

I'm doing it



**FOR BETTER
HEALTH**

Helping Your Community to Become More Active

Work with the Active Herts team to link our local Get Active Specialists with your inactive clients and patients.



Active Herts is a new £1m collaborative programme that encourages increased physical activity amongst inactive adults. Eligible patients and clients must be inactive, over the age of 16 and live in the boroughs of Broxbourne, Hertsmere, Stevenage or Watford.

Individuals who meet these criteria and have a risk of Cardiovascular Disease and/or mild to moderate mental health conditions can also access the service.

Managed by the Herts Sports and Physical Activity Partnership (HSP), Active Herts operates with full support from Herts Public Health, Herts Valleys and North and East Herts Clinical Commissioning Groups.

This three-year programme offers free consultations to referred or self-referred patients and clients that want to change their health behaviors and become more active. Support from their local Get Active Specialist will get them started and help them to be successful in making these changes.

Face to face consultations will be offered on a one to one basis in participating GP surgeries and Mind Wellbeing Centres. The Get Active Specialist team will work with referred clients to build more activity into their lives by agreeing a personalised action plan, linked to their health goals. They will use motivational interviewing and behaviour change techniques to do this.

Our team of Specialists will signpost individuals to a range of appropriate physical activity and sports opportunities. Many of these will be free of charge and all will be available in local venues.

BENEFITS FOR THE PATIENT

The mix of behaviour change support, motivational interviewing and signposting to physical activity and sporting opportunities can lead to a range of health benefits. These include:

- More effective self-management of long term conditions
- Maintaining a healthy weight
- Reducing the risk of CVD
- Coping with and better management of stress, anxiety or depression
- Increasing independence and quality of life
- Raised self esteem and confidence
- Reduced number of health care appointments

BENEFITS FOR YOU

The Active Herts programme directly supports the delivery of care targets, by helping to:

- Free-up time across services
- Provide quick, free and dedicated support to 'at risk' patients with long term conditions
- Give patients a more personalised care pathway based around their needs
- Meet service targets and provide additional support for healthy living

WHO IS ELIGIBLE?

Healthcare professionals can refer patients and clients who meet the following criteria:

- Are inactive and do less than 30mins of physical activity per week
- Are aged 16 and over
- Are a resident of one of the following Hertfordshire boroughs, including Broxbourne, Hertsmeare, Stevenage or Watford

Referred patients and clients may also have:

- A long term medical condition such as type 2 diabetes, hypertension, high cholesterol etc.
- A mild to moderate mental health condition such as anxiety, depression or stress
- A history or family history of heart disease

HOW IT WORKS

Individuals will be offered a series of free consultations with one of our Get Active Specialists. The consultations will focus on the individuals current activity levels, interests, motivations and confidence. Once established our team of trained professionals will then help clients to set realistic goals and develop an action plan for success.

Individuals can continue to contact and meet their Get Active Specialist based on their level of need over a 12 month period to give them personalised support.

Key Fact

Being physically active can reduce the risk of major illnesses, such as heart disease, stroke, type 2 diabetes and cancer by up to 50% and lower the risk of early death by up to 30%.



Join the programme as a referring organisation

Active Herts is coordinated by Herts Sports and Physical Activity Partnership and jointly funded by Sport England, Herts Public Health, Herts Valleys and East and North Herts Clinical Commissioning Groups. The programme is also supported by Mind in Mid Herts, Herts Mind Network, Broxbourne Borough Council, Hertsmere Leisure, Stevenage Borough Council, Watford Football Club Community Sports and Education Trust, Watford Borough Council and the University of East Anglia.

We want you to work with us by referring appropriate individuals to the service. You'll be helping us to create a healthier, happier Hertfordshire, where residents' physical and mental wellbeing are looked after.

For more details or to discuss opportunities for working together please contact:
Joe Capon, Project Officer | 01707 281004 | j.capon2@herts.ac.uk

MAKING A REFERRAL

If you know of an individual that could benefit from the Active Herts Programme, please contact your local Get Active Specialist to make a referral or ask the client to get in touch with them directly.

GET IN TOUCH

Contact your local Get Active Specialist:

Broxbourne

Andrew Rix

Mob: 07506 503 316

Email: Andrew.Rix@broxbourne.gov.uk

Hertsmere

Lee Bruce

Mob: 07741 248 852

Email: Lee.Bruce@hertsmereleisure.co.uk

Stevenage

Hannah Marsh

Mob: 07766 160 149

Email: Hannah.Marsh@stevenage.gov.uk

Watford

Alison Goodchild

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Working together in partnership

