

Report on	PARP's (Physical Activity Referral Programme)
Date of Meeting	10 January 2019
Reporting Officer	Oliver McShane
Contact Officer	Oliver McShane

Is this report restricted for confidential business?	Yes	
If 'Yes', confirm below the exempt information category relied upon	No	x

1.0	Purpose of Report
1.1	To present to members information on the Physical Activity Referral Programme formally known as the GP Referral Programme which is funded by the Public Health Agency PHA).
2.0	Background
2.1	<p>The Physical Activity Referral Programme / GP Referral Programme takes place in three locations across the Mid Ulster District</p> <ul style="list-style-type: none"> • Programme 1 takes place in Dungannon Leisure Centre and is funded by PHA Southern Area. It accepts referrals from health professionals for district residents residing in the Southern Health and Social Services Trust Area the old Dungannon and South Tyrone Borough Council area. • Programme 2 takes place in Cookstown Leisure Centre and is funded by PHA Northern Area and accepts referrals from those located in the Northern Health and Social Services Trust Area primarily the old Cookstown District Council area. • Programme 3 takes place in Maghera Leisure Centre and is funded by PHA Northern Area and accepts referrals from those located in the Northern Health and Social Services Trust Area primarily the old Magherafelt District Council area.
2.2	Currently there are 3 members of staff assigned to the programmes, these staff are based in Dungannon LC, Cookstown LC and Maghera LC. Dungannon operates 5 days a week, Cookstown operates 4 days a week and Maghera operates 2 days a week.
2.3	Participants are charged to attend the programme but receive a reduced rate.
2.4	Participants are then encouraged to continue exercise after their programme has finished and are offered reduced rate membership packages.

3.5	GP's, Health Professionals and Specialised Nursing Teams all refer clients into the programme. Full participation is the responsibility of the client. After the initial program finishes participants are encouraged to take part in continuation programmes.
3.6	The preference would be that the Southern PHA model is replicated by the Northern PHA and a similar service be operated in Cookstown and Magherafelt areas. The PHA are currently reviewing the programmes and support provided.
3.7	Currently there is a small income stream from these programmes.
3.8	The Dungannon scheme is considered to be one of the best programmes and is promoted as best practise by the Southern PHA.
4.0	Other Considerations
4.1	Financial, Human Resources & Risk Implications
	Financial: Finance provided: Southern PHA provide £31,357.49, MUDC costs £4,000. Northern PHA normally provide £15,020.00, MUDC costs £11,092. Historically the PHA Southern provide costs to cover salary and the Northern PHA has provided costs to cover programme costs.
	Human: 3 staff currently deliver the programmes.
	Risk Management: N/a
4.2	Screening & Impact Assessments
	Equality & Good Relations Implications N/a
	Rural Needs Implications: N/A
5.0	Recommendation(s)
5.1	Members to note the content of the report.
6.0	Documents Attached & References
6.1	N/A

