

Get Up and Go

run by Havant Borough Council



WHAT WE DID AND WHY WE DID IT

Get Up and Go expanded our existing project to specifically target children, families and people in areas of deprivation. Using resident feedback and previous participation data: families told us they were looking for low cost activities to do together and our previous activities were reaching people from more affluent areas in the borough.

65

families participated in activities (totalling 177 adults and children)

“Feeling fitter and meeting people. Having fun and laughing. All of which make life worth living.”

- Participant feedback

230

adults (aged 16 and over) were in attendance across the 31 activities delivered.



“It has helped me by meeting new people, actually laughing with team mates while getting fit and feeling a lot better with my mental health.”

- Participant feedback



OUR IMPACT

The majority of participants in Get Up and Go are now joining from our target areas of Leigh Park, South Hayling, and Wecock.

KEY LEARNINGS

1

Listen to your community: ask about their needs and interests. Then show them you've listened by putting those activities on.

2

Use coaches and volunteers who understand the ethos of the project.

3

Deliver taster sessions or low-cost short courses where people can try things before committing longer term.

“It absolutely got me up and moving when I would have usually been sedentary. I had so much fun at the boxing course and hope to continue it in the new year.”

- Participant feedback



“Gives a great sense of a connected community in a world that's ironically becoming more disconnected.”

- Participant feedback



This project was funded by the Hampshire Active Health Programme.

Havant
BOROUGH COUNCIL

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County Council

Let's Get Moving

run by Living Well Partnership



WHAT WE DID AND WHY WE DID IT

Let's Get Moving sessions aim to support people to build confidence, motivation, and capacity for physical movement. Using the COM-B model, the sessions focused on improving physical and psychological capability, creating accessible social opportunities, and enhancing motivation through peer support and guided facilitation. Participants were referred via social prescribing pathways and engaged in structured, community-based sessions. The aim was to reduce inactivity, improve wellbeing, and support sustainable behaviour change through inclusive, supportive, and locally delivered interventions.

Participants reported increased engagement in regular physical activity, leading to better physical and mental well-being.

"It's not just exercise—it's sharing experiences and ideas with others. That's what keeps me coming back."

- Participant feedback

The project successfully engaged people who were previously inactive, providing them with a supportive and non-judgmental environment to become more active.



Participants developed lasting habits around physical activity and wellbeing, indicating long-term benefits beyond the project's duration.



MARION'S STORY

"As you get older, maintaining your health becomes more important, and I've felt a real increase in my energy levels," she says. The group has helped her stay active and engaged, and she feels more confident in her ability to manage her health. "It's been empowering to see the changes," she adds.

The program has also had a positive impact on her mental health. "I feel more at peace and connected. It's been a relief to have a space where I can focus on myself and feel supported by others."

KEY LEARNINGS

- 1 Building relationships through familiar community spaces and trusted individuals significantly helped in reaching inactive or hesitant participants.
- 2 Offering a variety of activity types and being responsive to individual needs and preferences helped attract and retain a diverse participant base.
- 3 Collaborating with local organisations and stakeholders allowed for better outreach, resource sharing, and sustainability of activities.



This project was funded by the Hampshire Active Health Programme.

 **Living Well**
Partnership

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RHL: REMOVING BARRIERS TO EXERCISE

run by Rushmoor Healthy Living



WHAT WE DID AND WHY WE DID IT

Our project addressed an identified need for a range of specialist exercise sessions based in local communities (with a particular focus on supporting adults with health conditions, older people and the Nepali community). We successfully set-up 11 new weekly sessions comprising Cardiac Phase IV Rehab, Pulmonary Rehab, Health Circuit, Small Group Intro to Exercise and Nepali Education Exercise Classes. Our project also upskilled staff and local exercise tutors to not only deliver these new sessions, but to also help build future capacity. Local residents were supported to take part in the provided sessions.

487

people took part in the project

“[the class has] shown me I can still lead an active life and helped me manage my health problems”

- Participant feedback

The classes substantially changed behaviour for participants: increasing Nepali project participants partaking in moderate physical activity from only 5% to a huge 71% by the end of the project!



100% of respondents said they felt more positive about physical activity since taking part in the classes

100% of respondents said they planned on continuing to take part in physical activity



Participants noticed significant health benefits from taking part in the project. One lady lost 10kg, has no pain in her foot anymore, and has noticed a huge improvement in her shoulder mobility.

KEY LEARNINGS

- 1 Welcoming, friendly and supportive groups led by engaging and highly qualified tutors are key to achieving success.
- 2 Facilitating peer support helps encourage longer-term engagement in sessions.
- 3 Options for individuals to work at their own level makes classes challenging but achievable for all.

“My BP has been in control since coming to the session, I now exercise almost daily, and I feel more energised overall. Looking forward to warmer weather to enjoy the park again and use the equipment you taught us to use”

- Participant feedback



This project was funded by the Hampshire Active Health Programme.



Hampshire County Council

Beat It!

run by Horizon Leisure Trust



WHAT WE DID AND WHY WE DID IT

Beat It is a six-week blood pressure management programme aimed at empowering individuals to make sustainable lifestyle changes. Through practical strategies in diet, physical activity, and stress management, participants gained the tools and knowledge to better manage their hypertension. We created this programme in response to a critical public health need. Around 32% of adults have hypertension. Among these individuals, about 29% are undiagnosed, equating to roughly 4.2 million people living with undetected hypertension. Healthy blood pressure is an essential key marker of cardiac and overall health.

“As a healthcare professional, I provide care to others but don't always listen to my own advice and/or have as much time or energy as I'd like to care for myself. Having the statistics and facts about blood pressure presented in a friendly but direct approach was neither judgmental nor paternalistic. The course was very thought-provoking. It has helped me to reconsider what I am eating, especially by reading the nutritional information on packaging and thinking about alternative options to reduce salt from my diet.”

- Participant feedback



Average reduction in systolic BP: **11.9%**

Average reduction in Diastolic BP: **9.3%**

Average reduction in Pulse Rate: **6.71%**



The Beat It programme empowers individuals to take control of their health, offering not only vital blood pressure management education but also a supportive community, leading to real improvements in wellbeing, energy, and confidence.

KEY LEARNINGS

- 1 Easy access to tools and tailored support helped participants feel more in control and motivated to stay involved.
- 2 Providing home blood pressure monitors empowered participants to track progress, reduced white coat syndrome, and gave a more accurate view of lifestyle impact.
- 3 Recognising that weekly schedules can vary, we added both daytime and evening courses and Tai Chi classes, giving participants flexible movement options throughout the six weeks.

“One of the benefits of the Beat-It course was the camaraderie in the group. Hearing others speak about their struggles and experiences made me feel like I was not the only one feeling like this.”

- Participant feedback

“The programme offers so much, and it's close by with free parking, which makes it really convenient.”

- Participant feedback



This project was funded by the Hampshire Active Health Programme.

Horizon
Inspiring Healthier Happier Communities

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Motiv8 and Oarsome Chance



WHAT WE DID AND WHY WE DID IT

We wanted to reach young people experiencing income deprivation, with a disability, neuro-divergence, or sensory impairment, and encourage them to try new sporting activities. We recognised the need for a safe place for older teens to engage in physical activities during school holidays and after-school, while building their confidence and improving their wellbeing.

OUR IMPACT

At the start of our project 31% of young people identified barriers to their engagement in sport (money, health-disability, motivation, body confidence and anxiety). **100%** who had identified barriers to learning felt these had now reduced.

“It’s been fun to not feel judged and feel like I can give new things a try.”

- Participant feedback



- 91%** have seen improvements in their confidence
- 97%** now feel positive about physical activity
- 97%** felt their wellbeing was positively impacted



“I am more active now and realised I am better at sports than I thought I am.”

- Participant feedback

KEY LEARNINGS

- 1 The positive relationships that have been built with the young people that has been a real driver to the success of sessions.
- 2 Working with another organisation meant we could offer a higher level of support to some of our most vulnerable.
- 3 Offering a mixture of opportunities within the local area enabled young people a taster of activities for free.

“I feel like I can be myself with no judgement. The staff are some of the nicest, funniest people and spending an hour with them every week makes me feel so much better.”

- Participant feedback



This project was funded by the Hampshire Active Health Programme.



Hampshire
County Council

OTR Young Carers

run by Off The Record



WHAT WE DID AND WHY WE DID IT

We set out to introduce our young carers to different physical activity experiences, building interest in physical activity and developing skills. We planned a different theme for each term of the year. For example Energise My Confidence was one term where the goals and focus was to develop confidence around exercise.

OUR IMPACT

Most participants started uncertain about wanting to keep fit and many left making new hobbies for life. Some young people have continued to maintain fitness as part of their lifestyles and continued with gym memberships.

20% of young people attended a physical activity session on more than 10 occasions!



“I surprised myself with what I could do.”

- Participant feedback



All of our young people took part in at least one brand new activity they had never tried or heard of before.

KEY LEARNINGS

- 1 Get networking. Reach out to small businesses who would really appreciate the connection.
- 2 Don't stress the small stuff! If it goes wrong, try to see it as a step forward not a step back. Communicate regularly in update meetings.
- 3 Give it your best go, remind the young people its new for us adults too but we've all nothing to lose by trying!

“Really fun and I learned to do new exciting things.”

- Participant feedback



This project was funded by the Hampshire Active Health Programme.



Hampshire
County Council

Physical Activity Within Housing For Older Adults

run by Sovereign Network Group



WHAT WE DID AND WHY WE DID IT

Sovereign Network Group had seen the Covid-19 pandemic and rising living costs affect residents' confidence, anxiety, and overall health. We partnered with Age Concern Hampshire to provide tailored physical and social activities, helping residents live independently for longer.

27%

of completely inactive residents were active weekly at the end of the programme

“Surprised at myself so far. I've not been able to stand on my own for some time.”

- Participant feedback, aged 81

70%

of residents overcame their barriers to participating in physical activity



OUR IMPACT

Over time, our activities became a regular part of residents' routines, supporting their health and enhancing social engagement.

KEY LEARNINGS

- 1 Do not make assumptions around inability - we learnt that some participants were a lot more physically capable and willing to partake in physical exercise than first thought.
- 2 Having an external organisation delivering activities has worked much better than SNG led activities.
- 3 Embedding the development of habitual behaviours and trust takes time.

“If we didn’t have this we would just be in our room, and we wouldn’t be able to interact. Having the company, something to do and socialising is important.”

- Participant feedback



This project was funded by the Hampshire Active Health Programme.



Walk and Talk Therapy

run by Winchester Youth Counselling



WHAT WE DID AND WHY WE DID IT

We provided individual walk and talk therapy sessions to young people aged 11-25. Trauma has often happened indoors and young people feel more at ease being outside and engaging with the natural world. Counsellor report/diagnosis suggested that more than 90% of our Walk and Talk clients are neurodiverse and therefore benefited from the outdoor therapy environment rather than being in a therapy room.

OUR IMPACT

Before starting this project, 41% of participants reported negative attitudes and feelings about physical activity and sport. After completing the sessions, 75% of responding participants said that the Walk and Talk sessions had encouraged them to walk or exercise more.



Nearly **400**
Walk and Talk Therapy
sessions were offered.



100% of
responding participants found the
Walk n Talk Therapy helpful. Rating
the service they received as 5/5.



**“I’m now more confident
to speak about my
problems. I also enjoy
walking more.”**

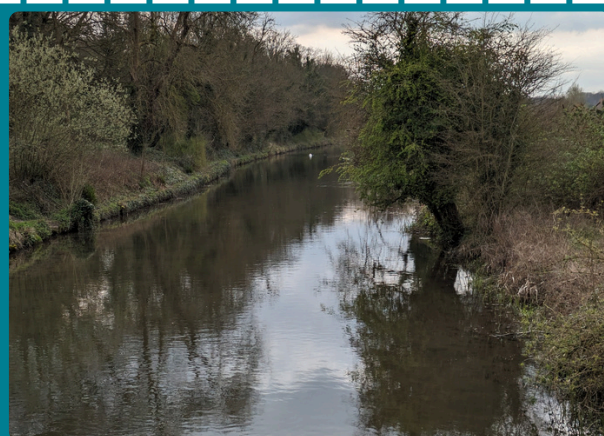
- Participant feedback

KEY LEARNINGS

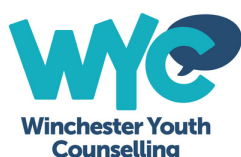
- 1 Walk and Talk Therapy is a good alternative to regular counselling for neurodivergent individuals.
- 2 Physical activity within the therapy session provided behavioural activation that was helpful to those using our services.

**“I’m not very good at sitting in
rooms and sitting face to face
with people and talking, so
walking around the moors and
being able to sort of talk things
through in the all open
environment was helpful to me.”**

- Participant feedback



This project was funded by the
Hampshire Active Health Programme.



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Sofa To Saddle

run by Hampshire County Council



WHAT WE DID AND WHY WE DID IT

We aimed to get more families cycling in the Gosport and Havant areas, after noticing a gap between more affluent parts of the county. Our focus was to develop families/adults' confidence and competence with cycling by offering bespoke free cycling sessions so they become more active and could use this as a mode of transport.

OUR IMPACT

Participants started our project saying their children were unable to ride a bike without stabilisers and left our project saying their children can ride a bike and are building confidence all the time.

“My children now want to cycle as often as they can.”

- Participant feedback



“These sessions have been amazing in helping my son learn to ride a bike meaning we can cycle as a family.”

- Participant feedback



73% of participants have increased their cycling frequency since completing the sessions.

KEY LEARNINGS

- 1 Build relationships with people early on and get to know them and their goals.
- 2 Make as many connections as possible within the local communities to help advertise, instead of relying on one source.
- 3 Be flexible and adaptable, changing your project as it goes along to suit the participants.

“I was able to make progress quickly with the learning. So much so that I am pleased to say, I can now ride a bike! Never did I think I'd say that. It really has changed my life and will enable me to ride with my son.”

- Participant feedback



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County Council

Hampshire Outdoors



This project was funded by the Hampshire Active Health Programme.



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Inclusive Inactivity Videos

run by Autek CIC



WHAT WE DID AND WHY WE DID IT

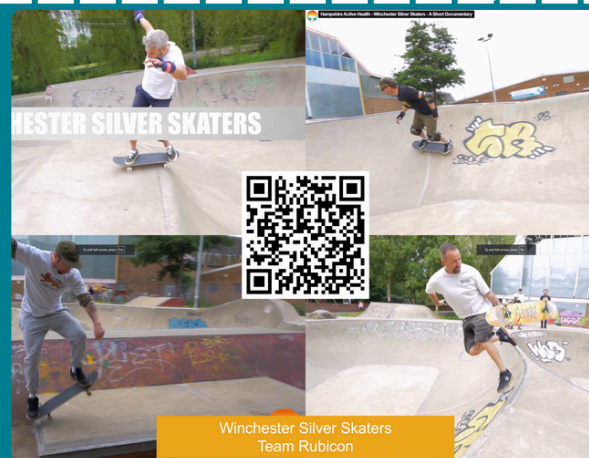
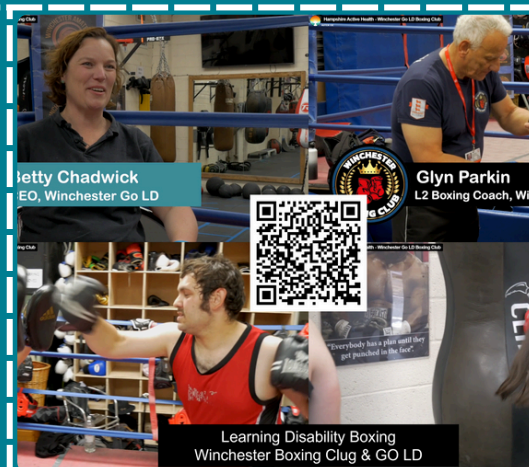
We created videos showcasing the amazing opportunities for disabled people to access movement, activity and sports. We also went into Leisure Centres that offer discounted and supported programmes for people with long term health conditions to be more active. Finally, we created a motivational video 'Why Bother?' which showcases two Autek employee's journey to activity and improved health.

“It is really easy to follow, showing a good range of inclusion and the ability to be accessible i.e I see myself in the video rather than something that perhaps is unreachable. I feel safe watching and it is really clearly explained.”

- Participant feedback

A total of **50** videos were made

330 unique views



OUR IMPACT

Improved activity levels for the Autek Team and the other disabled production team that we worked with.

KEY LEARNINGS

- 1 Simple-to-view videos provide a really accessible resource for understanding an activity and getting answers to questions that anxious people might have.
- 2 Make sure that all videos aimed at disabled people have captions that can be switched on and off. For some people, the captions are essential, for others they distract to the point of making the video unwatchable.

“I would feel happy to go and exercise after watching this. I like how the point of reaching out for help at a gym is repeated, I know how overwhelming and nerve wracking it can be to ask for help.”

- Participant feedback



This project was funded by the Hampshire Active Health Programme.



Hampshire County Council

Gosport Neurodivergent Programme

run by Gosport Leisure Centre



WHAT WE DID AND WHY WE DID IT

Many people with additional needs can find it difficult to access new or unfamiliar environments and therefore face barriers to participation in leisure activities. At Gosport Leisure Centre, we wanted to create an environment that actively seeks, attracts and supports participation by people with additional needs.

We have moved from averaging 0 visits during programmed sessions to 1266 visits through our new Neurodivergent Programme.

1266
visits

“It is great having the Inclusion Specialist here as we feel that you are really trying to get things right and understand what will help my son.”

- Participant feedback



86%
of all new SEND swimmers have advanced to the next class

93%
of all new SEND swimmers are still actively participating in our swim programme



“My daughter has progressed massively with her swimming and her pool confidence. She is a completely different person in the water now than before she started her lessons.”

- Participant feedback

KEY LEARNINGS

- 1 Understand that no single approach works for everyone, so use a range of different methods to provide support to the individual.
- 2 It's important to have the right person for the task. We hired an Inclusion Specialist who has the expertise to develop bespoke support for all individuals on the programme.
- 3 Arrange training sessions which will support staff to develop a greater understanding not only of what difficulties a person may encounter accessing a session but also how they can support with any of these difficulties.



This project was funded by the Hampshire Active Health Programme.

 **Places
Leisure**
Part of Places for People

 **Energise
Me**

 **Hampshire
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Young People's Wellbeing & Boots on the Ground

run by Alabaré



WHAT WE DID AND WHY WE DID IT

The programme featured a variety of activities, including walking, gardening, foraging, flora and fauna identification, bushcraft skills, and volunteering on outdoor and heritage projects. Participation in such, combined with exposure to new experiences and environments, aimed to build beneficiaries' resilience, confidence, self-esteem, and aspirations while improving their physical fitness.

The social value of this project was

£45,932

per participants active over 12 months.

"It has given me valuable experience and shown me that I am capable of more than I realised."

- Participant feedback

80%

of people reported a meaningful positive change after engaging with the project.



48%

reported high levels of wellbeing after engaging with the project

40%

reported moderate level of wellbeing after engaging with the project



OUR IMPACT

Our residential programmes challenged our young people to step outside their comfort zones, encouraging them to try something new and empowering them to overcome their fears.

KEY LEARNINGS

- 1 By working with groups and individuals to co-design meaningful activities, we can foster a sense of ownership, leading to increased confidence and resilience.
- 2 Actively involving participants in planning and decision-making enhances their engagement and ensures the programme is tailored to their needs. A holistic, participant-led approach remains central to its success.

"It feels like our activity because we've planned it together, so we want to be involved in it more. You make everything fun and relatable."

- Participant feedback



This project was funded by the Hampshire Active Health Programme.

Alabaré

**Energise
Me**



**Hampshire
County Council**

Everyone Can Dance - Online

run by Move Momentum



WHAT WE DID AND WHY WE DID IT

Move Momentum produced Everyone Can Dance Online (ECDO) to address the high rates of physical inactivity among older adults and individuals with long-term health conditions or disabilities in Hampshire. This platform offers 34 tailored, inclusive dance videos accessible on-demand from home, catering to various needs and abilities.

7 organisations have carried our work forwards.

To maximise impact, we collaborated with Winchester Radio and provided in-person taster sessions to local organisations.

We created **2** new weekly classes and **1** monthly class indirectly through ECDO.



We reached 77 known participants, however, we have also reached additional people through our collaboration with Winchester Radio.



“I really liked it. I enjoyed doing all the different moves. It was quite challenging to keep up but not so difficult that it put me off.”

- Participant feedback

KEY LEARNINGS

- 1** Integrating the platform into pre-existing communities and organisations and fostering trust within those environments are key strategies for tackling physical inactivity.
- 2** Offering free online and in-person taster sessions is a successful strategy for engagement.
- 3** Regular, in-person weekly ECDO classes are undeniably more successful in driving consistent participation and fostering social connections.

“I always listen to Winchester radio and on those occasions I was thrilled to hear Amanda presenting Everyone Can Dance at 12pm. The instructions are easy to follow. I now have my husband dancing around the kitchen with me. So if he can do it anyone can!”

- Participant feedback



“It was brilliant. I was able to keep up with the instruction and follow. Its fandabidozie.”

- Participant feedback



This project was funded by the Hampshire Active Health Programme.

**MOVE
MOMENTUM**

**Energise
Me**



**Hampshire
County Council**

KALM - Keeping Active, Living Mindfully

run by Dementia-Friendly Alton



WHAT WE DID AND WHY WE DID IT

We increased the number and variety of indoor and outdoor physical activity sessions to offer greater choice and flexibility for our members (people living with dementia and their carers). Giving them choice in relation to physical activity helps to empower them and increase their confidence to 'do more' and 'try harder' to achieve physical goals and ultimately promote independence for longer.

Improving their physical strength and ability during the indoor activity sessions is having a positive effect on engagement with outdoor sessions- they look forward to 'getting out'.

"I'm glad I went into that class, I feel so awake and lovely now!"

- Participant feedback

All members reported that joining in with regular exercise: improves their appetite; improves confidence; makes them feel good and helps them to sleep better.



70%
of members reported an increase in physical strength and ability as a result of weekly exercise classes.



"Today is a WOW day - I stood in the shower for the first time in months without needed to hold on!"

- Participant feedback

KEY LEARNINGS

- 1 Increasing the variety and number of physical activity sessions helps to increase membership recruitment.
- 2 Staff and volunteer training in delivery of appropriate physical activities increases confidence, performance and engagement for staff, which has a positive impact on all participants
- 3 The variety of physical activity sessions, offered 5 days a week, makes it easier for members to engage with activity in a more relaxed manner, at their own pace.

"It was special for me to see Mum losing herself in the Yoga and actually starting to smile and remember some of the movements that she used to do."

- Participant feedback



This project was funded by the Hampshire Active Health Programme.



**Dementia
Friendly
Alton**
Shining a light on Dementia



**Hampshire
County Council**

Yoga for Wellbeing

run by Valley Leisure Ltd



WHAT WE DID AND WHY WE DID IT

Andover has a high prevalence of adults living with poor mental health and mental ill-health. With support from Andover PCN we asked patients questions about being active. Rather than ask what activity people would like to do, we asked people how they would like to feel. Participants revealed they would like to feel calmer, energised, healthier and able to cope. Yoga was deemed the activity to deliver.

23 people engaged who were living with poor mental health or ill-health

“[Yoga] is a tool in your toolbox, to help you cope with daily life.”

- Participant feedback

Participants gained confidence by having a purpose to their day and being with other people.



100% of project participants experienced a 'wellbeing ripple' effect whereby attending Yoga for Wellbeing generated positive improvements in other areas of their lives.



“This [Yoga] is the only place I feel comfortable enough to share.”

- Participant feedback

KEY LEARNINGS

- 1 People need people. The delivery team need to feel seen, heard and valued so they can deliver confidently. Participants need the confidence of the delivery team to feel safe and secure, so they can gain the most benefit from the programme.
- 2 It is vital for partners to discuss, agree and set clear intentions and expectations from the outset.
- 3 Ask! The worst anyone can say is no.

“I wasn’t going to come today because I had a massive panic attack yesterday afternoon. But I know that once I’ve been I would feel better in myself for going.”

- Participant feedback



This project was funded by the Hampshire Active Health Programme.

Valley
Leisure
Move More Feel Better

Energise
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Hampshire
County Council

Activate Project

run by The Source Young People's Charity



WHAT WE DID AND WHY WE DID IT

We piloted a bespoke physical activity wellbeing programme for neurodivergent young people who find it difficult to access mainstream activities. The programme included weekly sessions of Golf, Cycling, and Bike Maintenance as well as taster sessions for Multisport and Dance.

"I was shy and it was a bit challenging. I had never done the activity before, but I found it fun."

- Participant feedback

"I liked that the sport wasn't competitive, and I really like the coach because he's patient and explains things simply."

- Participant feedback



100%
of participants said they enjoyed taking part in the sessions

80%
of parents said that their child developed new skills, social skills and improved confidence



"I am happy, I learnt a lot, I want to carry on and become a volunteer one day."

- Participant feedback

KEY LEARNINGS

- 1 Offer training to coaches / support staff to understand the challenges for neurodivergent young people.
- 2 Create time to individually confirm instructions and ask participants how they are getting on.
- 3 Keep group sizes small (between 4 and 6 participants initially).

OUR IMPACT

Participants started our project saying sensory challenges, anxiety and lack of confidence were barriers to physical activity. And left the project having made connections, stepped out of their comfort zone and feeling happy.



"I was excited to learn how to maintain and fix my own bike at home."

- Participant feedback



This project was funded by the Hampshire Active Health Programme.

THE SOURCE
YOUNG PEOPLE'S CHARITY

Energise
Me



Hampshire
County Council

Active Together

run by Love4Life



WHAT WE DID AND WHY WE DID IT

Data shows that 43.1% of adults with a learning disability are inactive compared to the national average of 25.2%, and yet 75% of participants in inclusive sports programmes report improved social connections. We wanted to help people adopt active lifestyles through expert guidance and peer-to-peer encouragement.

41
members

OUR IMPACT

We've promoted greater community inclusion across Hampshire by raising awareness of the social, structural and financial barriers disabled individuals face when it comes to participating in sport and fitness activities.

100%

of members are now empowered to use their lived experience to design and develop the support they need



75%
feel confident in their ability to take part in physical activity

77%
have increased skills to achieve greater control and independence



"I was so happy I was asked at the committee meeting what sport I'd like to try. I suggested basketball and my idea was listened to."

- Participant feedback

KEY LEARNINGS

- 1 Friendships provide essential encouragement, emotional support as well as a sense of stability and understanding.
- 2 Opportunities to feed back on programmatic support, and design project activities, give participants greater choice and control so that their needs are met and they reach their goals.
- 3 Socialising and having fun was key to participation!

"It's been scary to get back to the water, but I am pleased I did. It has shown me that I am strong and I can do more things if I give them a go. I had a very bad experience the last time I went, so it was good to get back to something I enjoy."

- Participant feedback



This project was funded by the Hampshire Active Health Programme.

LOVE
4 Life

Energise
Me



Hampshire
County Council

East Hants Active Health Programme

run by East Hampshire District Council



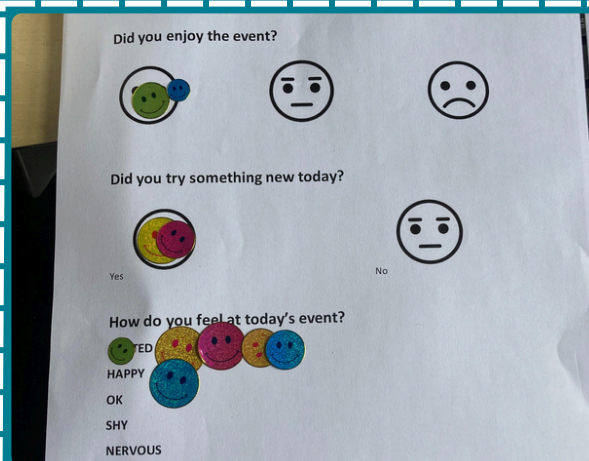
WHAT WE DID AND WHY WE DID IT

We identified a range of priority communities facing significant barriers to being active. We engaged with these communities to identify how we would work together to tackle these barriers. Through working with local organisations, charities and exercise professionals we implemented physical activity interventions suited to our target groups.

200 people engaged from priority communities.

OUR IMPACT

We have helped local Ukrainian guests further embed themselves into the community and gain confidence accessing local leisure facilities available to them. Access to affordable health and wellbeing initiatives that support their language skills, confidence and happiness here in our district is very important.



“Just wanted to share my news with you, my recent blood test results have shown I am now OUT of pre diabetes !!!!”

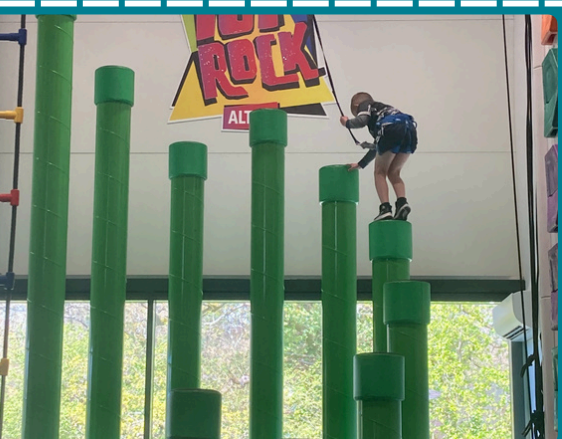
- Participant feedback

KEY LEARNINGS

- 1 Collaborating with local organisations, charities and health professionals has been pivotal to creating sustainable changes within the communities
- 2 Co-production with target communities has given us a better understanding of their barriers and enablers to physical activity
- 3 This work has highlighted the clear need for more affordable and accessible exercise opportunities for priority communities in East Hampshire

“Having a ladies only session has made it accessible, and a comfortable and supportive environment for our group - so thank you for your part in making this possible.”

- Participant feedback



“It has had a really uplifting effect for both my physical and mental health. I exercise regularly at home but the social element of being able to exercise with others has been especially enjoyable and uplifting.”

- Participant feedback



This project was funded by the Hampshire Active Health Programme.



Hampshire
County Council

Nature Connections Activity Programme

run by Dementia Friendly Hampshire



WHAT WE DID AND WHY WE DID IT

We aimed to create a variety of outdoor/nature based activity sessions across Hampshire. It was particularly important to encourage people who have become sedentary to increase their physical activity. We ran regular cycling sessions at Alice Holt forest and in the New Forest and pilot sessions in Eastleigh and Portsmouth. We created a weekly gardening group in Havant, ran walks, outdoor yoga, bowls and archery sessions at Alice Holt and walks in several other areas.

955 attendances
across
112 individuals

The skills and knowledge acquired by the project team has led to further funding!

over
1,000
hours of physical activity throughout the project



"It's not just the gardening, it's the friendships we are making."

- Participant feedback



OUR IMPACT

Participants are getting involved in sessions outside of the project providing a sustainability to their exercising.

KEY LEARNINGS

- 1 It's important how you promote your activity - carers can be very risk adverse - you need to help them focus on the benefits and support them to see past the risks they fear.
- 2 Through a variety of external training sessions we have upskilled staff and volunteers to enhance the sessions we run further.
- 3 We've learnt a lot about what does work and what doesn't which will be invaluable going forward.

"I didn't know I could have this much fun at my age...I'm 75"

- Participant feedback

"I thought my cycling days were over when my balance went - this is great!"

- Participant feedback



This project was funded by the Hampshire Active Health Programme.



Hampshire
County Council

Find Your Thing



WHAT WE DID AND WHY WE DID IT

Find Your Thing was all about getting people outside and moving more. We focused on the four most deprived parts of Gosport, because that's where the greatest health inequalities are. We held four Thingfests, one in each area, where the community could try lots of different activities they had said they would like to, along with a healthy food option and involvement from other local providers.

589

people reached

188

people took part in our activity sessions

we worked with

15

different organisations

"Are you going to run some more activities this year...we loved what you did last year."

- Participant feedback



OUR IMPACT

Many people have gone on to continue the activities they tried - dance, tai chi, walks or joined clubs - through trying activities at Thingfests.



OUR LEGACY

Our legacy is more joined up communities that know about activities locally (we worked with local providers), and our Box of Things is in 3 locations currently.

KEY LEARNINGS

1

Embedding ourselves in to the heart of the communities we worked in meant that we built trust and people knew who we were. We went to the communities we were working with, we didn't expect them to travel or come to us.

2

Strong collaboration and joint working with other organisations enabled us to effectively put on activities and the Thingfests.

3

We would like to follow the journey a bit more of some of the participants, so in the future we will look at how we gather and evaluate projects to show the transition and changes made.

"I would join a local group outside of coming to Find Your Thing that teaches you how to plant stuff all year round!"

- Participant feedback



"I really love the tai chi... it brings a nice kind of relaxing feeling to you."

- Participant feedback

"I tried my first sort of vegan stuff...and I absolutely loved it."

- Participant feedback



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