

Appendix E

Nottingham City Active Travel Social Prescribing Pilot - Objectives and Outputs

What are we trying to do?

- Our programme aims to make walking and cycling accessible, by offering local tailored support to reach people in three areas of the city, who would most benefit from moving more, being more connected to people and places, and better mental health and wellbeing.
- We want to explore how we can use social prescribing to improve our understanding of “what matters to me” for our target groups to support behaviour change to active travel for people previously not engaged or unable to take part, due to health, confidence, mental wellbeing, mobility, or other physical or financial barriers.

Why are we doing this?

The feasibility study stage undertaken February to April 2022 engaged with over 60 stakeholders from 20 local and community organisations. They told us:

- The majority of social prescribing referrals in the city are for mental health and wellbeing and/or social isolation, alongside financial difficulties
- Physical activity and mental wellbeing are intertwined and financial hardship is often a causal factor, so these factors need to be addressed together.
- The importance of services being offered through trusted places and organisations and being representative of our communities so they accessible to and run by “people like me”.
- Ensuring that our social prescribers are passionate advocates for active travel and so there is role for this programme to support that wider active travel culture change across the system, as well as supporting citizens.

We want to:

1. Encourage more active travel to address health inequalities in three areas of the city, with a focus on low income families, women, differently-abled people and people needing support with mental health & wellbeing or experiencing social isolation.
2. Address barriers for under-represented groups by providing inclusive access to services and places for walking and cycling, including to bikes and associated clothing and equipment and by increasing visibility of “people like me” amongst participants and service providers.
3. Increase the physical and mental health and wellbeing of participants through walking and cycling.
4. Test the relationship between creating places for walking and cycling and active travel social prescribing measures to increase the uptake of walking and cycling.
5. Encourage a switch to active travel by giving people positive walking and cycling experiences and support to develop active travel habits and support community-led activities to continue the support.
6. Develop a positive active travel culture across the social prescribing workforce.
7. Build the local evidence base to improve our understanding of the benefits of active travel for different health conditions.

How many people will we help?

Expected demand:

- Up to 80% of referrals to the Link Workers in the target areas may be suitable for support from the programme, equating to an estimated 4,800 patients over 24 months,
- Financial circumstances impact on stress, and which impact's on people's mental and physical wellbeing, Therefore the number of people needing support is expected to increase as the cost of living rises. Also as the benefits of active travel as a social prescribing option becomes more familiar, we expect this will also increase demand for the offer.
- Our programme aims to support **up to 5,500 people** (about 76 people per month in each area) through a combination of referral into self/peer-led activities and more intensive personalised support programmes by March 2025.
- **This is equivalent to 8% of the city's inactive population** (an estimated 65,000 people, Active Nottinghamshire data).
- Note the actual reach and impact of the programme is expected to be more than 5,500 people as the benefits will ripple into the families and friends of those individuals taking part.

How many activities will be on offer?

- The programme will provide **over 17,000 opportunities (“activity places”)** for people to take part in structured active travel offers.
- This means each person can take part in around three services to provide a personalised support package. For example, cycle training plus journey planning or journey buddying along with a bike library loan, Or attending several pop up cycle support events or led rides, or learning to fix your bike and taking part in a number of led rides.

Foundation services:
<ul style="list-style-type: none">• Provide an accessible bike library fleet of 60 e-bikes, e-trikes and adapted bikes offering 1,000 free 4-week cycle hires.
<ul style="list-style-type: none">• Create a virtual active travel support hub promoting walks and ride routes with calendar of activities and events supported by app providing curated package of hyper-local walks, and annual local walk challenge in each target community.
<ul style="list-style-type: none">• Pilot a co-design approach to commissioning local active travel services, to include:
Level 1 Community family friendly provision for self-referral will:
<ul style="list-style-type: none">• Provide 288 community pop up active travel events providing one stop shop for cycle training, Dr Bike, route planning advice, led rides and walks at accessible community venues including parks, food banks, community centres, schools, job clubs.
<ul style="list-style-type: none">• Provide 20 all ability cycle taster days in supportive environment offering 720 activity places
<ul style="list-style-type: none">• Provide 40 led local led walks and 40 group community led bike rides offering 960 places.
<ul style="list-style-type: none">• 45 drop in maintenance days at community venues and community bike workshops.
<ul style="list-style-type: none">• Create network of 45 trained community Dr Bike volunteers and provide 60 Dr Bike pop ups servicing over 700 bikes.
<ul style="list-style-type: none">• Provide 18 tandem rides for people with visual impairment offering 108 ride places.

- Award 10 to 15 small-scale grants to community groups to create cycle friendly venues and provide equipment to support walking and cycling activities.

Level 2 Intensive personalised 1to1 and group support packages on referral will:

- Provide 3,200 walking or cycle travel plan sessions (via email, phone call, 1 to 1 appointments or group sessions) supported by 515 1 to 1 walk or cycle buddy sessions.
- Provide 120 1 to 1 buddy walk courses of 5 sessions per person supporting 120 people.
- Provide 24 group 10-week walking courses with 288 places.
- Provide 204 weekly group cycle training sessions with led rides offering 1,224 places supporting estimated 204 people (6 rides per person), which can be tailored to the health and cultural needs of specific communities and groups
- Provide 60 e-bike/adapted bike loans with a 6-week personalised exercise/ride package.
- Provide women-only community cycle support programme offering cycle training, led rides, cycle maintenance sessions, build a bike, including childcare, offering 444 activity places supporting around 300 women.
- Run 4 women's community ride leader training packages creating 80 female community ride leaders.
- Provide 24 Build-a-Bike 4-day courses offering 72 x Level 1 City & Guilds training places and bikes

Level 3 Nottingham University Hospitals Active Hospital Walking Clinics will

- Provide 20 walking clinics for adults with non-alcoholic fatty liver for women with gestational diabetes supporting 144 hepatology clinic out-patients and 96 ante-natal outpatients.

Level 4 Supporting an active travel culture amongst GPs and social prescribers will

- Create a network of active travel advocates across the Nottingham City social prescribing workforce.
- Offer 144 cycle training places with active travel information session and 24 led cycle rides for health and social care professionals (GPs, Link Workers, Health and Wellbeing Coaches, Community Connectors).
- Create information promoting the benefits of active travel for common health conditions for patients, GPs and social prescribers.