

Health and Wellbeing Group Grant Form (for small grants)

- 1. Name of applicant:** Susan Gooding Charity Administrator
- 2. Organisation applying:** Friends of Salisbury Medical Practice Charity No. 1172839
- 3. Contact details of applicant:** susan.gooding1@nhs.net
- 4. Total Cost of your project (provide a simple breakdown of costs):**

Instructor costs	£400
Admin, overheads, promoting, marketing project, room hire	£350
Evaluation	£50
Total:	£800

- 5. How much are you applying for from the Health and Wellbeing Group Fund?**

£528

- 6. What is the title of your project?**

Tai Chi for people living with dementia and their carers

- 7. Please give a paragraph (or 2) description as to what your project is for/what its aims and objectives are.**

The aim of the project is to provide a regular Tai Chi class for people living with dementia and their carers in a safe and supportive environment, run by a leader who understands the need to adapt the exercises whilst maintaining a relaxing and calm environment. After the Tai Chi exercises participants will be encouraged to stay for refreshments and social interaction. There will also be the opportunity to talk to the Tai Chi instructor on a 1:1 basis.

Tai chi combines deep breathing and relaxation with flowing movements and is practised widely as a health promoting exercise. Studies have shown that people aged 65 and over benefit from participating in Tai Chi because it reduces stress, improves posture, balance and general mobility as well as increasing muscle strength in the legs. Practising Tai Chi can dramatically improve balance within months or even weeks.

There are a number of activities in the community that people living with dementia are able to engage in, and people are sign posted to these. As a result of the sign posting and mapping process it was felt that there may be a need for an exercise class that focused on slow, gentle, repetitive movements. As there was no dementia friendly Tai Chi class within Salisbury

FSMP supported a taster session to assess interest in Tai Chi classes. A series of classes have been held which have received positive feedback. The feedback has shown that Tai Chi is accessible for people living with dementia. The use of slow, gentle, repetitive movements has been easy to follow. Each session has built slowly on the previous session. Both carers and people living with dementia have enjoyed the experience. We would like to now expand the classes and make them accessible to more people

8. Please tell us when your project will take place

The Tai Chi will take place over a period of 12 weeks broken up into two blocks of six. The first block will commence June 2018.

9. Does the project meet a local need? (for which post codes?)

The Wiltshire Dementia Strategy 2014-2021 states that in 2011 Wiltshire had total population of 470,981, 21.5% of whom were at retirement age (65+ years for men and 60+ years for women). This is above that of the national average. This is significant because dementia is most common in the older population as its prevalence rises significantly with increasing age. One in three people over 65 will develop dementia.

According to figures produced by Oxford Brookes University and the Institute of Public Care (2013), the population of Wiltshire with dementia in 2012 was 6,538 and they estimate that this will increase by 27.8% in 2020 – this equates to an additional 1800 people with dementia. The age groups that will see the largest increases are 90 + years old (40% increase) and 70 – 79 years old (36% increase).

The Dementia Prevalence Calculator (NHS Commissioning Board and NHS South of England, 2012) provides a picture of where Wiltshire residents who are registered with a Wiltshire GP surgery and have dementia live. This information shows that there are more people living with dementia in Salisbury than the other Wiltshire towns. This project is aimed at people living in SP2 and SP1.

Whilst there is currently no cure for dementia, there are a number of types of support that can help someone to live well with dementia. Support and treatment can also often help to alleviate symptoms or to slow the progression of the dementia for many people. This project aims to provide support to people living with dementia and their carers.

10. How well does the project meet the priorities of the Joint Strategic Needs Assessment:

Loneliness -

Social isolation – Taking part in a class can help to reduce feelings of social isolation.

Dementia - This exercise class is specifically targeted at people living with dementia and their carers, so that they can take part in a Tai Chi class in a safe and supportive environment.

Carers – Tai Chi is a very relaxing form of exercise that brings a sense of calm. We encourage the carer to do Tai Chi alongside the person they care for so that they benefit from the sense of calm it brings as well as having an opportunity to have fun and reduce stress.

Avoidable admissions to hospital – People with dementia fall twice as much and are injured twice as much as those without dementia. As well as injury, people living with dementia often become more confused and agitated while in hospital and their health becomes worse. All of this can be stressful for carers. New interventions are needed for people with dementia to help prevent them falling. This will help improve their quality of life and that of their carers.

Avoidable admissions to hospital due to falls – Evidence suggests that exercise based interventions such as Tai Chi is effective in preventing falls. Tai Chi works on leg muscles that help with balance and coordination.

11. How will older people and their carers be involved in the project?

The Tai Chi will be promoted through local networks, campaigns, health cafes and contacts with SMP. It will also be promoted widely through the work of the SMP Older People Team which includes a colleague from Age Concern.

12. How accessible is the project for all (disabled access, low income, vulnerable, socially isolated etc)

The venue is accessible to all. Participation in the class will be free.

13. How will the project safeguard the welfare of vulnerable people?

The Tai Chi Leader has had a DBS check and has up to date insurance both of which has been checked and a copies retained. SMP has policies for safeguarding adults, children and vulnerable adults. The trainer is expected to follow policies for confidentiality, chaperoning, equality and diversity.

14. How will you monitor and evaluate the project?

The project will be evaluated using quantitative data i.e. the numbers of people attending. Qualitative data in the form of individuals' narratives will also be collected anonymously.
A report will be written and shared at the end of the project period.