Local Outcomes Improvement Plan \(south-ayrshire.gov.uk\)](#)

Our Vision

Empowering
communities to
start well, live well
and age well.



In 2019, **11.7%** (13,179) of South Ayrshire's population were aged 75 and over. This is a higher proportion than both East and North Ayrshire (8.8% and 9.9% respectively)



Life expectancy is expected to increase from **80.4** years in 2018 to **81.2** years in 2030.

**Grow Well
Live Well, Age Well**
Commitment 3
Health and care systems that
meet people's needs

Introduction

With pressures increasing across NHS and Health and Social Care services and the life expectancy of South Ayrshire's older population set to increase, Invigor8 and HARP exercise and activity programmes assist in the prevention of falls or fear of falling in the over 60's and assist people with cardiac, stroke, cancer, pulmonary, diabetic medical history to self-manage their health via increased physical activity and exercise. The programmes provide health benefits physically, mentally and socially and assist in maintaining or improving health and independence.

Classes are delivered by highly qualified, Health and Fitness Instructors. Qualifications include:

- Exercise Referral Qualification (Level 3)
- BACPR - British Association for Cardiovascular Prevention and Rehabilitation (Level 4)
- CanRehab – Cancer rehabilitation (Level 4)
- PSI – Postural Stability Instructor (Level 4)
- Obesity and Diabetes Prevention Instructor (Level 4)
- Weigh to go, healthy weight programme devised by NHS

Staff

1 Health and Fitness Officer

5 Health and Fitness Instructors **Presently there is an open 35hr vacancy.**

1 Customer Service Advisor (admin)

1 Customer Service Modern Apprentice (admin)

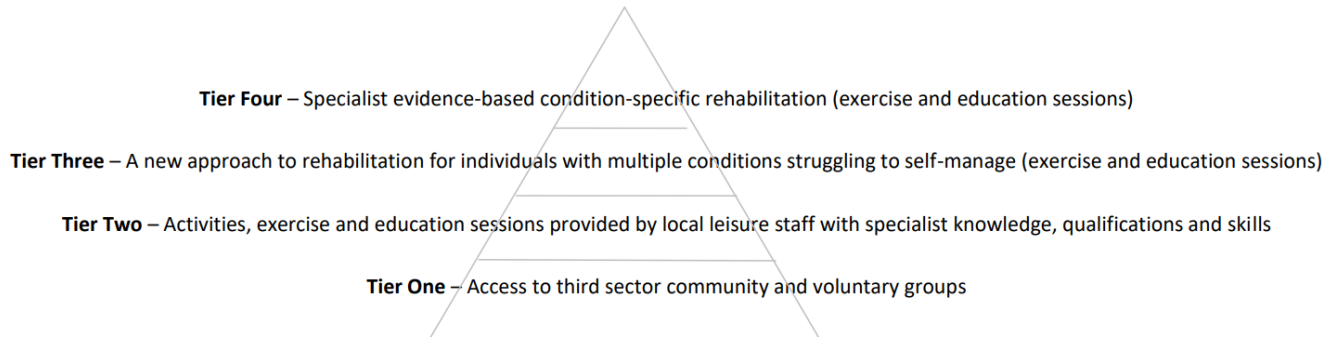
As quoted by Professor Dame Sally Davies, Chief Medical Officer for England and Chief Medical Adviser to the UK government (2017)

“If physical activity were a drug, we’d talk about it as a miracle cure”

Invigor8, falls prevention exercise programme, established in 2006, is an evidence-based, pan Ayrshire model of exercise classes for the over 60's to improve or maintain a person's **strength, balance, flexibility, endurance and build confidence**. More people are admitted to hospital for falls related incidents than any other condition. Having a fall can cause soft tissue damage, fractures or even death. Falls, or being fearful of having a fall can also cause loss of confidence and people may become isolated. Falls may have a significant impact on well-being and prevent healthy aging. Evidence has shown that for people over the age of 60 that 50 hours of specific exercise is required to make a difference and assist in preventing harm from falls. Invigor8 delivers excellence by providing exercise classes throughout South Ayrshire; maintaining people's independence, improving or maintaining functional ability to do every day tasks, socialising to improve mental health and reduce loneliness.

The Healthy and Active Rehabilitation Programme (HARP) is a model of rehabilitation for people living in Ayrshire with multimorbidity. Includes people with cardiac, stroke, cancers, pulmonary or diabetic medical history. The programme was set up in 2015 by a multi-agency health and social care team. The team worked collaboratively to produce a more sustainable generic approach to rehabilitation spanning all three Ayrshire health and social care partnerships. HARP has been designed

as a flexible 4-tiered model with a focus on supporting services and service users to develop the confidence and capabilities to self-manage their conditions. South Ayrshire Council’s Sport and Leisure team provide Tier 2, specialised rehabilitation exercise classes and activities throughout South Ayrshire providing lifelong self-management skills to maintain and /or improved health physically, mentally, and socially.



Aim

- To provide a programme of falls prevention exercise classes within South Ayrshire
- To provide a programme of HARP exercise classes / activities within South Ayrshire
- The management of the project is robust and governance clear.
- Programme delivery is safe and effective
- Ensure all delivery staff are qualified to a suitable level
- The benefits of the projects are recognised by both clients and the referrers.
- A wide range of data is collected for review.

Classes available in South Ayrshire

15 Invigor8 classes	Level 1, lower level Level 2, intermediate level Level 3, advanced level
15 HARP / Weigh to go classes	Stroke class, lowest level Level 1, lower level Level 2, intermediate level HARP / WTG, advanced level
3 Gentle Movement classes	Low level classes combining Tai Chi and Qigong Movements. Performed seated or standing.
4 Health Walks	1hr long, volunteer led walks.

Health Class Programme South Ayrshire

Invigor8	Monday	Citadel Ayr	10:00 – 11:00	Level 2
		Troon	11:45 – 12:45	Level 1
		Prestwick	15:15 – 16:15	Level 1
	Tuesday	Citadel Ayr	11:30 – 12:30	Level 1
		Maybole	13:00 – 14:00	Mixed Class
	Wednesday	Troon	10:00 – 11:00	Level 3
		Troon	11:30 – 12:30	Level 2
		Prestwick	14:30 – 15:30	Level 2
	Thursday	Citadel Ayr	10:00 – 11:00	Level 3
		Citadel Ayr	11:15 – 12:15	Level 2
		Citadel Ayr	13:30 – 14:30	Level 1
	Friday	Heathfield Ayr	09:45 – 10:45	Level 2
		Heathfield Ayr	11:15 – 12:15	Level 1
Girvan Quayzone		10:00 – 11:00	Mixed Class	
Citadel Ayr		10:30 – 11:30	Level 1	
HARP / WEIGH TO GO (WTG)	Monday	Troon	09:45 – 11:30	HARP/ WTG Exercise / Education
		Troon	13:00 – 14:00	HARP
		Citadel Ayr	13:30 – 14:30	HARP /WTG Exercise / Education
		Zoom	11:30 – 12:30	HARP / WTG
	Tuesday	Citadel Ayr	11:15 – 12:15	HARP / WTG
		Citadel Ayr	13:30 – 14:30	HARP Level 1
		Citadel Ayr	15:00 – 16:00	HARP Level 2
		Citadel Ayr	18:00 – 18:45	WTG Education
		Citadel Ayr	19:00 – 19:45	HARP / WTG
	Wednesday	Citadel Ayr	11:00 – 12:00	HARP
		Prestwick	13:30 – 14:00	HARP
	Friday	Girvan Quayzone	11:30 – 12:30	HARP / WTG
		Girvan Quayzone	12:30 – 13:15	WTG Education
		Citadel Ayr	12:00 – 13:00	Stroke Class
Citadel Ayr		14:00 – 15:00	HARP	
Gentle Movement	Monday	Citadel Ayr	11:00 – 12:00	GM
	Wednesday	Citadel Ayr	13:00 – 14:00	GM
	Thursday	Citadel Ayr	12:30 – 13:30	GM
Walking Groups	Monday	Citadel Ayr	10:00 – 11:00	Health Walk
		Prestwick Rafa Club	11:00 – 12:00	Health Walk Dementia / Macmillan friendly
	Wednesday	Girvan Quayzone	10:30 – 11:30	Health Walk
	Thursday	Troon	10:00 – 11:00	Health Walk Dementia / Macmillan friendly

Class Attendance

Most participants attending classes pay each week (pay as you go). As the Health Programme has evolved a **Health Membership** has been introduced to allow participants to attend more than one class and activities as well as a programme of progressive classes and activities called **EVOLVE**.

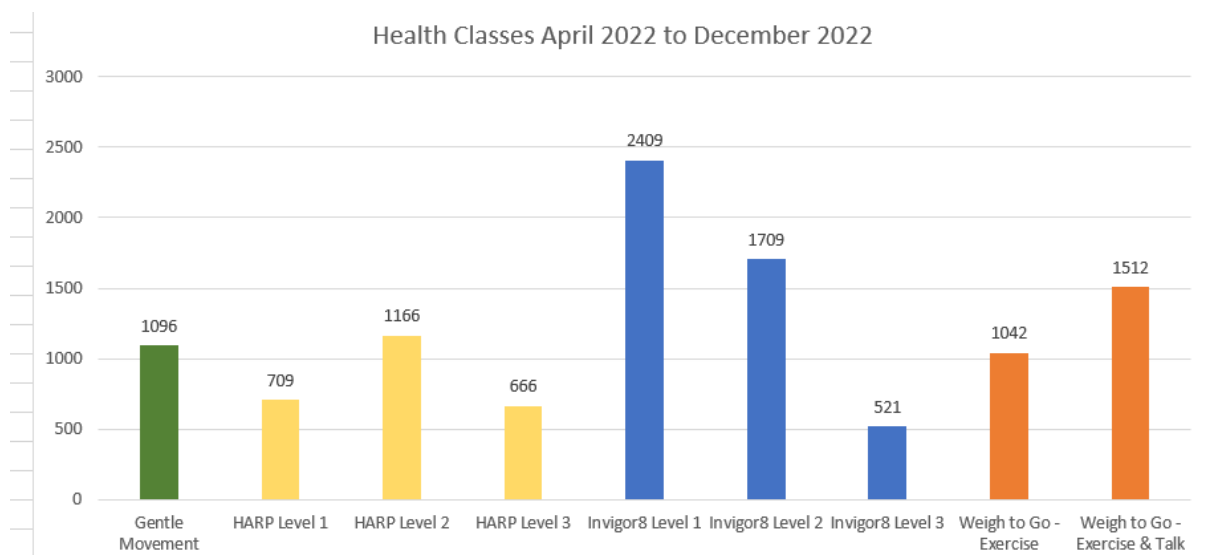
Evolve is suitable for people who are new to exercise, for people over the age of 50 or Health Programme participants who have progressed their fitness level and have been signposted by an Active Living, Health and Fitness Instructor.

Presently, the following members attend Invigor8, HARP, Weigh to go and Gentle Movement classes.

1,043 pay as you go members

127 Health Memberships

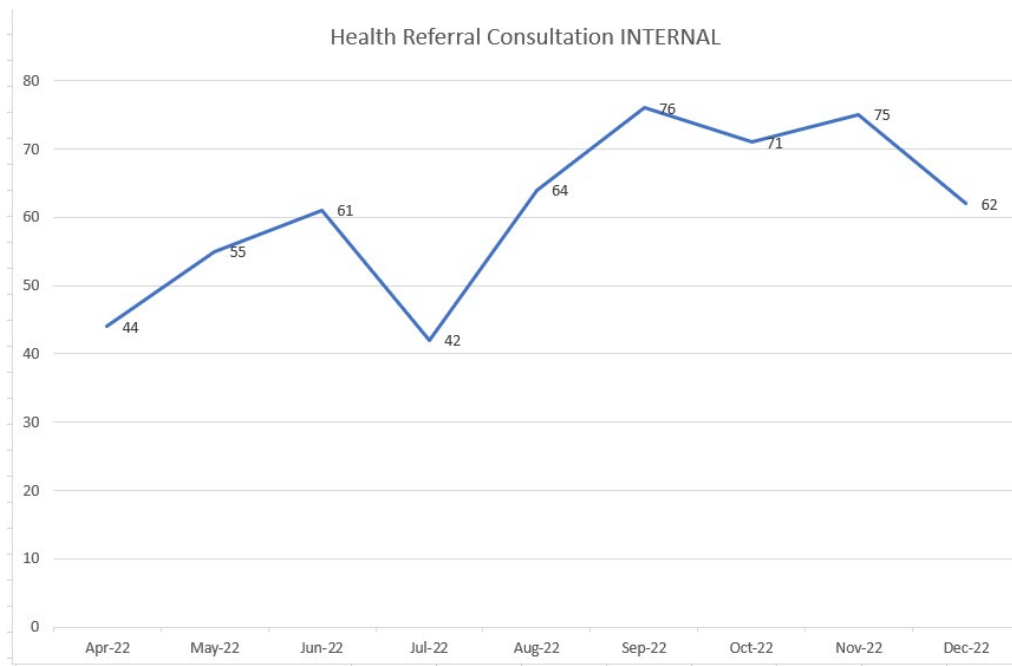
Attendance



Referrals, Self-Referral Consultations

Participants are referred by GP's, Practise Nurses, Pharmacists, Physiotherapists, HARP (Tier 3), Dieticians, Stroke Specialist Nurses, Cardiac Rehabilitation, Pulmonary Rehabilitation, Cancer Nurse Specialists, other health professional, Community Link Practitioners or can Self Refer. For people with cardiac, stroke or complex medical history a **referral form** is required to be completed by a health professional. Secondly a simple voucher process is also available, and participants call the Health Team direct. An initial face to face consultation with a Health and Fitness Instructor allow a person-centred discussion, questionnaires, information gathering, consideration of medical history, medication and fitness level to decide the most appropriate activities for the customer to attend.

Total referrals April – December 2022 = **550**



Fun Challenge

Class members participated in a Squat Challenge, which not only was fun, but the results show an improvement in leg strength.

Squat Challenge – how many squats can you do in 4 weeks?

Depending on the fitness level and capability of the participant a person could either count how many

- Squats
- Sit to stand (from a chair)
- Seated leg extensions using a resistance band

The results were positive, and cups and medals were presented to the winners. Comments from participants include the following regarding improved leg strength and mobility.

“Before participating in the squat challenge I had to go up my stairs on my bottom. Now I can walk up the stairs. Feels so good.”

“I had to go up stairs sideways, one step at a time with 2 hands holding onto the handrail. I can now walk up the stairs one at a time and don’t even think about it.”

Benefits of returning to classes after lockdown

In August 2022 we asked participants if it was beneficial returning to classes after lockdown. The results were positive.

Do you feel that returning to classes had a positive impact on your health?

[More Details](#)

● Not at all	7
● Slightly	7
● Moderately	24
● Very	27
● Extremely	25



Do you feel that returning to classes has had a positive impact on your mood?

[More Details](#)

● Not at all	3
● Slightly	4
● Moderately	14
● Very	38
● Extremely	31



Comments regarding the physical, mental and social benefits from attending Invigor8 and HARP are shown below. This information was gathered in December 2022

Elizabeth Invigor8

“Since joining this class I have experienced improvements in my physical strength and stamina. I find that I can walk further than previously. Before I needed to pause for a rest.”

“I have 14 stairs at home which I can now manage without stopping for a rest most days.”

“Feeling more fit physically is a morale booster. Rather than feeling I was going to become weaker I am now encouraged by regaining some of my strength and can only hope that this will continue to improve.”

“On cold, wet winter days it would be all too easy to sit at home in front of the tele’. Having somewhere to go, where you are always greeted warmly and given encouragement in the company of others is a great incentive.”

Doug HARP

“Having had a triple heart bypass I am keen to improve my health. The classes are excellent for giving me different exercises that I would not do at home. I feel the benefits after only six weeks attending and have been encouraged so much I have signed up for more classes.”

“Knowing I can push myself under expert supervision has improved my personal assessment of how well I can become. I return from classes feeling far more positive about life and personal health.”

“Socially I am mixing with people who have all had problems and we support and encourage each other. The instructors are excellent at keeping spirits high.”

Jacqui Gentle Movement

“I have found the exercise very helpful. My movement and balance are improving every week. Hoping to try invigor8 class next. I had a very bad dose of Covid a couple of months ago and I was finding it very difficult to catch my breath. I started using the breathing techniques I am learning in the gentle movement class which was a great help. Thank you.”

“Going to the class is a great stress relief. I help look after my mum who has advanced dementia and it is great to go into the company of the class as it definitely helps with stress.”

Ian HARP

“Although I suffer from a number of pre-existing problems affecting my joints, the exercises have proved to be a boon in easing these. They have also provided a template for practising at home in my own time.”

“The instructors show awareness of my limitations and are very encouraging. They epitomise the best in their sensitive yet encouraging attitude which aids a person to achieve the best they can within their personal limitations.”

“My ability to communicate with others has improved and I do not feel so withdrawn. The instructors are very good at creating a relaxed informal atmosphere with their positive and encouraging attitude.”

“As a result, I have joined clubs to pursue hobbies that I hadn’t done for many years.

Note – Much of my improvement is down to the quality of the instructors and their attitude.”

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Bill Invigor8

Bill is 91 years old and attends an Invigor8 class. He has severe arthritis in his hands. Bill commented, “The class has improved the movement in my hands and strength.” He can now perform every-day tasks which he struggled with previously.

Christine Invigor8

“The mental benefits are immense. The exercise stimulates my brain and helps with companionship easing my loneliness and it's good fun.”

“The classes have become a big part of the week. I have made friends which have led to being involved in events outside the class.”

Summary

In summary, the Health Programme including Invigor8, HARP, Weigh to go, Gentle Movement and walking groups is successful in maintaining or improving a participant’s health, physically, mentally and socially.

The dedication and commitment of the highly qualified staff is unquestionable. Their ability to create fun, friendly, informative classes, instructing exercises which improves a participant’s life is shown by the popularity of the classes and the comments included in the report.