

Exercise by Referral in Derbyshire Report Summary

January 2025

Commission

Review of Exercise by Referral in Derbyshire



Review completed by Move Consulting between July 24 – January 25.



Focused on overall delivery of Exercise by Referral Across Derbyshire (8 district areas).



Highlight considerations for improvement and innovation, in mind of national insights.

Approach

The work involved

1 Co-Design

Worked with **project commissioners** and identified **key stakeholders** to **co-design**, agree and finalise **project scope** and **deliverables**.

2 Co-Deliver

Completed **extensive review** of available **documentation**, reviewed exiting **datasets**, engaged with over **50 system stakeholders** and consulted with **8 district leads**.

3 Co-Develop

Presented emerging themes from the ongoing review to **gain insights** on pragmatic understanding of local system considerations to **co-develop** final recommendations.

4 Co-Produce

Produced **full report and recommendations** and complimentary **summary presentation** to **cascade finding** to local system partners.

National Areas of Interest

Insights from national projects and reports

National Areas of Interest

Evidence base considered

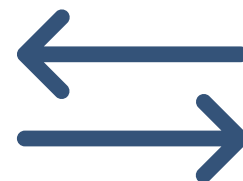
A range of wider documentation was considered as part of the review that help to shaping thinking and formulate the final recommendations.



**Physical Activity &
Long-Term Conditions**



**Applications
for Open Data**



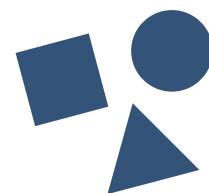
**Behavioural
Change Support**



**National Models
and Guidance**



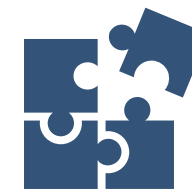
**Physical Activity &
Preventative Care**



**Workforce
Development**



**Consensus Statement
for Physical Activity**



**Physical Activity
for Health Pathways**

Exercise by Referral in Derbyshire

Co-developing recommendations

Co-developing recommendations

Thematic areas from strategies & consultations

From the review of existing strategic documents and consultations with stakeholders the following thematic areas emerged.



Integration



Proportionate
Universalism



Simplicity



Evaluation &
Learning



Autonomy

Co-developing recommendations

Thematic areas from strategies & consultations

Following further in-depth exploration with over 50 system partners, the following principles of working were highlighted.



Fig: Thematic principles of working

Co-developing recommendations

Agreeing outcomes

From the documentation and consultations completed as part of the review it was recognised that greater clarity on scheme outcomes would be beneficial for parties involved.

Available information relating to scope has been grouped into two main categories:

Individual – focused on outcomes for the participants

- Reduced physical inactivity and increase physical activity
- Improved management of long-term conditions including mental wellbeing.

System – focused on outcomes for the operating system

- Clear and consistent pathways exist where resources are maximised, and duplication reduced.
- A fair and consistent offer for residents, which ensures value for money for organisations.
- Alignment between the health and leisure sectors to enable support people with the greatest need.

Co-developing recommendations

Agreeing scope

Exploring potential consistencies across service delivery was highlighted as an opportunity for further refinement.

As well as this, the intersections between some of the considerations raised is also important.

- Audience(s)
- Outcome(s)
- Approach(es)
- Location(s)
- Programming

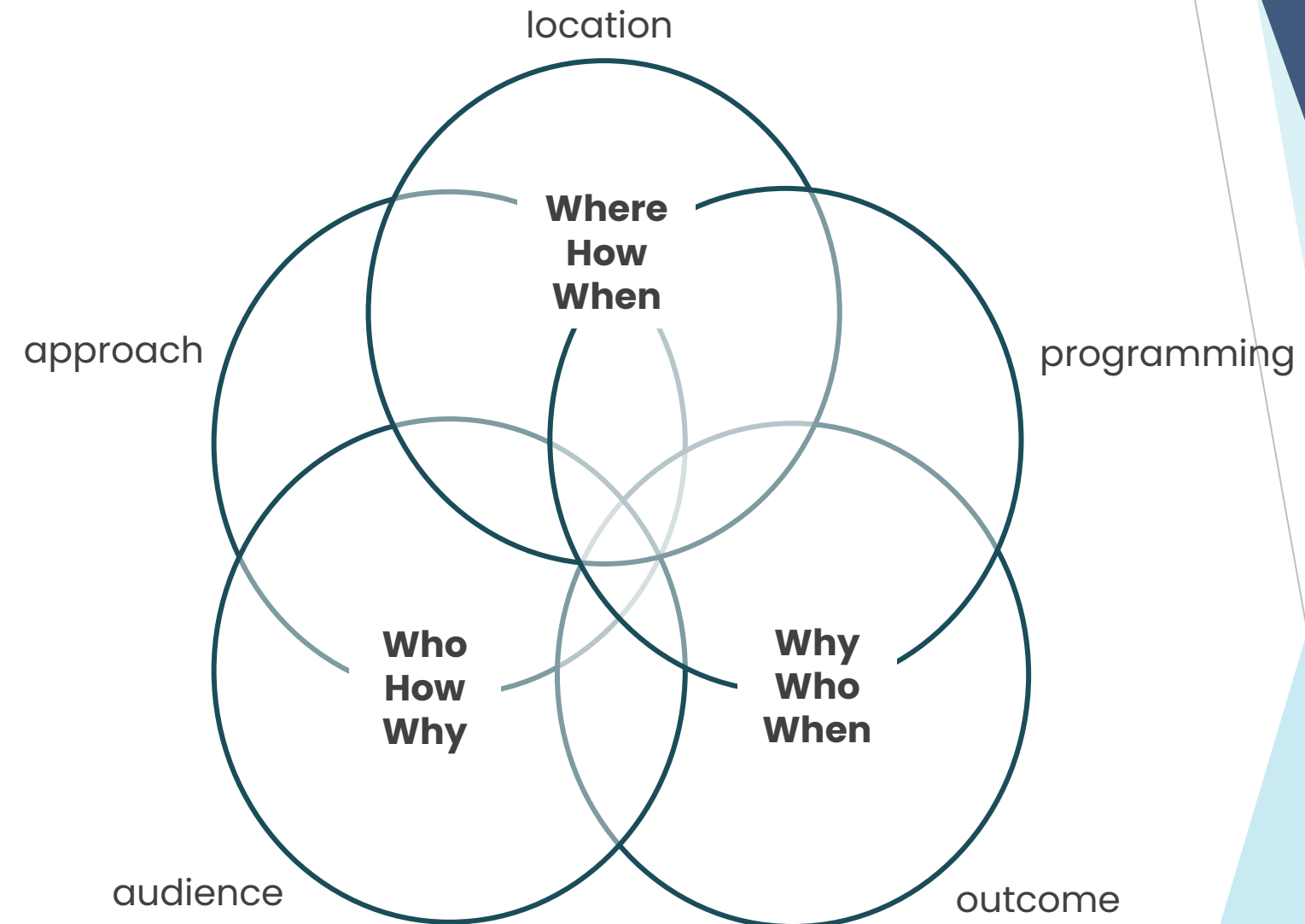


Fig: Considering complex questions

Recommendations

Adapt & Adopt

Recommendations

Adapt & Adopt

Resulting from the overall review of documentation, consultations with wider system partners and district area leads the following recommendation groups were identified.



Strengthening the existing EbR scheme and system



Evolving to a physical activity pathway for Derbyshire

Recommendations

Adapt – Strengthening the existing EbR scheme and system

- 1.** Review the vision and mission language for EbR and physical activity programmes with system partners.
- 2.** Review and agree principles of working connected to the delivery of the identified vision.
- 3.** Create an internal communications campaign for vision, mission and principles.
- 4.** Evolve to a model of medical guidance in referral, exploring inclusion of self-directed activity options.
- 5.** Create delivery workforce development plan via local health needs & workforce needs assessment.
- 6.** Review external communications and marketing across system partners to advocate agreed messaging.
- 7.** Highlight common service levels across EbR & LLBD programmes to streamline delivery and marketing.
- 8.** Evolve data collection requirements and approaches to make it easier for system partners to engage.
- 9.** Expand activity opportunities incorporated as part of the EbR scheme to include community-based delivery.
- 10.** Explore workforce multi-disciplinary team working to alleviate capacity challenges and create greater diversity.
- 11.** Co-develop a consistent service level delivery model which incorporates a specific behaviour change support intervention.

Note: Further details on recommendations and principles for implementation can be found in full report.



Recommendations

Adopt – Creating a physical activity pathway for Derbyshire

- 1.** Create a single system-wide pathway of delivery which integrates exercise by referral and wider levels of support.
- 2.** Refresh the 'brand' for EbR to highlight the broadening of the scope and support available for residents.
- 3.** Review all physical activity options and available workforce to map service levels of support.
- 4.** Create a multi-disciplinary team working approach to increase scope, capacity and support for the workforce.
- 5.** Explore new operating models and agreements to continue opportunity for delivery of EbR services.
- 6.** Continue to utilise Theseus system and expansion of data access and sharing agreements.
- 7.** Create a data training offer to support staff to enhance data collection understanding, skills and processes.
- 8.** Produce bi-annual reports highlighting impacts for data collaboration, insight sharing and resident impact stories.
- 9.** Expand triage processes to increase capacity and utilise place-based experts for signposting to local opportunities.
- 10.** Utilise place-based experts to support in identifying physical activity options.

Note: Further details on recommendations and principles for implementation can be found in full report.

Conclusion

The evolution of Exercise by Referral

Whether through recommendations under the Adapt or Adopt headings –or a combination of both – our review has identified the need for a more cohesive, effective, and user-friendly service that supports Derbyshire residents in leading healthier lives.



Integration



Proportionate
Universalism



Simplicity



Evaluation &
Learning



Autonomy

The shift highlighted aligns with the principles of working we identified and seeks to develop and deliver a new physical activity pathway and service offer for residents.

Create a system that ensures people can access the appropriate level of support to meet their unique needs.

Thank You