



Wigan Health & Care Research Forum

Be Well Data Insight

Be Well services for children, young people and adults



What can we help with?



Long Term Conditions



Inclusive Activity



Weight Management



Active Ageing



Mental Wellbeing

Where are services delivered?



Water Sports Centres



Greenspaces



Leisure centres



Community venues

Be Well



Swimming and aqua activities

Variety of sports



What is available?



Digital Offer

Supported gym sessions



Extra support for those most in need



Activity at Home



Walking, cycling, running



Group exercise



Outdoor Activities

Self-Refer

Be more active and help improve your wellbeing. Find out more:



01942 488481



tellus@bewellwigan.org

If you are not sure it's right for you speak to your GP or Practice Nurse for advice on being referred.

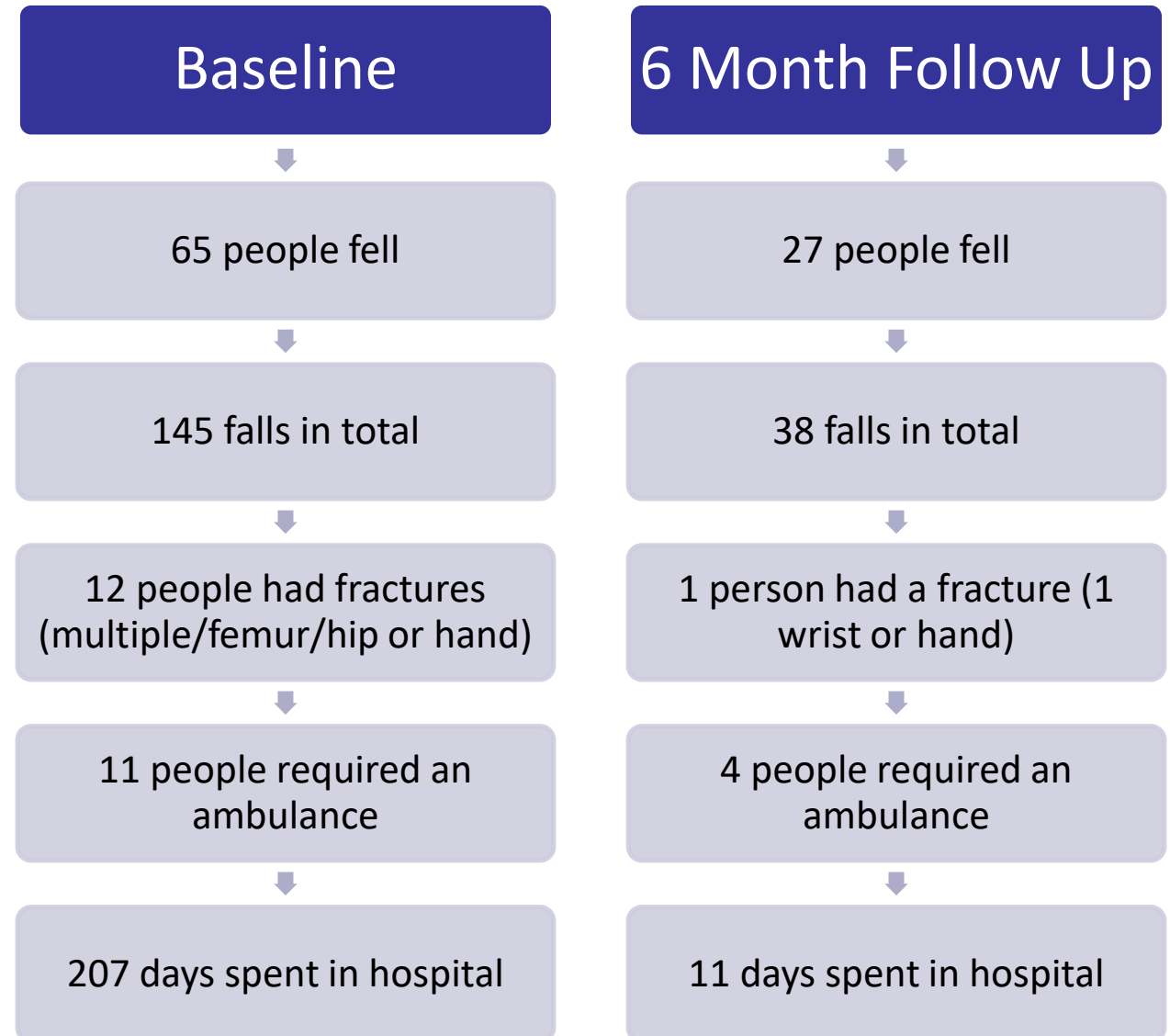


www.wigan.gov.uk/ActiveHealth

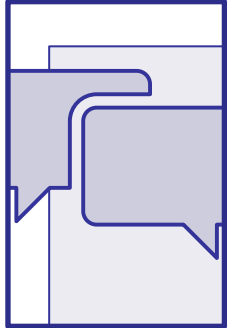
Falls History



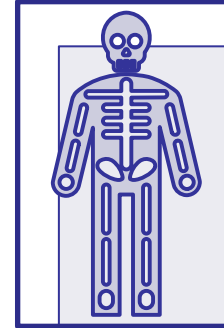
- Participants are asked when they start our strength and balance offer whether they have had a fall in the last 6 months.
- We ask the same questions again 6 months later.
- This was introduced in December 2022 and by April 2024 we had data for 168 participants.



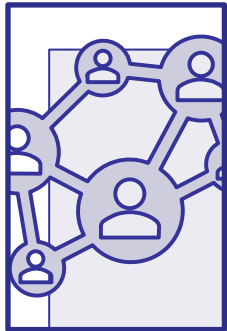
First Contact Physiotherapists



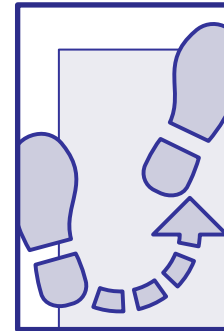
Each of the 7 Primary Care Networks (PCNs) and FCP leads are now aligned with Be Well.



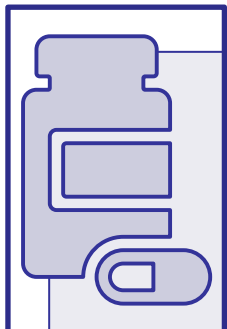
We are engaging with residents earlier on and in some cases their first presentation of MSK/Orthopaedic conditions.



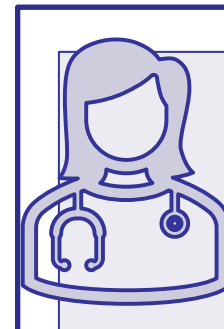
Between January 2022 and February 2023, there were 170 referrals across all PCNs compared to 16 in 2021.



Participants have seen their physical activity score (MET mins/week) increase on average by 12%



Insight work from WWL shows a saving of 0.45 primary care appointments per patient per year, a 2% reduction in hospital cost and a 2.3% reduction in medication cost.



Patients who have anxiety on their clinical record have 58% more repeat medications, 44% more admissions and 50% more GP appointments. The average WHO-5 score increased by 33%.

Transforming leisure assets into community hubs



Our flagship Pivot site at Robin Park Leisure Centre.



Pivot to Active Wellness

- With Wigan North & Central PCNs 3 health roadshows were held at Robin Park.
- Blood pressure checks were carried out with 500 patients who had not visited the GP in the last 2 years.
- This provided the evidence to invest in 4 Pivot Rooms.
- £70k has been secured to upgrade Pivot Room 1 to be Clinical Quality Commission (CQC) compliant.

Impact

- The financial impact of the roadshows alone on the local health system is £15,500 saving.
- By August, rooms were at 90% occupancy offering health checks & other non-clinical services. 989 patients since July.
- DNAs at less than 6% for Robin Park against average of 11% at the Surgeries.

Community Engagement



Priority focus on deepening our engagement with neighbourhoods within the top 20% most deprived.



Driven by the strategic service vision to create a culture of wellbeing within our neighbourhoods and doing more for those who need us the most.



Commission output to transform a legacy concessionary scheme and create an affordable package to encourage engagement from the target audience .



Designed through meaningful engagement (quantitative and qualitative research). External consultant support to be procured but working with neighbourhood connections to reach the right people.



Programme of engagement in Westleigh and Norley through the summer. leading to a key strategic decision late 2024. Target go live set for 1st April 25.