



**Making life better,
together**
Belfast Strategic Partnership



Active Belfast

Physical Activity Referral Diabetes

Expression of Interest



'Working together to inspire more people to be more active more often'.

Delivery Sites For Pilot Diabetes Type II Physical Activity Referral Programme (IN KIND)

Expression of Interest

Background:

Active Belfast's aim is to encourage Belfast people to be more active and healthier. It is a partnership that includes a wide range of partners and stakeholders from statutory, community and voluntary sectors.

Physical activity referral is an Active Belfast initiative and offers clients a range of physical activity opportunities to encourage adults to build physical activity into their everyday life for improved health and wellbeing. Along with the Healthwise Level III programme, Active Belfast have developed a number of referral programmes for chronic conditions including Cardiac Rehabilitation, Cancer and now Diabetes Type II.

Increasing physical activity has the potential to significantly improve both physical and mental wellbeing, reduce all-cause mortality and improve life expectancy. For example, increasing activity levels will help prevent and manage many conditions including Diabetes (NICE, 2013).

The aim of the Diabetes Type II Physical Activity Referral pathway is to provide a high quality 12 week scheme which empowers individuals to increase their physical activity levels. Participants are encouraged to make positive lifestyle choices and maintain their physical activity following 12 weeks, 52 weeks and beyond. The Diabetes Physical Activity Specialist Coach, funded through the Local Commissioning Group for Belfast is currently situated within Belfast Health and Social Care Trust.

Referrals for the pilot programme will come through the DESMOND Diabetes Education programme.

Pilot programme:

The pilot programme for the Diabetes Referral Pathway is now ready to commence and requires the use of appropriate community facilities. There will be four pilot programmes, located within North, South, East and West of the city. Active Belfast would like to invite interested parties to complete an expression of interest form.

Facility requirements:

- Fire wardens
- First Aid person available at all times
- Evacuation plans
- Passageways/ exits clear and accessible
- Suitable flooring- no carpets/ rugs
- Lighting appropriate for physical activity
- No extra noise pollution in centre
- Appropriately ventilated
- Disabled access
- Chairs available for participants
- Water available for participants
- Facility staff to put out equipment needed for activity
- All electrical equipment safe and checked regularly

Stage 1 – Health and Safety

Does your facility meet Health and Safety requirements as outlined above?

Yes

No

***All facilities must meet Health and Safety requirements in order to be shortlisted**

Stage 2 – Prevalence of Diabetes (Score: (60)

One site will be chosen per locality - North, South, East and West of the city to ensure an even spread of delivery. Sites will be chosen based on prevalence of Diabetes within the area.

Based on map (Appendix 1) please provide list of areas your facility can cater for:



Please provide details as to how you currently engage individuals within the areas you have identified above:

Stage 3 – Continuation programmes (Score: 30)

Opportunities to access existing physical activity initiatives must be available at the site following completion of the 12 weeks. This must include a diverse menu of physical activity opportunities- both gym and non-gym based activities

Please provide details on continuation/ step down programmes your facility can provide:

Stage 4 - Accessibility (Score: 10)

Please provide details on how your facility will provide open access at a range of times/ dates as agreed with the Physical Activity Specialist coach (Diabetes) for the duration of the 12 week programme:

If the areas you have highlighted above are not within close proximity, please provide details as to how you will provide transport to site at no extra charge for participants:



**Making life better,
together**
Belfast Strategic Partnership



Contact Details

Name	
Job Title	
Organisation	
Contact number	
Contact email	

Signature: _____

Date: _____

Closing Date Monday 18th July 2016

Please return by email: activebelfast@bhdu.org

Or post to:

Active Belfast Team

Belfast Health Development Unit

5th Floor

9 Lanyon Place

Belfast, BT1 3LP