

Meeting of South Ayrshire Health and Social Care Partnership	Integration Joint Board	
Held on:	15th February 2023	
Agenda Item:	12	
Title:	Invigor8 and HARP	
Summary:		
<p>The purpose of this report is to give an update of Invigor8 Falls Prevention Programme and Healthy and Active Rehabilitation Programme (HARP) delivered by South Ayrshire Council, Sport and Leisure Team and funded by Health and Social Care Partnership and South Ayrshire Council</p>		
Author:	Janey Anderson, Active Living, Sport & Leisure	
Recommendations:		
<p>It is recommended that the Integration Joint Board</p> <p>i. Note the importance of the programmes and the positive, physical, mental, and social impact they have on the participants.</p>		
Route to meeting:		
Directions:		
1. No Directions Required	<input type="checkbox"/>	
2. Directions to NHS Ayrshire & Arran	<input type="checkbox"/>	
3. Directions to South Ayrshire Council	<input type="checkbox"/>	
4. Directions to both SAC & NHS	<input type="checkbox"/>	
Implications:		
		Financial <input type="checkbox"/>
		HR <input type="checkbox"/>
		Legal <input type="checkbox"/>
		Equalities <input type="checkbox"/>
		Sustainability <input type="checkbox"/>
		Policy <input type="checkbox"/>
		ICT <input type="checkbox"/>

INVIGOR8 AND HARP

1. PURPOSE OF REPORT

- 1.1 The purpose of this report is to give an update of Invigor8 Falls Prevention Programme and Healthy and Active Rehabilitation Programme (HARP) delivered by South Ayrshire Council, Sport and Leisure Team and funded by Health and Social Care Partnership and South Ayrshire Council

2. RECOMMENDATION

- 2.1 **It is recommended that the Integration Joint Board Note the importance of the programmes and the positive, physical, mental, and social impact they have on the participants.**

3. BACKGROUND INFORMATION

- 3.1 Invigor8 and HARP exercise programmes have an important role in maintaining and /or improving participants health and fitness, reducing falls or fear of falling, also providing rehabilitation classes and activities for people with multimorbidity's and maintaining a person's independence by participating in evidence-based exercise classes.

4. REPORT

- 4.1 No decision required. Primarily an update on the importance and impact of the Invigor8 and HARP exercise programmes.

5. STRATEGIC CONTEXT

- 5.1 The overarching IJB vision '**Empowering our communities to start well, live well and age well.**' and wanting people in our communities to be well throughout their lives and as they get older. The contents of the Invigor8 and HARP report inform on the benefits of participating in specific evidence-based exercise classes to prevent falls and assist in maintaining a person's independence. Also assisting with self-management via exercise for participants with multimorbidity's, reducing social isolation and loneliness and improving mental health. This is in line with the IJB's current Strategic Plan Objectives.

6. IMPLICATIONS

6.1 Financial Implications

- 6.1.1 HSCP funding has been agreed until 31st March 2025.

6.2 Human Resource Implications

6.3 Legal Implications

6.4 Equalities implications

6.5 Sustainability implications

6.6 Clinical/professional assessment

7. CONSULTATION AND PARTNERSHIP WORKING

8. RISK ASSESSMENT

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BACKGROUND PAPERS

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

[South Ayrshire Council Plan](#)

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

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

Date of report – 6th January 2023