

Freedom of Information Request

Reference Number: EPUT.FOI.22.2551
Date Received: 29.06.2022

Secure Service Brockfield House

Information Requested:

1. Does your Trust offer a physical activity programme* to patients with severe mental ill health (psychosis, schizophrenia, schizoaffective disorder, or bipolar disorder)?
 - a. Yes
 - ~~b. No~~

*by physical activity programme we mean any programme that incorporates an element of physical activity.

2. Does your trust offer more than one physical activity programme?
 - a. Yes (if yes, please complete a separate form for each programme).
 - ~~b. No~~
3. Please enter the name of the programme you are completing the form for:
Physical Fitness and Wellbeing Activities
4. Who can be referred to this programme? Select all that apply.
 - a. All service users
 - ~~b. People in early intervention services~~
 - ~~c. People with psychosis~~
 - ~~d. People with schizophrenia~~
 - ~~e. People with schizoaffective disorder~~
 - ~~f. People with bipolar disorder~~
5. In a typical month approximately what proportion of eligible patients are referred?
 - a. 4 (average referral rate to unit)
 - ~~b. Don't Know~~
6. In a typical month approximately what proportion of patients referred, attend the programme?
 - a. All those referred within the month are seen. On average the attendance for Fitness sessions over the month at Brockfield House is 143 patients.
 - ~~b. Don't Know~~
7. What are the key features of this programme? Select all that apply.
 - a. Supervised physical activity sessions
 - b. Information or Education about Physical activity
 - c. Physical activity counselling from a trained facilitator
 - ~~d. Peer support~~
 - ~~e. Other~~
 - (please give details) _____

8. What type of physical activity is available?
- Swimming
 - Access to a gym
 - Football
 - Access to fitness classes
 - ~~Walking group~~
 - Netball
 - Cycling
 - Yoga
 - Basketball
 - Other (please state) Badminton Circuits Volleyball
9. What is the setting of this programme?
- a. Inpatient medium to low secure unit
 - ~~b. Outpatient/Community~~
 - ~~c. Mixed inpatient and outpatient~~
10. What is the format of this programme? Select all that apply.
- a. One-to-one face-to-face
 - b. Group face-to-face
 - ~~c. One to one online~~
 - ~~d. Group online~~
 - ~~e. One to one by telephone~~
 - ~~f. Other~~
 - (please give details) _____
11. How is the programme arranged?
- a. Ongoing course
 - b. Drop-in sessions
 - c. Over a fixed period (e.g., 1 session a week for 8 weeks)
 - ~~d. Other~~
 - (please give details) _____
12. If more than one mode of support was selected in Q10, can each patient choose how they receive support?
- a. Yes One to one support initially to encourage confidence in group sessions
 - ~~b. No~~
 - ~~c. N/A~~
13. Is everyone who accesses services able to access the physical activity programmes as part of standard care? Please tick all that apply
- a. Yes
 - ~~b. Only those who express an interest in physical activity~~
 - c. Only those who are eligible. For those that have medical conditions that may affect physical activity such as cardiac or respiratory illnesses, there is a referral process that takes place through the MDT which identifies the risks and permitted activity.
 - ~~d. No~~

14. Who supports patients in this programme? Select all that apply.
- a. Fitness Instructor
 - ~~b. Healthy living advisor~~
 - ~~c. Physiotherapist~~
 - d. Occupational therapist
 - e. Mental health worker trained in physical activity (Activity Co-ordinator)
 - ~~f. Peer support worker~~
 - ~~g. Other~~
(please give details) _____
15. What level is the person providing the support trained to?
- ~~a. To degree level or above in a relevant area~~
 - b. Other Training (please give details) Fitness Level 3
16. Does the Trust signpost service users to physical activity programmes outside of the Trust?
- a. Yes
 - ~~b. No~~
17. If yes, who provides these programmes? Select all that apply.
- a. Local council
 - ~~b. Secondary care trust~~
 - ~~c. Other NHS~~
(please give details) _____
 - d. Not for profit company
 - ~~e. Charity~~
 - ~~f. Other third sector organisation~~
(please give details) _____
18. Does the Trust use any other strategies to promote physical activity in people with severe mental ill health? (e.g., one-off activity health promotion events, brief advice during healthcare contacts, environmental prompts)
- a. One off activity events
 - ~~b. Brief advice during healthcare contacts~~
 - ~~c. Financial support (e.g. free gym membership)~~
 - d. Sign posting to activities
 - d. Other (please give details) _____
19. Do you feel that the physical activity provision in the trust meets the needs of the patients?
- a. Yes
 - ~~b. No~~
20. If there is anything else you would like to say about physical activity please state below.

Publication Scheme:

As part of the Freedom of Information Act all public organisations are required to proactively publish certain classes of information on a Publication Scheme. A publication scheme is a guide to the information that is held by the organisation. EPUT's Publication Scheme is located on its Website at the following link <https://eput.nhs.uk>