

RHL Annual Review 2017



“Improving Health in Our Communities”

Working hard to improve people's health and wellbeing by making it easy to take part

WATCH THIS: <http://bit.ly/RHL2017>

By Jim Ruddy, Chief Executive Officer and Jennifer Glastonbury, Chair.

Our video tells you what we do and the impact we make on local communities. It shows that service users are at the centre of everything we do. They help research, design and then participate in our programmes because they are the best people to tell us their needs, hopes, aspirations and what works and what does not work. We had over 23,000 attendances in 2017 at our classes, socials and rehabilitation sessions.

2017 was a ground-breaking year for RHL with more people taking part in our activities than ever before. We also broke new ground by starting a new Cancer education project in Berkshire as well as continuing to deliver services right across Hampshire.

There were challenges of course but we continue to engage and work with service users, partners and stakeholders to ensure our services are needed, relevant, up to date and provide great value for money. We are always looking to move forward and will continue to produce innovative ideas and services to meet people's health and wellbeing needs.

We see ourselves as a "Before" and "After" provider of health-related services. The before being prevention (of getting ill) and after being rehabilitation (following illness).

Our services range from specialist exercise classes to socials for elderly people to NHS Health Checks. The review tells our story of 2017 and how we changed and improved people's lives.

Jim Ruddy (CEO)

Jennifer Glastonbury (Chair)

Who have we helped in 2017?

RHL delivers and facilitates specially designed Health and Wellbeing Programmes in the South East.

Last year we had over 23,000 attendances at over 25 different activities.

We helped people:

- with mental health issues
- with physical disabilities
- with long term health conditions
- from seldom heard groups
- lonely and isolated older people
- with dementia
- whose first language is not English

We have supported them to:

- make behavioural changes
- improve their health and wellbeing
- make new friends
- recognise and talk about cancer
- access services
- learn new skills
- reduce isolation and loneliness
- engage with mainstream services
- take part and thrive
- increase self-confidence and self-esteem
- learn conversational English
- integrate with other communities



Before (Prevention)

Over 50s Exercise Classes

Watch This: <http://bit.ly/RHLOlderAdults>

- keeping people active and healthy
- make new friends
- taking part
- community settings
- easy access
- value for money
- no lycra!

Classes Delivered in 2017:

Move it or lose it	Health Circuits	Yoga	Phase IV Cardio Rehab
Seated Pilates	Pilates	Seated Exercise	Yoga for Disabled
Zumba Gold	Seated Pilates	Steady and Strong	

Over 300 individuals a week take part

Over 16,000 attendances in 2017

"I have been attending rehab for almost a year, following a valve replacement and triple bypass and can testify the benefits I get, so much so that I now do two classes a week. Perhaps the greatest compliment came from my six-year-old granddaughter who said to me completely out of the blue said you are looking nice and young today. Out of the mouths of babes!" Robert

NHS Health Checks

- commissioned by Public Health Hampshire to deliver NHS Health Checks across Hampshire in community settings
- emphasis on deprived areas that find it more difficult to engage with health services
- the results go directly on to records held by their GPs so act as a reference point as well as a useful and reassuring spot check on the day
- over 300 people checked in 2017

"I was really impressed with the service. The team were friendly, efficient and reassuring. I was able to discuss my concerns along with potential changes to my lifestyle which might help. The team were able to demonstrate the impact these changes could have on my overall health score - it was a motivating experience!"

"Improving Health in Our Communities"

Older Persons Services

Aim

- reduce loneliness and isolation in older people in Rushmoor, Hart and Basingstoke
- specifically design programmes to encourage older Nepalis to take part
- develop social events where older people can make new friends and help each other through peer support
- enable older people to remain independent in their own homes by keeping mentally and physically fit
- reduce hospital admissions and re-admissions by keeping active
- we want older people to be happy, healthy and enjoy a good quality of life



The Activities

- over 370 individuals took part every week in 2017
- over 18,500 attendances in 2017
- seven activities in Rushmoor, two in Basingstoke and two in Hart
- social gatherings in community settings and sheltered housing schemes
- yoga and Zumba Gold (originally aimed at elderly Nepalis but now attracting many non-Nepalis as well)
- seated Exercises
- health Circuits
- seated Pilates

"I enjoy the type of exercise - the social side and the tutor fits in with all of us I love this group, it is the highlight of my week!"

"It's really great. Jo [the tutor] is perfect for this class which is lively and great fun - laughter is the best medicine. I'm extremely impressed with this programme and hope you can continue to expand."

"I really like the gentle stretching moves and my body feels more flexible and better for it."

People's Health Trust

Building Stronger Communities

- addressing integration issues amongst the Rushmoor Nepali population due to old age, language, cultural and education needs
- regular weekly workshops and events
- particularly target Nepali women who may not speak English and have literacy issues even in Nepali
- functional English Language
- cultural awareness
- exercise and social activities
- computer coaching and support
- guest speakers from Health, Local Government and organisations
- cultural visits. The group have visited Salisbury Cathedral and Air Museum in Farnborough
- the sessions help them with integration and provide opportunities to reduce loneliness and isolation as many reside in bedsits or poor housing conditions
- attracting 50 to 60 people per week

RHL and Macmillan Cancer Support

We have been working in partnership with Macmillan Cancer Support for over four years and we started our exciting new Cancer Education programme in South Reading in March 2017 in partnership with Macmillan and South Reading Clinical Commissioning Group.

- research had shown that there was a higher than average prevalence of cancer in South Reading
- high rate of “non- responders” to screening programmes thought to be from BAME community and White British living in deprived areas of South Reading
- we asked them what are the barriers they face and their solutions and ideas to reduce them
- education and training sessions set up with communities including: Nepali, Pakistani, Indian, Polish, LGBT community, Somalian as well as local White British that are not engaging
- service user group being established with representatives from all communities
- goal is to reduce cancer rates in South Reading by cancer education and breaking down barriers to engagement
- we are encouraging seldom heard groups to participate in screening programmes
- promoting better knowledge and communication in targeted individuals means they are better able to detect cancers early, which leads to earlier diagnosis and treatment.

After (Support and Rehabilitation)

Rehabilitation through Exercise

Watch This: <http://bit.ly/RHLRehab>

- 12 specialist rehabilitation classes per week
- over 300 individuals per week
- 15,000 attendances in 2017
- four different community venues in Rushmoor

The specialised classes (with a cup of tea and a social chat afterwards!)

- pulmonary maintenance exercise. Aimed at those with lung and/or breathing difficulties (COPD, Pneumonia, damaged lungs). Brings people together who have endured the same problems, enabling them to talk about their situation, make friends and peer support
- phase IV cardiac rehabilitation. Aimed at those recovering from heart issues and those with long term heart conditions. Peer support and new friends who have suffered the same conditions
- cancer rehabilitation. Aimed at cancer survivors and those recovering from cancer treatment. An exercise based class with the emphasis on social interaction and peer support to increase confidence and self-esteem
- steady and strong. Aimed at those who have suffered a fall. Exercise and social based class developing better balance, self-confidence, how to fall and how to get up safely
- seated Pilates. This innovative class is designed for those who seek the benefits of Pilates but are unable to work on a mat. Seated Pilates is suitable for those with osteoarthritis, osteoporosis or hip/knee replacement

"...when I had my oxygen levels tested they said it was back to normal, it's literally through exercise. I don't know what I'd do without it really." Pulmonary Participant

"Pilates was suggested by my Osteopath last year for a lower back problem. Instead of a visit to him every two weeks it is now two months. He has told me to keep it up."

"I like the fact all abilities are catered for and all parts of the body are stretched and exercised. I have arthritis and feel a great improvement in my movement."

DESMOND Diabetes Education Programme

- aimed at Nepalis living with diabetes
- classroom based diabetes education programme
- practical dietary education help
- chance to talk with others with the same condition
- delivered by Desmond Trained health professionals and supported by RHL Lay Nepali Educators
- encourage behavioural change, both dietary and lifestyle

We are the Gurkhas

Watch This: <http://bit.ly/RHLGurkhas>

- a Roadshow featuring Gurkha Veterans talking about why they joined the army, their active service and why they decided to live in Rushmoor
- project developed after an influx of locally estimated figure of over 13,000 Nepalis into Rushmoor in less than four years

Why?

- local tensions as sudden influx pressured local services
- wrongly perceived by locals as all on benefits and jumping the housing waiting lists
- a chance to explain that they live in bought properties and private rents
- perceived as not wanting to integrate

The Roadshow

- delivered at schools, sheltered housing schemes, offices, community meetings and specialised support programmes such as Step by Step (accommodation based scheme for homeless young people)
- family tradition to join the Gurkhas but also to escape poverty
- served in many conflicts, Belize, Falklands, Gulf, Kosovo and many more
- settled in Rushmoor as this is where they were based and all they know in Britain
- they consider themselves British

Outcomes

- the Gurkhas reported increased confidence, self-esteem pride and happiness
- a relief to them as they saw the positive reactions of the audience
- stirred a will to make more effort to integrate
- audience reported better understanding of Nepalis and their plight
- exploded many myths such as reliant on benefits
- children in the schools were so excited and impressed by the poise, the humility and braveness of the men and all Nepalis

Fundraising

Rushmoor Community Lottery

We are now part of the Rushmoor Community Lottery created by Rushmoor Borough Council to directly support local good causes and community initiatives. We get 50p from each £1 ticket. You can find our lottery page here.

<https://www.rushmoorlottery.co.uk/support/rushmoor-healthy-living>

End to End Cycle Ride

A massive thank you to Simon George, Patrick Wright and Scott Clarke flew over from North Carolina to cycle 1,000 miles from Land's End to John O'Groats and raise nearly £2,500 for RHL!

Roger George, Simon's Dad, is a member of our Cardiac Rehabilitation Classes having had open heart surgery in April 2016. He wanted to thank us for getting him both mentally and physically fitter following a traumatic time in his life.

They averaged 100 miles per day on their bikes and burnt off over 4,000 calories per day. The guys completed their 1,000-mile challenge despite Simon being ill for the last couple of days and, after returning to Camberley, ending up in Frimley Park A and E!



"Well done, RHL is a truly fantastic organisation, they continue to help me a lot."

"So appreciative for everything this organisation does. Go boys!!!"

How to donate

The easiest way to donate to RHL is to click on this Charity Choice donate button or you can find it on the home page of our website. You don't need to register to make a donation and you have the option to leave us a message or simply donate anonymously-the process is really simple and should take a couple of minutes. If you want to fundraise on our behalf, you can create your own page on www.charitychoice.co.uk and select Rushmoor Healthy Living as your chosen charity.



"Improving Health in Our Communities"

Governance

RHL

RHL is an independent charity and a company limited by guarantee. We are also a Social Enterprise, selling services to earn income to acquire financial sustainability.

Public Benefit Statement

The directors have paid due regard to guidance provided by the Charity Commission in deciding what activities the charity should undertake. We are satisfied that all our activities support our charitable objects and that consideration is given to the fulfilment of these objects when new activities are considered. All our activities address some or all the following subjects which form part of RHL's charitable objects: health, emotional wellbeing, the relief of poverty, education.

RHL Trustee Board and Board of Directors

Jennifer Glastonbury

Board Chair

Vineet Choumal

Chair of Finance Committee

Amanda Dubarry

Chair of Quality, Performance and Resources Committee

Colin Slatter

Company Secretary

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Dr Olive O'Dowd-Booth

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Kathryn Stuart

Chair of Business Development Committee

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*Photographs in this report are of actual RHL Staff, volunteers or events, and permission has been obtained

Supporters



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The Gerald Bentall Charitable Trust

NHS DESMOND Training

Fitton Trust

The Rest-Harrow Trust

The Broyst Foundation

Santander Discovery Grant

Alchemy Foundation

Mrs Phillips Will Fund

The Bayfield Charitable Trust

The Ardwick Trust

If you are interested in commissioning or funding projects like the ones you can see in these pages,
please contact Jim Ruddy (CEO):

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