

Information Governance

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Email elft.foi@nhs.net

Website: <https://www.elft.nhs.uk>

17th May 2022

Our reference: FOI DA4185

Dear

I am responding to your request for information received **12th April 2022** I am sorry for the delay in responding to your request. This has been treated as a request under the Freedom of Information Act 2000.

I am now enclosing a response which is attached to the end of this letter. Please do not hesitate to contact me on the contact details above if you have any further queries.

Yours sincerely,



Shuchi Joshi
Senior Information Governance Coordinator – Information Rights

If you are dissatisfied with the Trust's response to your FOIA request then you should contact us and we will arrange for an internal review of this decision.

If you remain dissatisfied with the decision following our response to your complaint, you may write to the Information Commissioner for a decision under Section 50 of the Freedom of Information Act 2000. The Information Commissioner can be contacted at:

Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire

SK9 5AF



We promise to work together creatively to: learn 'what matters' to everyone, achieve a better quality of life and continuously improve our services.
We care . We respect . We are inclusive

Chief Executive: Paul Calaminus
Interim Chair: Eileen Taylor



East London
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Request:

**Question 1: Do you offer a service or program which:
aims to increase exercise levels, improve eating habits or reduce
weight, and is aimed at patients with mental illness or learning
disability, inpatients or outpatients**

If yes, we would like to see:

Referral criteria

Any documents related to the treatment pathway or services offered by this program
The number of patients who have accessed this program since 2017

Answer: The Community programs that are currently running are as follows;

Monday - walking basketball 11.30-12.30pm (no referral necessary)

Tuesday- cycling sessions 11am-1pm (no referral necessary)

Wednesday - football 1-3pm (referral needed)

We will be resuming the body conditioning session at Coventry road also (no referral necessary)

We have just secured funding to have another football training session on another day.

We are currently in talks with GLL to include a badminton session and a body conditioning session.

The only sessions that require a referral currently is football.

We are also running the Tier 2 weight management programme for adults with learning disabilities called Shape Up. The programme runs for 12 weeks and includes information and exercise sessions.

The programme started in January 2022 and we have run 1 cohort of 15 so far but have 2 more cohorts (12-14 people) due to start this month and we are aiming to offer the programme to approximately 80 people

442 people have accessed the service since 2017 to date

Question 2: If yes, are any doctors involved in the delivery of this program?

Answer: These groups do not have doctors facilitating the sessions.