

Public Health Outcome Fund Final Full Report – Fit 4 Wirral Activity Interventions for Staff Wellbeing

Project Narrative

The project was to provide and evaluate the impact of issuing 100 staff per year a three month Health Referral Leisure Pass. The staff targeted would be either at risk of becoming absent through sickness or already off sick from stress/ mental health related and musculo skeletal related issues.

The passes were to be provided by the Occupational Health Nurse.

In addition to this, five lifestyle passes were awarded to the winners of a special prize as part of the John Parry Memorial Trophy Pedometer league. This was for the team that submitted a written entry explaining how they had tried to increase their daily steps in interesting and innovated ways rather than just for completing the most steps. The issuing of the passes was to encourage the winners to continue with exercising to make it a lifestyle change.

Finance

The amount awarded for the project is in the table below.

13-14 £	14-15 £	Total £	Description
4,425	4,425	8850	200 Health referral three month leisure passes. Unit cost for three month pass = £44.25

The number of passes issued during the period by Occupational Health was 21 and 5 were issued for the John Parry memorial trophy.

The actual number presented to Leisure by staff, for which they have invoiced is 15. Therefore 6 members of staff were issued the passes by Occupational Health, but did not take the opportunity to use it.

In addition to this, as it was intended to continue to run the special John Parry Memorial prize alongside the pedometer league, it was requested that 30 additional passes could be procured for use on Fit 4 Wirral special initiatives for staff.

The total spend was:-

15 x £44.25 = £663.75

30 passes at the increased Invigor8 rate of £87.00 for three months = £2610.00.

This is £3273.75 in total. The underspend is **£5,576.25**.

What went well?

Although far fewer passes were issued via Occupational Health than projected, out of the 21 issued, 15 staff did take up the opportunity to use the council gyms and pools. These members of staff were not existing members of the Invigor8 scheme. Feedback from the Occupational Health Nurse was that those staff who did use the passes found it to be a positive experience.

The passes issued to the team who won the John Parry Memorial prize were gratefully received. The staff involved will be contacted to ask for feedback on how they have used their passes and whether they will continue the gym membership.

What did not go so well?

Far fewer passes were issued via Occupational Health than projected. Feedback from the Occupational Health Nurse was that although staff had been targeted and asked if they wanted the passes, many were not interested in participating in the project.

In addition to this, the request to complete an exercise diary and follow up feedback with Occupational Health was not completed. It had also been planned for Leisure to evaluate the number of staff who went on to join the Invigor8 scheme after using the free passes. Due to a combination of staff sickness in Occupational Health and changes of staff in Leisure, neither of these evaluations were successfully completed.

Do you think the PHOF funding has made a difference?

It is difficult to say due to the lack of continuity of contact with the staff who were issued with the passes and the small size of the group of individuals concerned. Those who have taken up the scheme did find it to be a positive experience but we are unable to say whether it has had a long term impact on staff health from the limited data.