

11.1 Uptake of Activities

Project Aim		Start Date	Testing End Date	Progress Scale																
Increase uptake of a range of activities that enable people with long term conditions to manage their health and well-being by 2021. Project Manager: Keith Gerrard (Sport Aberdeen) Project Charter Approved July 2019		July 2019	March 2020	6 - Testing Underway																
Changes Being Tested (Specify location/ test group)		Are our changes resulting in improvement?																		
The following change ideas are being tested City wide: <ul style="list-style-type: none">• Increase number of instructors with specialist GP referral qualifications• 14 Additional classes added to Sport Aberdeen’s Move More programme• Living Well with Diabetes Peer Support Group• New First Steps classes added to Walk Aberdeen		We are currently putting systems in place to gather data which tells us whether our changes are resulting in improvement and are likely to achieve our aim.																		
Improvement Data																				
<div><h3>No of People with Long Term Conditions Taking Up Physical Activities</h3><table><tr><th>Month</th><th>No of People</th></tr><tr><td>July</td><td>75</td></tr><tr><td>Aug</td><td>75</td></tr><tr><td>Sept</td><td>75</td></tr></table></div>		Month	No of People	July	75	Aug	75	Sept	75	<div><h3>No. of People with Long Term Conditions Participating in Walk Aberdeen</h3><table><tr><th>Month</th><th>No. of People</th></tr><tr><td>July</td><td>10</td></tr><tr><td>Aug</td><td>10</td></tr><tr><td>Sept</td><td>10</td></tr></table></div>			Month	No. of People	July	10	Aug	10	Sept	10
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Aug	75																			
Sept	75																			
Month	No. of People																			
July	10																			
Aug	10																			
Sept	10																			
<div><h3>No. of Living Well with Diabetes Members Taking Up Physical Activity (data being checked)</h3><table><tr><th>Month</th><th>No. of Members</th></tr><tr><td>July</td><td>1</td></tr><tr><td>Sept</td><td>1</td></tr><tr><td>Oct</td><td>1</td></tr></table></div>		Month	No. of Members	July	1	Sept	1	Oct	1	<div><h3>% of Sport Aberdeen Instructors with Specialist GP Referral Qualifications (All SA staff: self employed and contacted)</h3><table><tr><th>Month</th><th>% of Instructors</th></tr><tr><td>July</td><td>7</td></tr><tr><td>Aug</td><td>7</td></tr><tr><td>Sept</td><td>7</td></tr></table></div>			Month	% of Instructors	July	7	Aug	7	Sept	7
Month	No. of Members																			
July	1																			
Sept	1																			
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Month	% of Instructors																			
July	7																			
Aug	7																			
Sept	7																			