

Uniting the Movement in Notts and Derbyshire

Healthy Chats Evaluation As part of work to support more conversations around physical activity, Active Notts has been working with Healthy Chats CIC. This document considers some of the understanding and insight gathered in delivering this training to non-healthcare professionals.

● The need for Healthy Chats: Physical activity facts, falls and fun?

The need for 'Healthy Chats- Physical activity facts, falls and fun?' was initially conceived through the We are Undefeatable activation work in Mansfield. Social Prescribing link workers and health coaches identified that support and training to help them feel confident and positive in influencing the physical activity behaviour of people they work with..

Social prescribing link workers (SPLW) are in a unique position, they're close to GPs and healthcare professionals but are also closely linked to community groups and services.

Their role, to support people to better health through more social interaction, has opened up so many opportunities to encourage people to be more active.

Created by Paula Manning, the Healthy Chats training is designed to build confidence in non-medical professionals to give the right advice to their clients.

 **healthy**chats^{cic}
training you to talk easily about health

 active
derbyshire

 active
notts



Paula is a Physical Activity Clinical Champion for OHID (formerly Public Health England), is a practicing physiotherapist and draws on her own lived experience of living with a long- term health condition to bring the training to life.

She recognised the need for training to give confidence to those working within our communities to give the right advice and devised Healthy Chats as a result.

The training has been piloted in partnership with Active Notts and the SPLW network in Nottinghamshire, with three groups and a total of 35 people.

All of those who participated work as social prescribing link workers or health coaches and some were new to their roles while others were more experienced.

MAKING OUR MOVE

● Why is this different?

Paula drew on insight and her own experience to develop a personalised approach to the training.

There is no one set way of delivering Healthy Chats and it relies on building understanding of participants – their knowledge, motivations, and work areas, to deliver the training in a way that they can relate it to their own work.

There are some key elements which Paula embeds within each session, including:

- Keeping messaging simple - don't overload patients with facts and details
- Adapting the conversation to the individual's context
- Leading by example – sharing own experiences and those of others to make it real and achievable
- Empowering and supporting people to make healthy choices, helping them build the confidence to exercise their way
- Keeping movement opportunities really local and affordable
- Working with people's interests, finding ways to move in all of their activities

Healthy Chats is about developing and supporting the workforce rather than simply training them. With this in mind the programme is delivered in two sessions approximately four weeks apart.

The initial session aims to share knowledge and build confidence and skills. The second session follows up on how the learning from the first session has been used and if it has had an impact on people's work, their own thinking and behaviours.



MAKING OUR MOVE

● Did it work?

The feedback has been extremely positive. Even those who already felt pretty confident with conversations around physical activity found the links to resources and the conversations insightful and useful to help in their work. All said they would recommend the course to others.

We found that people valued Paula's knowledge and ability to advise and support them, broken down in a simple way - messaging that was easy to remember:

- Just a little bit more each day
- Ten minute bite-sized pieces
- Fill the kettle a little bit more
- Walk up the stairs an extra time today
- Dance like no one's watching
- Moderate physical activity is where you get out of breath enough so that you can talk but can't sing

Paula was able to draw on her medical knowledge and expertise, signposting attendees to simple useful resources and giving them confidence in those resources. She could also relate to the people SPLW and others we are working with, as she has "been in their shoes". All of this helped those attending feel they can, could and should be helping others to move more.



“ the training built my confidence as a non-medical professional to feel able to give the right advice to my patients. ”

Participant

Those who attended the follow up sessions even said they increased their own physical activity levels, inspired by what they'd heard. Essentially Paula gave participants the space to reflect on their own physical activity and consider what they could do to improve this. Helping them to realise that by experiencing and understanding how important physical activity can be for your own health and wellbeing, you're much more likely to encourage and empower others to be more active.

Those attending the training also told us of how they had been able to help people be more active. Some had supported by accompanying people to dance and seated exercise classes.

Another by walking with someone to an allotment while others had been reassuring people using the messaging from Paula.

● What did we learn?

Zoom is the most effective platform for the delivery of the session.

Encouraging people to keep their cameras on helps build trust, relationships, and rapport and then in turn they are more engaged.

The follow up session worked really well when it was adapted to feel more like a check in and informal supervision and support. Initially it was structured which did offer some benefit. However when the session moved to be more informal, organic, able to flex and share concerns, stories and learning, it worked much better.

Ongoing supervision looking at new resources, offering expert support and a chance to reflect with peers would be helpful in the future. The good, the bad, the funny and the ugly to be shared.



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