

core arts promoting positive mental health

Core Sport SMI Core Sport Pilot

2019-2020



Improving the physical health of those with SMI



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What is Core Sport?

Core Sport officially launched in April 2015 to engage City and Hackney residents who have a formal diagnosis or those who identify with a mental health struggle, supporting these individuals with their recovery or acting as a preventative measure, with a key focus of improving physical health.

Throughout the past five years, we have built strong relationships with GP surgeries across the borough, with every GP practice having referred to Core Sport. In the past 12 months, we have been able to specialise, expand and adapt our offer to several different cohorts; those on the SMI QOF register and residents aged 50+ who are at risk of social isolation and loneliness in City and Hackney, as well as extending our original Core Sport offer across London.

LET'S GO



Core Sport offers more than 15 different classes each week, ranging from cardio-based classes, strength training, sport-specific sessions, nutrition and weight management, to low-impact and meditation/relaxation-orientated sessions. In addition to the main timetable, we offer our members a number of short courses within different classes and one-off sport specific trips; Taekwondo, Capoeira, a range of dance styles, white water rafting, Velodrome track cycling, footgolf, lawn bowls, tickets to see live professional sports, and much more.

In the past five years, Core Sport members have reported numerous benefits, including:

- ★ Reduced visits to their GP and to other emergency services
- ★ Improved physical and mental health
- ★ Weight loss (or achieved other weight management goals)
- ★ Sharper focus and motivation in daily activities
- ★ Increased confidence and self-esteem
- ★ A natural energy boost with improved quality of sleep
- ★ A sense of achievement
- ★ Reduced isolation and loneliness, with a feeling of inclusion within society
- ★ Key life skills (leadership, teamwork, work experience and decision making)
- ★ Better quality of life



What is the SMI Pilot?

From April 2019 to March 2020, Core Sport joined the Primary Care Alliance Board as a delivery partner to work together on a 12-month pilot to improve the physical health of adults with a severe mental illness (SMI).

This is defined, for the purpose of the pilot, as people on the SMI QOF register with a diagnosis of schizophrenia, bipolar disorder, psychosis, or those taking an antipsychotic as part of their treatment. There is a primary focus on those who are above the threshold of a healthy BMI, have high blood pressure, low exercise levels and/or a poor diet.

The Delivery Model produced collectively by all members of the Alliance Board meant that Core Sport will receive referrals from the Health Care Assistants (HCA's) in either primary or secondary care who have completed a physical health check for patients above the healthy BMI threshold

and/or have a poor diet or low levels of physical activity, as well as being referred directly by their GP surgery. Core Sport will offer a programme of physical activity and diet-related activities, using a multidisciplinary approach to support the client to access and achieve their goals and health benefits.

The main target of the SMI pilot is to engage 150 adults on the SMI QOF register for a period of six months' intense engagement to improve both physical health and mental wellbeing. Core Sport will also signpost to other services and/or support members to maintain their new healthy lifestyle outside of the programme and within the local community.



The Alliance



Voluntary sector delivery partners for physical activity, healthy lifestyle habits and positive mental wellbeing.

Oversees work of 42 GP Practices: GPs incentivised to hit physical health check targets



City and Hackney
Clinical Commissioning Group

Alliance agreement+ joint contract

Organisations that make up the Alliance Board are:



East London
NHS Foundation Trust

Secondary care Trust which provides HCAs & liaison nurses



University based organisation that collates & analyses primary care data (including physical health checks)



The Core Sport Offer

- ★ Referral to the full Core Sport provision with unlimited access to the programme for six months.
- ★ Full one-to-one induction, which includes mini health checks (weight, blood pressure, BMI, nutrition monitoring), goal-setting, signposting to talking therapies, diabetes management clinics, stop smoking services, alcohol and drug reduction programmes, support to book and attend a full health check review with their GP if they have not had one within the past year.
- ★ Bespoke one-to-one support dependent on the service user's needs, with a minimum of three full reviews to track and monitor progress with numerical recordings, catch-up phone calls, motivational/encouragement/reminder text messages to enable and support engagement into the programme, as well as more in-person one-to-one catch-up reviews.
- ★ Access to more than 15 different sport activities and nutritional lifestyle classes across six days a week, with additional short courses and one-off sport-specific trips and activities.
- ★ Invitation to social events, monthly Club Core gigs, sports days, competitions, and tournaments.
- ★ Support with obtaining a referral to access creative activities through Core Arts.
- ★ Support with progression pathways to maintain a healthy lifestyle with access to low-cost memberships, universal provisions in the local area, and also support in obtaining a Personal Health Budget (PHB) to continue Core Sport membership with a higher support need attached.



coresport programme autumn/winter 2019	
THURSDAY	
11.00am - 1.00pm	Core Sport Mix Up (short courses throughout the year, check website for details)
1.30pm - 3.30pm (Meet at 1.30pm at Core Arts Garden)	Walking Group (Local Area)
2pm - 4.00pm (Meet at 1.20pm at Core Arts)	Tennis 2.00pm - 3.00pm Beginners 3.00pm - 4.00pm Advance (Tennis & Hockey Centre, Olympic Park)
4.30pm - 6.30pm	Core Sport Social: Table Tennis, Badminton & Board Games (Core Arts Hall)
FRIDAY	
10am - 11.30am	Table Tennis (Bounce Shoreditch, meeting place at Bounce)
1pm - 3pm (Meet at 12.30pm at Core Arts)	Gym (Copper Box, Olympic Park)
SATURDAY	
12pm - 1pm	Yoga (Core Arts Hall)
1.15pm - 2.15pm	Boxing (Core Arts Hall)
2.30pm - 4.30pm	Table Tennis (Core Arts Hall)
Core Arts, 1 St Barnabas Terrace, London E9 6DJ Tel: 020 8533 3500 Programme excludes Bank Holidays. Please wear appropriate clothing. Please check website for more short courses: www.core-sport.co.uk charity no: 1043588	

coresport programme autumn/winter 2019	
MONDAY	
12.30pm - 1.30pm	Dance (Core Arts Hall, check website for latest course)
1.30pm - 2.30pm	Core Health, Weight Management and Nutrition (Core Arts Pink Room)
2.30pm - 3.30pm	Circuit Training (Core Arts Hall)
3.30pm - 4.30pm	Stretch & Relaxation (Core Arts Hall)
TUESDAY	
2pm - 4pm (Meet at 1.15pm at Core Arts)	Gym & Swim (Aquatic Centre, Olympic Park)
WEDNESDAY	
11am - 1pm	Core Sport Mix Up (short courses throughout the year, check website for details)
1.30pm - 3.30pm (Meet at 1.30pm at Core Arts Garden)	Cycling (Local Area)
Core Arts, 1 St Barnabas Terrace, London E9 6DJ Tel: 020 8533 3500 Programme excludes Bank Holidays. Please wear appropriate clothing. Please check website for more short courses: www.core-sport.co.uk charity no: 1043588	

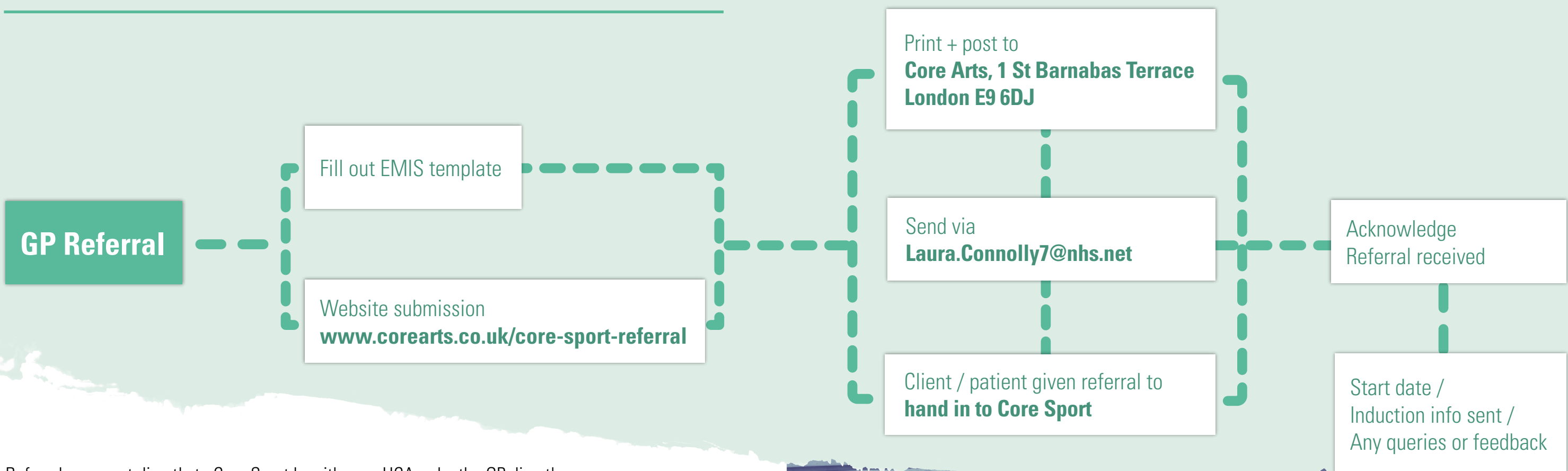
Core Sport Timetable

Core Sport Trips

- | | |
|---------------------------|--|
| ★ White Water Rafting | ★ Gong Bath |
| ★ Velodrome Track Cycling | ★ Lawn Bowls |
| ★ Ice Skating | ★ Dance Performances |
| ★ BMXing | ★ Arsenal Stadium Tour |
| ★ Bouldering | ★ The Wellbeing Games |
| ★ Mountain Biking | ★ Premier League games at The London Stadium |
| ★ Yoga Retreats | ★ World Canoe Slalom Championships |
| ★ Football Golf | ★ Day trip to Wimbledon |
| ★ Bowling | |



The Referral Pathway



Referrals are sent directly to Core Sport by either an HCA or by the GP directly. Other organisations can also refer directly, as long as it has been signed-off by a GP or has access to physical health records (social prescribing, Care Coordinators, Psychiatrists etc.). Core has sought to make the referral process as easy as possible, with a simple two-page form directly from our website or using EMIS.

Prospective members will get a call within 24 hours of receiving a referral, to book an induction for completing their enrolment to Core Sport. Appointment times are available six days a week, with the aim to see them in person within 10 days.

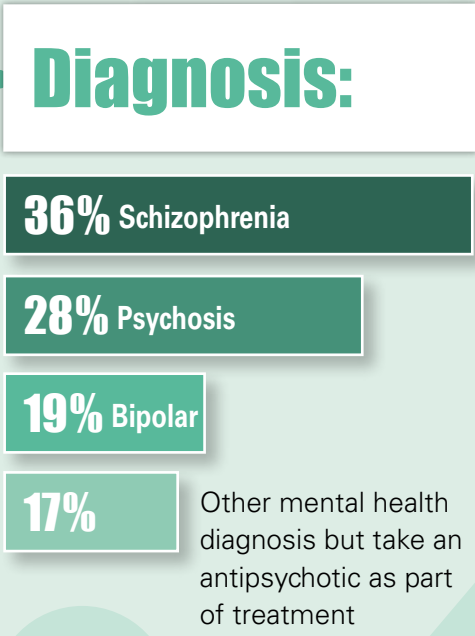
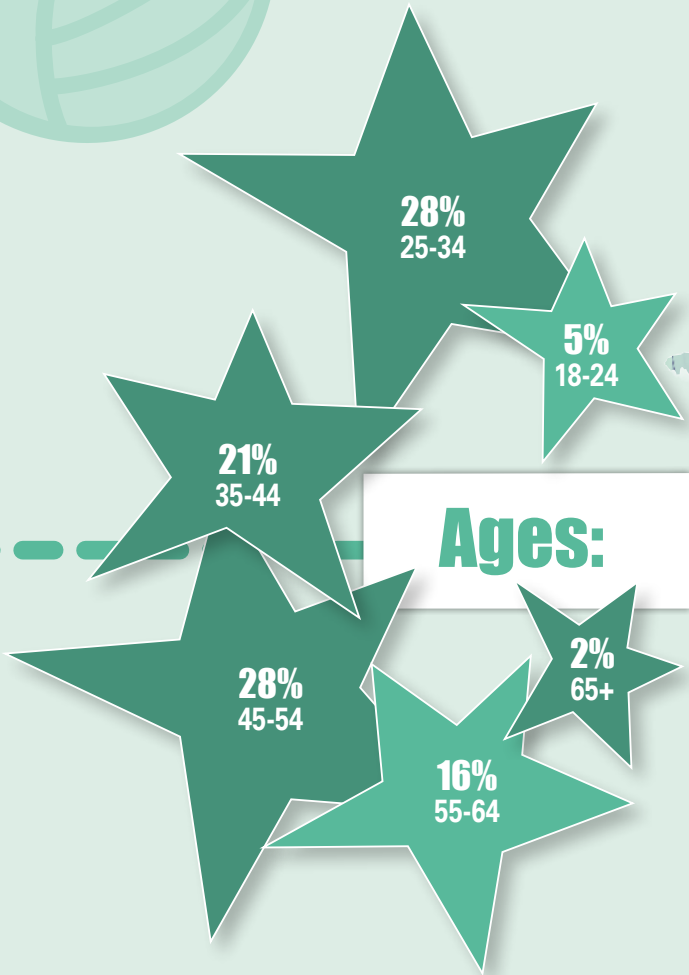
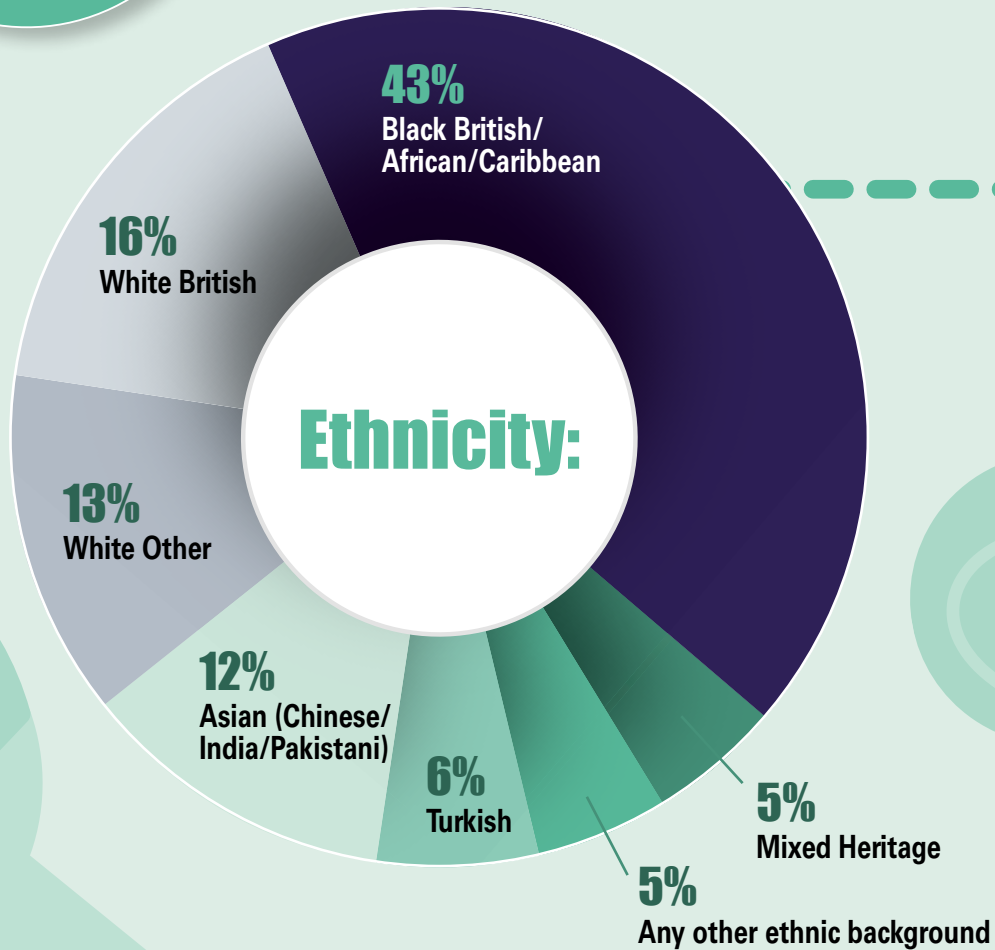
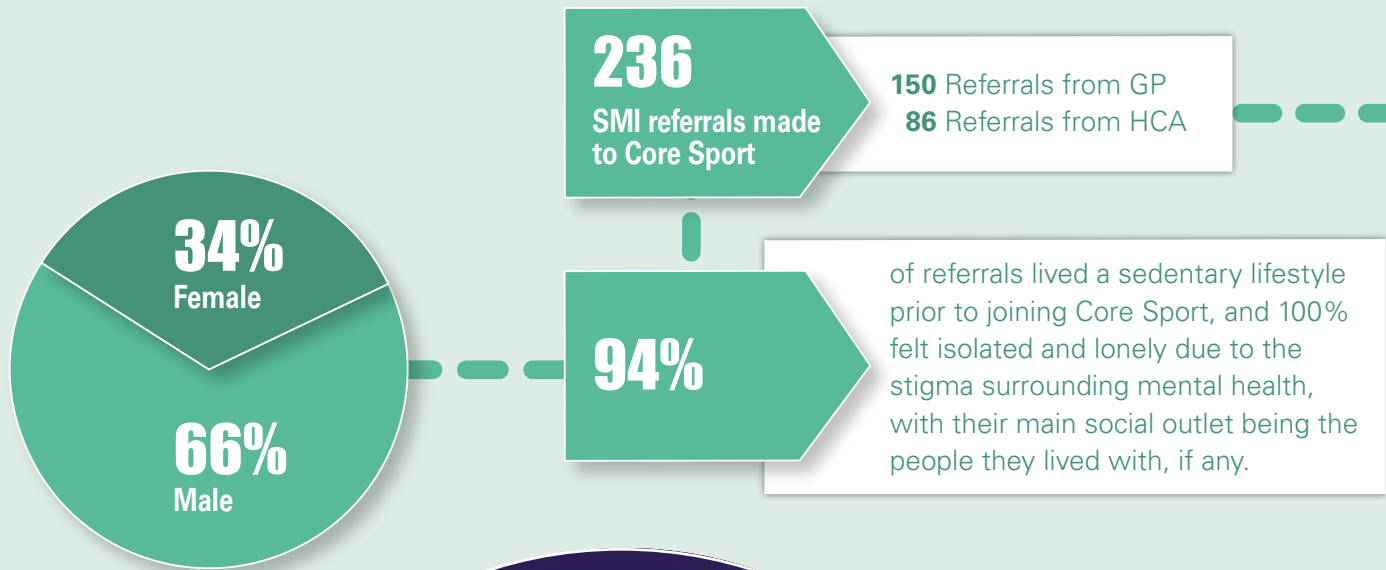
For those members we are not able to speak to directly nor book-in for an induction at the first attempt due to their anxiety levels, we continue to keep communication open by making weekly calls and sending letters with promotional material directly to them if it has not been given to them by their referrer, as a way to encourage engagement and increase familiarity with the Core team.

On average, the time from referral to engagement in first activity, is six weeks. We have made every effort to minimise this period by staying in contact with the members via phone calls, texts and post. We have had cases of members coming in for their induction in the morning and being in the gym that very afternoon, while others have taken six months to attend their first class after their induction. The most important thing is that they made that vital first step.



Referral Statistics

150 adults with a severe mental illness completed enrollment onto the programme within the one-year pilot. Active members are made up of 75% from a GP referral and 25% from HCA referrals.





Impact

We used a number of different tools to measure impact including self-reporting, observation during participation, one-to-one reviews, mini health checks, wellbeing questionnaire improvement, attendance, and member feedback.

78%

self-reported making a positive change to their diet

achieved a weight reduction > 1.5kg

71%

82%

regularly partake in at least three hours of physical activity per week.

transitioned from stage one (centre-based) to stage two (community-based) activities within the Core Sport Programme

90%



10%

of members have started full-time or part-time paid employment

of members who smoked have either stopped smoking altogether or significantly reduced the amount they smoke

40%

100%

have shown improved wellbeing scores, indicating a positive improvement of mental wellbeing, improved levels of fitness, leading a healthier lifestyle, and feeling less isolated

self-reported a better quality of life

100%

GFT

**Due to Covid-19, not all final reviews were fully completed with BMI and Blood Pressure readings. All other parts of the review were completed over the phone.*

Progressive Pathways

- ★ After six months completion, members can continue to use the Core Sport programme, having less one-to-one support, with limited access rather than full access.



- ★ Members are encouraged to continue to exercise outside of the programme, either as a mode of transport, taking out a gym membership, joining a local group in the community, using the local facilities etc.

- ★ Members are also encouraged to become peer supporters to new members and/or volunteers within Core Sport, gaining qualifications through our partnership work, which are also transferable to outside organisations, encouraging them to make a contribution to society.



5 to Thrive



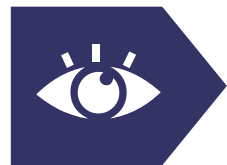
Connect:

Core Sport creates a safe and supportive environment, enabling members to make life-long friendships and connections; creating a feeling that they belong to a community and generally feel close to other people. This promotes a sense of identification, aiding recovery while helping them integrate into society and fulfilling their needs. In addition to the social aspect that sporting sessions, trips, and events naturally bring, Core also holds monthly gig nights at the centre as well as trips to museums, galleries and the theatre. During the Covid-19 pandemic, Core has maintained this social connection through various methods, including WhatsApp groups moderated by Member Managers, where members can keep in touch with their peers, weekly social chats, pub quizzes, and monthly Core Council meetings. As the pandemic is likely to keep us closed for a long duration, we are also planning other virtual social meetups, such as an online fashion show, disco night, and performance show and tells.



Be Active:

Core Sport boasts a six-day a week timetable, offering more than 15 different inclusive sport-specific activities and exercise classes, in addition to one-off sport-specific trips and opportunities to attend live sporting events. This has also continued during our Coronavirus closure through delivering physical activity sessions six days a week via Zoom. For those who do not have access to the internet, we have sent out postal packs of activities that people can do in a small space at home, with encouragement via text messages and phone calls from Membership Managers. Our online platform has been very successful and is something we intend to maintain once we return to being a centre-based service provider. This will help us to outreach to more people who are either not able to travel, have mobility issues, live further north of the borough, or are too unwell to leave their house, and enable them to still participate from the comfort of their own home. We have also found that attending an online class lowers anxiety levels, hence serves as a stepping stone to coming into the centre for their class.



Take Notice:

Core Sport prides itself on bringing together a large group of diverse members; empowering people by respecting and appreciating what makes them different; taking notice of each other in terms of age, gender, ethnicity, religion, disability, sexual orientation and national origin; allowing exploration of these differences in a safe, positive and nurturing environment. Core Sport provides ample opportunity to reflect on personal experiences, stages of recovery, and to appreciate their impact. We regularly have one-to-ones with all of our members, as well as weekly Core Sport reference groups and monthly Core Council meetings, signifying our member-led approach. This has continued in lockdown during the time of the pandemic. In the past year, we have also run Club Core nights highlighting specific groups and their points of view, including the Black Men's Reference Group and the LGBTQI+ group, to help spread awareness and educate the local community by having the end findings delivered in a public forum.



Keep Learning:

Every person who attends Core Sport has an individualised support strategy, outlining goals and an action plan, supported by the Sports Manager and encouraged by a team of highly qualified coaches, instructors and volunteers. Core Sport gives members the opportunity to personally develop and obtain numerous National Governing Body qualifications. Everyone is made to feel special and welcome. Classes can be adapted with ease to suit individual ability, level of fitness and desired outcomes, whether it be a first-time attendance or a lifelong pastime. We actively encourage and support members who wish to continue further education or volunteer in a certain field, either through Core, sign-posting to local learning centres, or through the partners we work with, to fulfil our members' desired outcomes. This has continued during the pandemic by having remote inductions over the phone or by video-call, as well as giving members an opportunity to try some creative classes in our pre-recorded online portal. We have also set out challenges for Core Sport members to contribute to an online art and literature project called 'A View From My Window', which has been shared on our Facebook page and will be turned into an online exhibition in the coming months.

Give:



Core offers ample opportunity to give back through volunteering schemes with Core and via partnerships across London. This enables our members to gain valuable work experience, with the chance to be up-skilled and obtain recognised qualifications. These have come in the form of buddying-up schemes that help new members interact with and get to know other people more quickly, and volunteering within the session under the guidance of the professional tutor, learning new skills and obtaining new qualifications. Some members have also gone on to peer-led sessions, offering valuable work experience, which has helped them to gain paid part-time and full-time employment. This has continued throughout our online endeavours, where the presence of our member volunteers remains equally impactful and essential.



Case Study One

Gender: Male

Age: 29

Diagnosis: Schizophrenia

Referral Pathway: HCA

Weight lost: 16 lbs

Baseline Wellbeing Score: 20

End Wellbeing Score: 81

"When I first came to Core I was really nervous, shy and I lacked confidence. I had put on quite a bit of weight due to my medication and I had just shut myself away from the world and literally only spoke to my Mum who I live with, only leaving the house to attend appointments. I felt ashamed of who I had been diagnosed as, especially with the stigma attached around schizophrenia. When I first agreed to the referral I wasn't too optimistic, as I had tried other programmes before and I just didn't feel like I belonged. When I first got the call for my induction, I remember thinking that they sounded really friendly, which helped ease my nervousness. In person everyone involved; staff, tutors and members, were even better, really encouraging and you can also relate a lot to other the members knowing they had been through a similar situation, some of which have become really good friends of mine. There is a real community spirit around the place. The staff really take the time to get to know you as a person and sit down together to make a plan on what you want to achieve without judgement. You really feel like you are listened to. At first I tried quite a number of the classes, but settled on attending the gym twice a week, as that's what I enjoyed the most, the weekly social club and also trying a few of the short courses they have to offer as and when they come up. I was given some easy to follow nutritional advice, which I have stuck to and this is the first time I have actually lost weight. I was so proud of myself each time I got weighed and the scales had moved downwards. Other people outside of Core are starting to notice too, which has really boosted my confidence. I am also finding every day tasks and activities easier too; my nearest overground station is on top of a long hill and before I had started going to the gym I would have to stop to catch my breath at least a couple of times before I got to the top. Now I can do it in one go! I have also found simple things easier, like putting on my socks, I no longer have a ginormous amount of belly fat that use to make it really awkward and have improved my flexibility, so I am no longer dripping with sweat when I am finished. I have attended some of the social events Core host, like the monthly Core Gigs and by making friends at the sports sessions and meeting new people at the gigs, I now have a better social life and speak on the phone or meet up outside for a walk or to grab a coffee with them, it has made a real difference to me."

"You really feel like you are listened to"

Case Study Two

"I love the community spirit of Core and all the friendly people; staff, tutors, members. I started out in the Sport programme after being referred by my GP. I think I have tried pretty much most of the classes Core have to offer and I really love the variety and I always feel loads better in my mood afterwards. I have suffered with knee pain for many years and have had several operations on them and for the last eight years have had to use a walking aid. However after losing a lot of weight with the help of Core, I saw my GP and practice nurse and they told me I am the fittest physically I have ever been, my blood pressure is now in the normal range and my diabetic sugar level is healthy. Best of all, I don't need to use my walking sticks as much and I am in less pain too. I have even been inspired to take out a gym membership and buy a Fitbit and walk at least 15,000 steps every day, which I share with the Core Sport team. I feel like I am in a better place now, both mentally and physically, where I am starting to volunteer at Core Landscape and within my local community, have joined a creative class at Core Arts and feel life is much more manageable, less lonely and has more purpose. I even performed one of my poems at the last Club Core gig, which I never thought I would do before, but my confidence has skyrocketed since becoming a Core member."

"I am the fittest physically I have ever been"

Gender: Female

Age: 54

Diagnosis: Bipolar

Referral Pathway: GP

Weight lost: 52 lbs

Baseline Wellbeing Score: 36

End Wellbeing Score: 79





"I love the community feel to Core and also the friends I have made as a result in attending sessions"

"I finally found a place where I belong"

"Through going to Core I have learnt how to smile again"

"I have learnt so many new skills. I have discovered a passion for running and have done 30 5k, 10k and half marathons as a result. I couldn't have done it without the encouragement of Core"

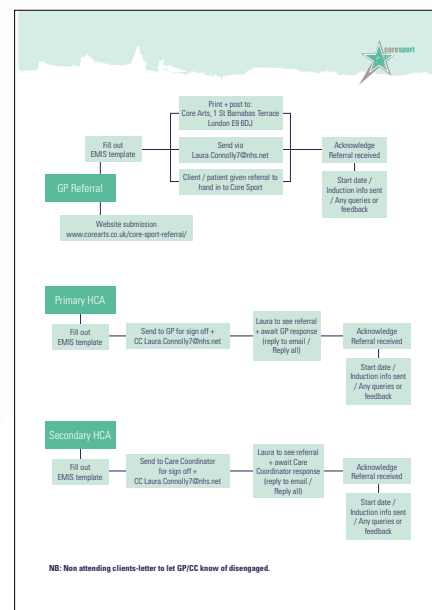
"Core Sport has made the biggest difference to my mental health recovery"

What Core Sport is currently offering during the Coronavirus closure

Due to Covid-19, Core Sport has adapted its delivery model to adjust to the lockdown measures implemented by the UK Government, and in accordance with Public Health guidelines. Core was able to foresee a national closure and made extensive contingency plans to manage both the expectations and anxieties of its members. As a result, we made a seamless transition from providing centre-based activities, moving online using a number of different portals and a variety of technology, while continuing to engage, maintain contact with and offer additional support to those who do not have internet access, ensuring minimal changes to their routine.

Referrals

Core has kept its referral pathway open and is currently still accepting new referrals, with the only difference being it is done over the phone rather than in person.



Online classes

Online classes, which are pre-recorded across all five departments: Sport, Arts, Music, Multimedia, and Horticulture. Classes are stored online with a username and password given to each member, and can be viewed and engaged with at a time suitable for the member, empowering them to manage their own routine while at home.



Zoom classes

Live physical activity classes for up to 100 students per class, streamed using Zoom, where members can see each other, creating an online community. These run six days a week from Monday to Saturday in a variety of activities; circuit training, Boxfit, dance in a variety of styles, chair-based exercise classes, aerobic classes, yoga, stretch & relaxation, and nutritional/healthy eating guidance classes, which mirror our centre-based activities and are an integral part of our delivery for mental health recovery.



Our Online Offer

Community

To maintain a community-feel and provide support, we have set-up the following:

- ★ Live social get-togethers, where peers, tutors, volunteers and staff can all attend to have a catch-up to alleviate isolation, which a large percentage of our membership struggle with.
- ★ WhatsApp groups, allowing members to engage with other members, share learning, work, and offer advice to one another.
- ★ Fun social events, such as live virtual pub quizzes and singalongs.
- ★ Shared work portal and social media streams – members are encouraged to share their creative and physical activity achievements.
- ★ Membership managers to provide support with getting online, and having the opportunity to join in with live sessions, weekly check-in calls, daily texts, the ability to signpost accordingly and maintain contact with members. This offers encouragement for those who do not have access to the internet and are not visible online, to maintain their routine or continue with their work plans at home. Members are also encouraged to maintain contact with their membership manager outside of these calls and texts.
- ★ Fortnightly newsletter, which is especially important for those who are not online, to feel part of the community and included in what is happening online. Content includes sharing of members' work, important updates, key contact numbers, inspiration and ideas on how to keep healthy, active, and creative at home without the internet etc.
- ★ We have been even more active on our social media platforms, outreaching to our members, and also to our local community and supporters, offering a small selection of live classes as 'open to all'. This enables us to spread awareness of our charity, the importance of the work we do, and help to end the stigma surrounding mental health.

Tackling potential barriers:

Our main barriers for members' disengagement are related to internet access. We have been able to maintain engagement and encourage participation in the following ways:

- ★ Priority calls and additional text messages to those who are not online.
- ★ Weekly handouts/worksheets of the online classes posted to them.
- ★ Encouragement to continue with classes, goals, workplans etc. at home through phone calls, texts, and member sharing.
- ★ Care package drop-off – this may include items such as art materials to sustain engagement.
- ★ Support in accessing a personal health budget to help pay for items they may need, such as a mobile phone with data allowance, Fitbit, guitar etc.

Tracking and monitoring:

All of our tracking and monitoring of delivery and impact can be done remotely and over the phone or observed online with the membership manager during check-in calls. These include:

- ★ Registers of engagement from live classes and imprint views of video classes are all monitored. Members can submit work so we can track improvement, as well as visual observations such as increased level of fitness by attending or doing more during live classes.
- ★ Self-reporting by members to membership managers on how they feel, improvements made etc.
- ★ Wellness Questionnaire or other tracking models to be asked over the phone remotely.
- ★ Phone calls made by membership managers with leading questions, to gauge KPI outcomes.
- ★ Classes are sometimes recorded and/or images taken.
- ★ A membership manager is always present in every live class, viewing and engaging with comments on the videos, as well as moderating and interacting in the WhatsApp groups.

Future Planning and Expansion

Core is very much a member-led organisation and this has not changed since the physical closure, so we constantly ask for feedback through different mediums, as well as continuing our monthly Core Council meetings online through Zoom. We shall continue to take notice of the membership demand and need to adjust our online model accordingly. We hold weekly staff meetings to discuss this, as well as having a plethora of different ways to communicate with each other and having departmental meetings to discuss the future online plans.

The key areas we will continue to plan for and expand are:

To encourage engagement from the current membership and new referrals

To minimise the number of members with potential barriers by providing them with the means to get online

Expanding the online service



We have had our contract renewed for a further three years with the City and Hackney Primary Care Alliance Board from April 2020, and will continue our work to engage those on the SMI QOF register, helping to improve the physical health of these individuals.

We are continuing to take referrals throughout the Coronavirus pandemic, engaging and supporting members to get online to create lasting healthy habits and mitigate isolation.

We shall be taking the positives from our online closure and implementing them when we revert to being a centre-based service provider. The online live classes have proven very popular and we intend to continue them. This will help those who are feeling too unwell to leave the house, have high levels of anxiety, or live further north of the borough and find travel difficult, to be able to continue with the classes in the comfort of their own home.

Awards



Winners of the Mental Health Innovation of the year Award – October 2019

Highly commended in Community or Primary Care service redesign initiative – London and the South East
Highly commended in Primary Care Innovation of the Year Award



National Sport & Recreation Alliance
Mental Health Award – 2019



London Sport Club of the year – 2018



Mind Peerfest Award
Peer Support winners
2017



Partners





For more information please contact:

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Core Sport is a branch of the award-winning
mental health charity Core Arts in Hackney.

www.corearts.co.uk

www.facebook.com/coreartshackney

www.twitter.com/coreartshackney

charity no: 1043588 | company no: 2985939

core arts promoting positive mental health

