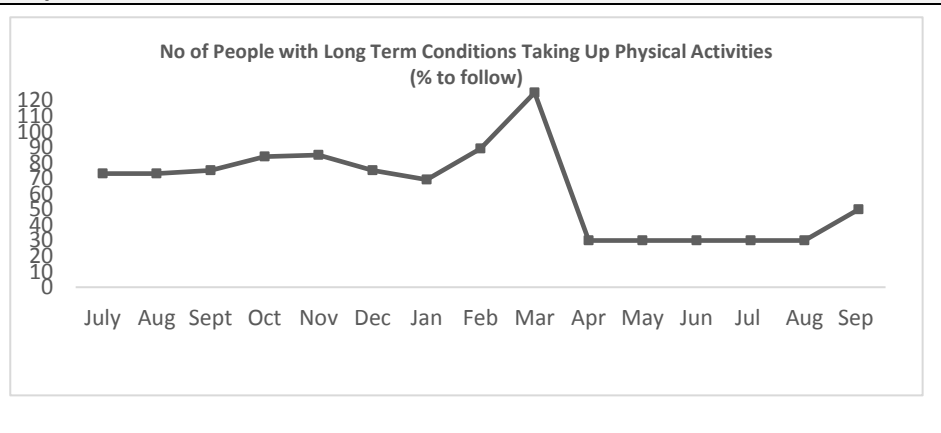
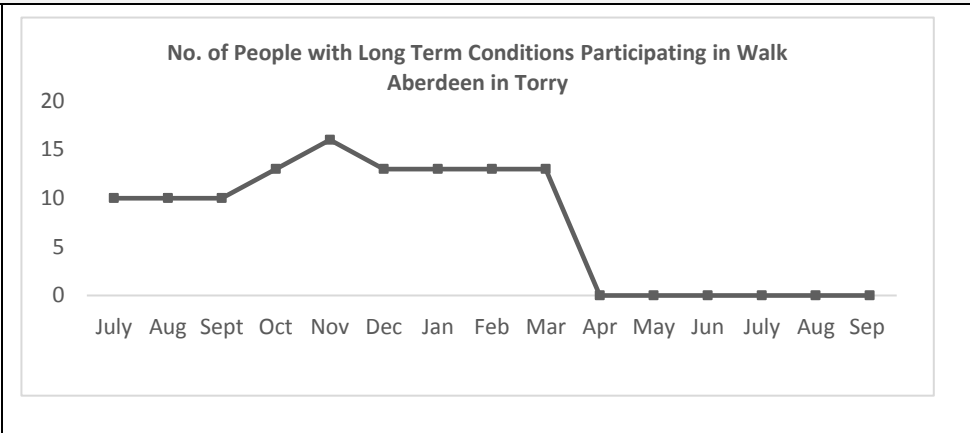
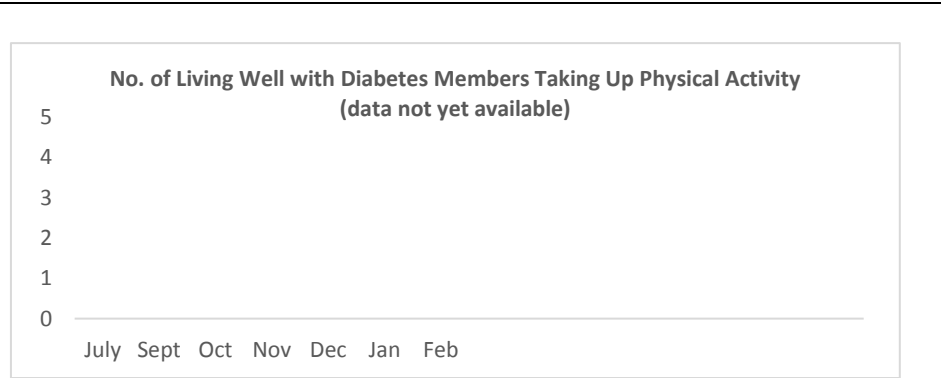
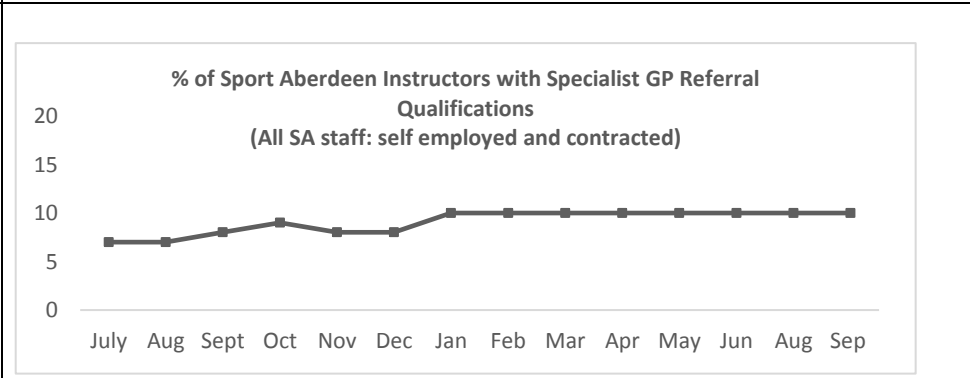


## 11.1 Uptake of Activities

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.	July 2019	March 2021	6 - Testing Underway
<b>Project Manager:</b> Jill Franks (Sport Aberdeen) <a href="#">Project Charter Approved July 2019</a>			
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"> <li>• Increase number of instructors with specialist GP referral qualifications (City wide)</li> <li>• Additional health walk in Torry classes added</li> <li>• Direct engagement with the Living Well with Diabetes Peer Support Group. However, it has not yet been possible to identify the number of participants</li> <li>• New First Steps classes added to Walk Aberdeen</li> </ul>	<ul style="list-style-type: none"> <li>• Face to face physical activity sessions stopped mid-March but Sport Aberdeen engaged with participants during lockdown providing eNewsletters, exercise cards and videos for participants which saw some uptake.</li> <li>• Health Walk participation levelled off between January and March due to seasonal factors and the onset of Covid-19 before the walk stopped mid-March. Factors including walk leader and participant readiness and availability of meeting point mean the Torry Walk is yet to resume.</li> <li>• The number of specialist GP referral instructors has stayed the same, and training impacted by Covid-19 but this will be revisited in light of current staffing levels and operation to ensure the first cohort access training.</li> </ul>		
Improvement Data			
 <p>No of People with Long Term Conditions Taking Up Physical Activities (% to follow)</p>	 <p>No. of People with Long Term Conditions Participating in Walk Aberdeen in Torry</p>		
 <p>No. of Living Well with Diabetes Members Taking Up Physical Activity (data not yet available)</p>	 <p>% of Sport Aberdeen Instructors with Specialist GP Referral Qualifications (All SA staff: self employed and contracted)</p>		