

Sport Across Staffordshire and Stoke on Trent Community Paediatric Physiotherapists



Five members of the Community Paediatrics Physiotherapy team attended the AK4A training in preparation for the delivery of the 'Phyzzzy Fit' project piloted in both Cannock & Stafford.

This project worked with disabled young people aged 14 – 19 years all of which were referred by the Paediatric Physiotherapists, from their caseload, and were all identified as requiring additional support with their physical needs. Participants were invited to attend weekly sessions at the Leisure Centre supported by qualified gym instructors and Paediatric Physiotherapists who all gave the participants one to one support.



As a result of the project the majority of participants continued to access and use the gym and leisure centre facilities of their own accord. This increase in their activity levels has enabled some of the young people to be discharged from the Paediatric Physio service, ultimately reducing the caseload and the implications on the NHS. This project has also led to the development of other physical activity related projects for disabled participants and also enabled the Sports Development Team to create pathways for the participants into regular community sessions such as the Inspire Multi Sport Club.

The participants were also given a tailor made programme for the gym to suit their individual needs and requirements and were supported along the way in understanding and implementing each aspect of it. At the end of the project each participant was given 2 months free membership to the centre.

The gym sessions aimed to empower the young people by encouraging them to manage their own physical needs as part of a fun and healthy lifestyle, which overall supported their functional independence. They were also encouraged to set their own goals to help them reach their physical potential.

Sainsbury's

Active Kids

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Inclusive Community
Training Programme

For all ages



For more information about the Sainsbury's Inclusive Community Training Programme, including details of upcoming workshops, please contact

AK4A@efds.co.uk / 01509 227751.

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Staffordshire and Stoke on Trent Partnership
NHS Trust



This partnership project is considered a new and innovative way of working for both teams and has hugely contributed towards improving the quality and efficiency of the paediatric physiotherapists and the service whilst reducing the demands placed upon them. This has been showcased as good practice and has received a prestigious local Staffordshire NHS Excellence Award for Partnership Working.

As a result of this success the plan is to roll out the project to other districts across the county and SASSOT is therefore going to co-ordinate the delivery of an additional AK4A course to support Community Paediatrics Physiotherapists to increase their knowledge and confidence in delivering sports based activities to their clients



Impact

- **83%** of children and young people continued attending the gym, with the remaining 17% feeling confident to undertake other forms of exercise.
- **100%** of children and young people saw significant improvements
- **100%** of children and young people would encourage their friends and family to take up an active lifestyle with them.
- **100%** of children and young people were discharged from the Paediatric Physiotherapy Caseload.
- **Increased confidence** of children and young people involved in the programme.
- **Financial savings** for NHS Paediatric Physiotherapy Team as 14 year olds discharged. This will also have future benefit for NHS as they will not require as much intervention in adult years.

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