

Information Governance

Charter House
7 Alma Street
Luton
LU1 2PJ

Email elft.foi@nhs.net

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

8th September 2022

Our reference: FOI DA4262

I am responding to your request for information received **27 June 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
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

Tel: 0303 123 1113
Web: www.ico.org.uk

Please note that the data supplied is not allowed to be re-used and/or published without the explicit consent of East London NHS Foundation Trust. Please contact the signatory to request permission if this is your intention



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

Request:

Question 1: Does your Trust offer a physical activity programme* to patients with severe mental ill health (psychosis, schizophrenia, schizoaffective disorder, or bipolar disorder)?

***by physical activity programme we mean any programme that incorporates an element of physical activity.**

Answer: East London NHS Foundation Trust does not have a defined list of programmes, however we ensure that patients are offered the opportunity to participate in any physical activity that is being run and would benefit the patient.

Question 2: Does your trust offer more than one physical activity programme?
a. Yes (if yes, please complete a separate form for each programme).
b. No

Answer: Each service within the Trust develop and run their own physical activities which are then offered to patients who would benefit from the activity. Each service may have a number of different activities they offer, however this information is not recorded centrally and we are therefore unable to provide a definitive list or provide information for each specific activity offered. We have therefore responded to your remaining questions as one overall response.

Question 3: Please enter the name of the programme you are completing the form for:

Answer: Each service may have a number of different activities they offer, however this information is not recorded centrally and we are therefore unable to provide a definitive list or provide information for each specific activity offered. We have therefore responded to your remaining questions as one overall response.

Please see response to question 7 for a list of activities that are generally run across the Trust, however as above, these activities are run independently by each individual service.

Question 3a: Who can be referred to this programme? Select all that apply.

- a. All service users**
- b. People in early intervention services**
- b. People with psychosis**
- c. People with schizophrenia**
- d. People with schizoaffective disorder**
- e. People with bipolar disorder**

Answer: Please note that the Trust does not refer patients to physical activities. Activities are offered to patients who would benefit from the particular activity and given the opportunity to participate in activities suitable to their needs.

Question 4: In a typical month approximately what proportion of eligible patients are referred?

- a. _____**
- b. Don't know**

Question 5: In a typical month approximately what proportion of patients referred, attend the programme?

- a. _____**
- b. Don't know**



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

Answer: The Trust has reviewed questions 4 and 5 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 1(1) of the Freedom of Information Act 2000 states:

Any person making a request for information to a public authority is entitled—
(a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and
(b) if that is the case, to have that information communicated to them.

The Trust does not refer patients to physical activities. Patients are offered the opportunity and encouraged to participate however it is not centrally recorded how many patients take part in the activities. Therefore we are unable to answer these questions.

Question 6: What are the key features of this programme? Select all that apply.

- a. Supervised physical activity sessions**
 - b. Information or education about physical activity**
 - c. Physical activity counselling from a trained facilitator**
 - d. Peer support**
 - e. Other**
- (please give details)** _____

Answer: The Trust has reviewed question 6 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 1(1) of the Freedom of Information Act 2000 states:

Any person making a request for information to a public authority is entitled—
(a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and
(b) if that is the case, to have that information communicated to them.

Each service within the Trust develop and run their own physical activities which are then offered to patients who would benefit from the activity. Each service may have a number of different activities they offer, however this information is not recorded centrally and we are therefore unable to provide a definitive list of key features.

Question 7: What type of physical activity is available?

- Swimming**
- Access to a gym**
- Football**
- Access to fitness classes**
- Walking group**
- Netball**
- Cycling**
- Yoga**
- Basketball**
- Other (please state)** _____

Answer: The Trust has reviewed question 6 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 1(1) of the Freedom of Information Act 2000 states:

Any person making a request for information to a public authority is entitled—



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

- (a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and
- (b) if that is the case, to have that information communicated to them.

Each service within the Trust develop and run their own physical activities which are then offered to patients who would benefit from the activity. Each service may have a number of different activities they offer, however this information is not recorded centrally and we are therefore unable to provide a definitive list of key features.

- Question 8: What is the setting of this programme?**
- a. Inpatient**
 - b. Outpatient/Community**
 - c. Mixed inpatient and outpatient**

Answer: The Trust offers activities to both inpatients and community patients.

- Question 9: What is the format of this programme? Select all that apply.**
- a. One-to-one face-to-face**
 - b. Group face-to-face**
 - c. One-to-one online**
 - d. Group online**
 - e. One-to-one by telephone**
 - f. Other**
(please give details) _____

- Question 10: How is the programme arranged?**
- a. Ongoing course**
 - b. Drop-in sessions**
 - c. Over a fixed period (e.g., 1 session a week for 8 weeks)**
 - d. Other**
(please give details) _____

Answer: The Trust has reviewed questions 9 and 10 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 1(1) of the Freedom of Information Act 2000 states:

Any person making a request for information to a public authority is entitled—
(a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and
(b) if that is the case, to have that information communicated to them.

Each service within the Trust develop and run their own physical activities which are then offered to patients who would benefit from the activity. Each service may have a number of different activities they offer in a number of different formats and with different arrangements, however this information is not recorded centrally and we are therefore unable to answer these questions.

- Question 11: If more than one mode of support was selected in Q10, can each patient choose how they receive support?**
- a. Yes**
(please give details) _____
 - b. No**
 - c. N/A**

Answer: The Trust has reviewed question 11 of your request for information under the Freedom of Information Act (FOI) 2000.



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

Section 1(1) of the Freedom of Information Act 2000 states:

Any person making a request for information to a public authority is entitled—
(a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and
(b) if that is the case, to have that information communicated to them.

Each service within the Trust develop and run their own physical activities which are then offered to patients who would benefit from the activity. Each service may have a number of different activities they offer in a number of different formats and with different arrangements, however this information is not recorded centrally and we are therefore unable to answer these questions.

Question 12: Is everyone who accesses services able to access the physical activity programmes as part of standard care? Please tick all that apply

- a. Yes
- b. Only those who express an interest in physical activity
- c. Only those who are eligible, if yes how is the decision made and by whom _____
- d. No

Answer: The Trust ensures that patients are offered the opportunity to participate in any physical activity that is being run and would benefit the patient.

Question 13: Who supports patients in this programme? Select all that apply.

- a. Fitness instructor
- b. Healthy living advisor
- c. Physiotherapist
- d. Occupational therapist
- e. Mental health worker trained in physical activity (e.g., nurse)
- f. Peer support worker
- g. Other
(please give details) _____

Answer: The Trust has reviewed question 13 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 1(1) of the Freedom of Information Act 2000 states:

Any person making a request for information to a public authority is entitled—
(a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and
(b) if that is the case, to have that information communicated to them.

Each service within the Trust develop and run their own physical activities which are then offered to patients who would benefit from the activity. Each service may have a number of different activities that could be run and supported by a range of staff within the Trust.

Question 14: What level is the person providing the support trained to?

- a. To degree level or above in a relevant area
- b. Other training
(please give details) _____

Answer: The Trust has reviewed question 14 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 1(1) of the Freedom of Information Act 2000 states:



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

Any person making a request for information to a public authority is entitled—
(a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and
(b) if that is the case, to have that information communicated to them.

Each service within the Trust develop and run their own physical activities which are then offered to patients who would benefit from the activity. Each service may have a number of different activities that could be run and supported by a range of staff within the Trust.

Question 15: Does the Trust signpost service users to physical activity programmes outside of the Trust?

- a. Yes
- b. No

Answer: Yes

Question 16: If yes, who provides these programmes? Select all that apply.

- a. Local council
- b. Secondary care trust
- c. Other NHS
(please give details) _____
- d. Not for profit company
- e. Charity
- f. Other third sector organisation
(please give details) _____

Answer: The Trust has reviewed question 16 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 1(1) of the Freedom of Information Act 2000 states:

Any person making a request for information to a public authority is entitled—
(a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and
(b) if that is the case, to have that information communicated to them.

Programmes that are provided by other organisations are made available to patients who may benefit as and when those programmes become available.

Question 17: Does the Trust use any other strategies to promote physical activity in people with severe mental ill health? (e.g., one-off activity health promotion events, brief advice during healthcare contacts, environmental prompts)

- a. One off activity events
- b. Brief advice during healthcare contacts
- c. Financial support (e.g. free gym membership)
- d. Sign posting to activities
- d. Other (please give details) _____

Answer: All patients are encouraged to participate in any activity offered that would benefit the patient.

Question 18: Do you feel that the physical activity provision in the trust meets the needs of the patients?

- a. Yes
- b. No



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

Question 19: If there is anything else you would like to say about physical activity please state below.

Answer: The Trust has reviewed questions 18 and 19 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 1(1) of the Freedom of Information Act 2000 states:

Any person making a request for information to a public authority is entitled—
(a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and
(b) if that is the case, to have that information communicated to them.

The Trust does not record the information being requested in these questions and therefore cannot provide a response.



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