Subject: Exercise Referral Accreditation Award
Lead Officer: Head of Leisure and Cultural Services
Portfolio Holder: Leisure and Culture - Councilor Mrs Jan Fuller
Link to Council Proprieties: LE8
Exempt information: None
Delegated status: For Information

EXECUTIVE SUMMARY:

TO INFORM MEMBERS OF THE ELMBRIDGE EXERCISE REFERRAL SCHEME’S SUCCESSFUL SILVER ACCREDITATION BY THE ‘RECOGNISING EXCELLENCE’ TEAM MADE UP FROM REPRESENTATIVES FROM DEPARTMENT OF HEALTH SOUTH EAST.

REPORT:

1. **Background**

1.1. Evidence suggests that significant health gains can be made through moderate levels of physical activity undertaken for 30 minutes five times per week.

1.2. With this evidence, and as part of Leisure and Cultural Services commitment to develop projects that improve the health of our community, the Health Development Officer co-ordinates a structured exercise scheme for those with health issues who have been referred by a GP or health professional.

1.3. The Health Development Officer works with NHS Surrey, Xcel Leisure Centre and exercise professionals to deliver a safe and effective service to the community.

1.4. In 2009, the Department of Health South East convened a representative Working Group of commissioners, coordinators and providers to create ‘Recognising Excellence’. The accreditation scheme was formally launched in January 2011.

1.5. Recognising Excellence is an accreditation scheme for exercise referral services operating in the South East region. The scheme is unique, as currently no other regional or national organisation operates an exercise referral accreditation scheme.

The aims are to:

- provide a framework that supports and enables exercise referral service providers to continue to improve and develop services
- assist service providers in adopting and implementing best practice
- recognise the provision of high quality exercise referral schemes
- assist in increasing the credibility of exercise referral schemes
2. **Report**

2.1. Elmbridge’s Exercise Referral Scheme was assessed in May 2012 and awarded a silver accreditation. The accreditation is valid for three years.

2.2. Evidence was submitted showing the scheme met specific requirements on core criteria including data protection, holding and using confidential medical data, screening patients and providing suitable exercise programmes.

2.3. Procedures were evaluated and critiqued as were professional competencies, facilities, and the monitoring and evaluation of the scheme.

2.4. During the next few years it is planned that the Health Development Officer will continue to develop the scheme with a view to offering patients, and health professionals who refer to it, an even more comprehensive and outstanding programme.

2.5. Key areas for improvement are monitoring and evaluation and staff training. It would be beneficial to the scheme for the staff to be trained in behavioral change and motivational interviewing.

2.6. As a result of the award, Elmbridge is at the forefront of the exercise referral schemes in the South-East and plays a key role in developing it further.

2.7. This accreditation links in with the Elmbridge Sport and Physical Activity Strategy 2011 – 2014 and its associated ‘Physical Activity’ strand and action plan.

**Financial implications:**
- Contained within existing budgets

**Environmental implications:**
- Increased physical activity will have a beneficial impact on the health of the local community.

**Legal implications:**
- None

**Equality Implications:**
- Improve equality and accessibility to physical activity.

**Risk Management Implications:**
- None

**Community Safety Implications:**
- None

**Background papers:**
- None

**Enclosures/Appendices:**
- None

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