

19 October 2022

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Our Ref: FOI/04370

Thank you for your request concerning Severe Mental Ill Health in NHS Mental Health Trusts in England.

Your request has been considered and processed in accordance with the requirements of the Freedom of Information (FOI) Act 2000.

**We are undertaking project which aims to describe usual care in terms of current physical activity programmes that are offered to people with severe mental ill health (SMI) in NHS Mental Health Trusts in England. Provision of physical activity (PA) programmes varies across the trusts and remains unknown to the wider community of interest.**

**Routine physical activity support for patients with severe mental ill health (psychosis, schizophrenia, schizoaffective disorder, or bipolar disorder)**

**1. Does your Trust offer a physical activity programme\* to patients with severe mental ill health (psychosis, schizophrenia, schizoaffective disorder, or bipolar disorder)?**

<b>Adult Mental Health (AMH) Community</b>	Yes
<b>Learning Disability/Forensic (LD&amp;F)</b>	Yes
<b>Adult Mental Health (AMH) Inpatient</b>	Yes

\*by physical activity programme we mean any programme that incorporates an element of physical activity.

**2. Does your trust offer more than one physical activity programme?**

<b>AMH Community</b>	No
<b>LD&amp;F</b>	Yes
<b>AMH Inpatient</b>	Yes

**3. Please enter the name of the programme you are completing the form for:**

<b>AMH Community</b>	Shape Up Together – Watford FC Community Sports and Education Trust
<b>LD&amp;F</b>	Inpatient service users have individualised activity timetables which incorporate physical activity. This may include a number of physical activities available on/around the unit dependent on the service user's interests and ability, e.g. gym (there are exercise bikes on some wards, access to gyms on sites at others, some service users are facilitated to take out memberships and go to a gym in the community), walking, running, variety of sports – football, golf, swimming, fishing.
<b>AMH Inpatient</b>	The physical activities are included as part of the overall inpatient group programme

**3. Who can be referred to this programme? Select all that apply.**

<b>ADH Community</b>	All service users
<b>LD&amp;F</b>	All service users
<b>AMH Inpatient</b>	All service users

**4. In a typical month approximately what proportion of eligible patients are referred?**

<b>ADH Community</b>	Referred in at the beginning of each course (every 12 or so weeks) – 30-50 referrals roughly
<b>LD&amp;F</b>	Not on a referrals basis – all LD and forensic inpatients have this
<b>AMH Inpatient</b>	Not on a referrals basis - All patients on the inpatient units

**5. In a typical month approximately what proportion of patients referred, attend the programme?**

<b>ADH Community</b>	80%
<b>LD&amp;F</b>	Don't Know
<b>AMH Inpatient</b>	We adapt the programme and offer according to peoples interests and abilities. This can vary according to people's wellness

**6. What are the key features of this programme? Select all that apply.**

<b>ADH Community</b>	Supervised physical activity sessions Information or education about physical activity Physical activity counselling from a trained facilitator Peer support
<b>LD&amp;F</b>	Supervised physical activity sessions Information or education about physical activity Physical activity counselling from a trained facilitator Peer support
<b>AMH Inpatient</b>	Supervised physical activity sessions Information or education about physical activity Physical activity counselling from a trained facilitator

## 7. What type of physical activity is available?

<b>ADH Community</b>	Access to a gym Football Access to fitness classes Other (please state) – Variety of exercise available – from circuits to team games
<b>LD&amp;F</b>	Swimming Access to a gym Football Access to fitness classes Walking group Cycling
<b>AMH Inpatient</b>	Below is an example of what was provided on the inpatient wards in July. We have a gym accessible on each unit, and if people have particular interests we try to facilitate the activity, either on the hospital grounds, or in the community if appropriate.  Gym induction Walking Group Chair Yoga 1:1 Walk Gym Session Exercise Games Group Gardening - Horticulture Physical movement group Table tennis Gardening - Horticulture basketball Dance Swimming Yoga/Pilates

## 8. What is the setting of this programme?

<b>ADH Community</b>	Mixed inpatient and outpatient
<b>LD&amp;F</b>	Inpatient
<b>AMH Inpatient</b>	Inpatient

## 9. What is the format of this programme? Select all that apply.

<b>ADH Community</b>	Group face-to-face
<b>LD&amp;F</b>	One-to-one face-to-face Group face-to-face
<b>AMH Inpatient</b>	One-to-one face-to-face Group face-to-face

## 10. How is the programme arranged?

<b>ADH Community</b>	Over a fixed period (e.g., 1 session a week run over 10 - 12 weeks)
<b>LD&amp;F</b>	Other (please give details) Individuals' activity programmes are reviewed on a regular basis with each individual but timescale will vary according to unit and individual need
<b>AMH Inpatient</b>	Ongoing course Drop-in sessions Over a fixed period (e.g., 1 session a week for 8 weeks) Other (please give details) ___Rolling group programme, that adapts according to the need and interests of people on the wards. One to one sessions are facilitated as appropriate

**11. If more than one mode of support was selected in Q10, can each patient choose how they receive support?**

<b>ADH Community</b>	Not applicable
<b>LD&amp;F</b>	Yes
<b>AMH Inpatient</b>	Yes - People can identify their interests and whether they would like it on a one to one or group basis

**12. Is everyone who accesses services able to access the physical activity programmes as part of standard care? Please tick all that apply**

<b>ADH Community</b>	Only those who are eligible, if yes how is the decision made and by whom – must have a BMI of 27.5 and above to be eligible
<b>LD&amp;F</b>	Yes
<b>AMH Inpatient</b>	Yes- Interests are identified and a physical health form is completed for every person

**13. Who supports patients in this programme? Select all that apply.**

<b>ADH Community</b>	Fitness instructor
<b>LD&amp;F</b>	Fitness instructor Physiotherapist Occupational therapist Mental health worker trained in physical activity (e.g., nurse) Other (please give details) Activity support workers, inpatient staff
<b>AMH Inpatient</b>	Occupational therapist Assistant Therapy Practitioners (OT assistants) Occupational Therapy Recreational workers

**14. What level is the person providing the support trained to?**

<b>ADH Community</b>	Other training – Level 3 or above Personal Training qualifications, and mental health first aid
<b>LD&amp;F</b>	Other training (please give details) depends on the activity completed; often no specific training but aligned to staff interest, although staff qualified in gym instruction supervise gym programmes
<b>AMH Inpatient</b>	To degree level or above in a relevant area Other training (please give details) Degree in Occupational Therapy, various other qualifications, such as Dance, gym instructor training, Pilates, yoga, horticulture etc

**15. Does the Trust signpost service users to physical activity programmes outside of the Trust?**

<b>ADH Community</b>	Yes
<b>LD&amp;F</b>	Yes
<b>AMH Inpatient</b>	Yes

**16. If yes, who provides these programmes? Select all that apply.**

<b>ADH Community</b>	Other third sector organisation (please give details) Watford FC Community Sports and Education Trust
<b>LD&amp;F</b>	Local Council Secondary care trust Not for profit company Charity
<b>AMH Inpatient</b>	Various community resources (swimming pools etc, local walking groups, Hertfordshire Exercise Referral Scheme, 'Man on' etc)

**17. Does the Trust use any other strategies to promote physical activity in people with severe mental ill health? (e.g., one-off activity health promotion events, brief advice during healthcare contacts, environmental prompts)**

<b>ADH Community</b>	Brief advice during healthcare contacts
<b>LD&amp;F</b>	One off activity events Brief advice during healthcare contacts Financial support (e.g. free gym membership) Sign posting to activities
<b>AMH Inpatient</b>	One off activity events- Sports day recently held on PICU, team games etc Brief advice during healthcare contacts- goal setting includes the physical health element Sign posting to activities Other (please give details) Groupwork focused on Healthy living, keeping active etc

**18. Do you feel that the physical activity provision in the trust meets the needs of the patients?**

<b>ADH Community</b>	Yes
<b>LD&amp;F</b>	Yes
<b>AMH Inpatient</b>	Yes on inpatient units there is a lot available if people are interested

**19. If there is anything else you would like to say about physical activity please state below.**  
No.

Should you require further clarification, please do not hesitate to contact me.

Please find enclosed an information sheet regarding copyright protection and the Trust’s complaints procedure in the event that you are not satisfied with the response.

Yours sincerely

*Sue Smith*

**Sue Smith  
Information Rights Officer**

Enc: Copyright Protection and Complaints Procedure Information Leaflet.

If you would like to complete a short survey in relation to your Freedom of Information request please scan the QR code below or click [here](#).

