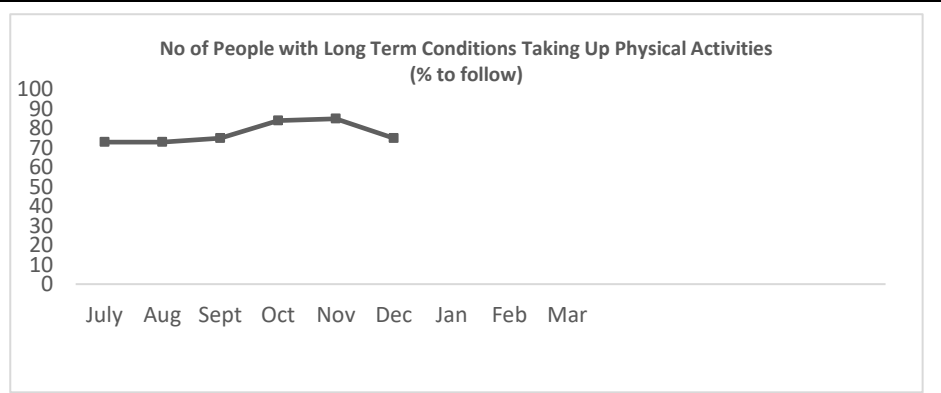
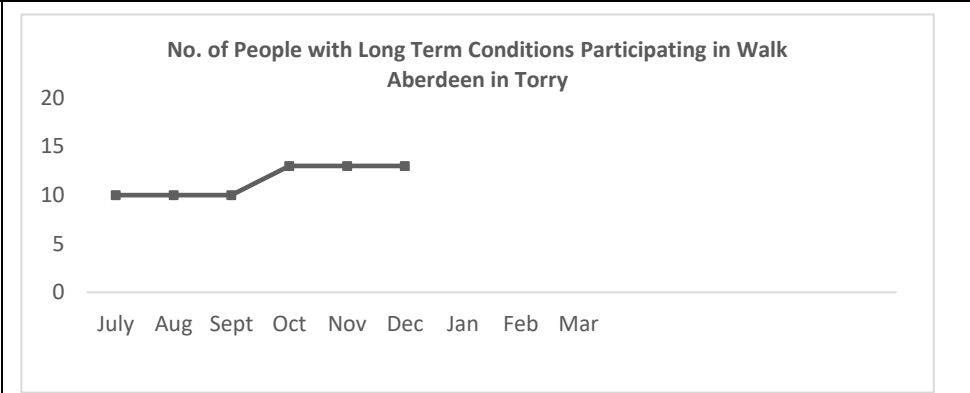
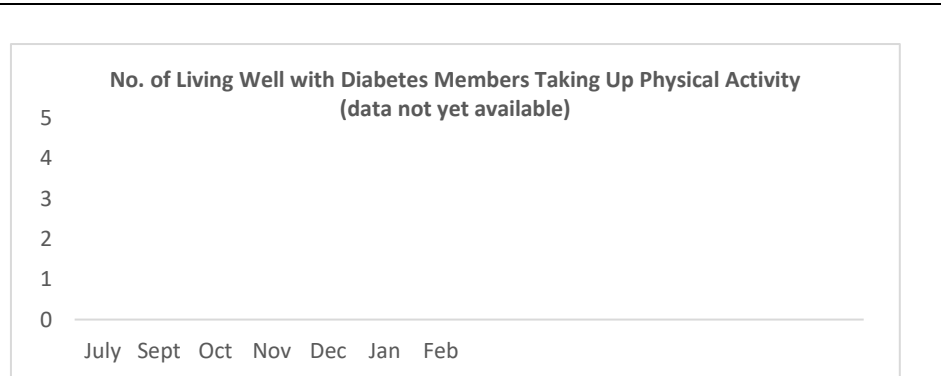
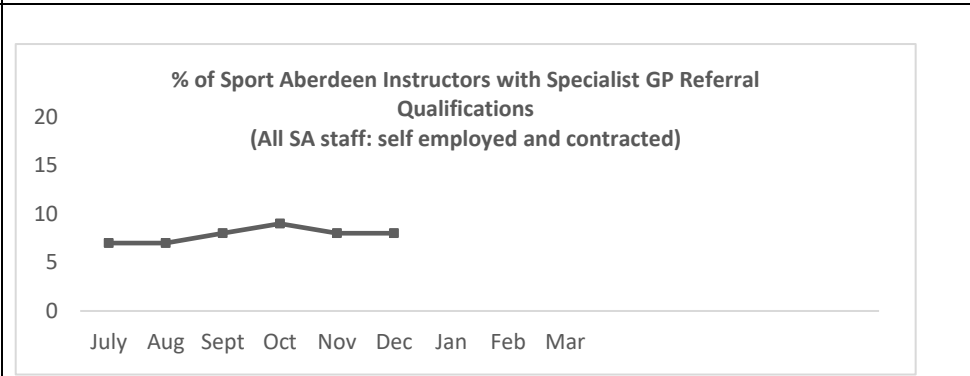


11.1 Uptake of Activities

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 <ul style="list-style-type: none"> • Increase number of instructors with specialist GP referral qualifications (City wide) • Additional health walk in Torry classes added • Direct engagement with the Living Well with Diabetes Peer Support Group. However, it has not yet been possible to identify the number of participants • New First Steps classes added to Walk Aberdeen 	<ul style="list-style-type: none"> • Health walk participation has increased. Instructors believe that this increase has been limited by season weather. • The number of specialist GP referral instructors has increased although 1 qualified instructor moved into other employment in an unrelated sector. • A programme to train the next cohort of instructors is scheduled for Spring 2020 																																								
Improvement Data																																									
 <p>No of People with Long Term Conditions Taking Up Physical Activities (% to follow)</p> <table border="1"> <thead> <tr> <th>Month</th> <th>% to follow</th> </tr> </thead> <tbody> <tr><td>July</td><td>75</td></tr> <tr><td>Aug</td><td>75</td></tr> <tr><td>Sept</td><td>78</td></tr> <tr><td>Oct</td><td>85</td></tr> <tr><td>Nov</td><td>85</td></tr> <tr><td>Dec</td><td>75</td></tr> <tr><td>Jan</td><td></td></tr> <tr><td>Feb</td><td></td></tr> <tr><td>Mar</td><td></td></tr> </tbody> </table>	Month	% to follow	July	75	Aug	75	Sept	78	Oct	85	Nov	85	Dec	75	Jan		Feb		Mar		 <p>No. of People with Long Term Conditions Participating in Walk Aberdeen in Torry</p> <table border="1"> <thead> <tr> <th>Month</th> <th>No. of People</th> </tr> </thead> <tbody> <tr><td>July</td><td>10</td></tr> <tr><td>Aug</td><td>10</td></tr> <tr><td>Sept</td><td>10</td></tr> <tr><td>Oct</td><td>13</td></tr> <tr><td>Nov</td><td>13</td></tr> <tr><td>Dec</td><td>13</td></tr> <tr><td>Jan</td><td></td></tr> <tr><td>Feb</td><td></td></tr> <tr><td>Mar</td><td></td></tr> </tbody> </table>	Month	No. of People	July	10	Aug	10	Sept	10	Oct	13	Nov	13	Dec	13	Jan		Feb		Mar	
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