

MCRactive PARS

Manchester Active Physical Activity Referral Service (PARS) offer specialist support and opportunities for people living with long term health conditions that require a tailored delivery approach.

2023



MCRactive

"PARS WORKED SO WELL, I WAS LOOKED AFTER FROM THE MOMENT OF MY INITIAL ASSESSMENT,"

51/100

INITIAL WELLBEING
SCORE



84/100

WELLBEING SCORE
AFTER PARS

The Manchester Active Physical Activity Referral Service (PARS) offers specialist support and physical activity opportunities for people living with long term health conditions that require a tailored delivery approach.

There are many reasons someone might be referred to Manchester Active PARS. It could relate to physical or mental health or both.

On receipt of a referral, clients are invited to attend a one-to-one consultation to identify and agree goals that are important to them, whilst helping them to **increase their activity levels across a 12-week physical activity rehabilitation intervention**. Clients are submitted to a Pathway best suited to their situation and needs, with varying degrees of hands-on support

Client Christina Barrett was referred to PARS from their MSK physio following a complete right hip replacement, severe osteoarthritis in left knee and mild asthma. She was also diagnosed with sensory ataxia affecting nerves which causes balance problems resulting in falls due to dizziness and pins and needles in extremities. Fatigue symptoms were also present.

After agreeing to a referral to PARS to increase physical activity levels, the client was triaged into the PARS Pathway 1 programme.

A one-to-one consultation was subsequently arranged at Longsight Health centre. At this assessment Christina met our PARS referral officer with her health screened and her **personal physical activity goals were agreed**, and a programme prescribed.

At the consultation, self-report questionnaires were completed reviewing different aspects of Christina's life including mental wellbeing, injury and pain and physical activity facilitator (how likely they are to be active). Christina's mental wellbeing score was recorded as being low. This calculated her rating of self-esteem, stress, and depression at starting the programme.



75%

INCREASE IN
REFERRALS

7269

TOTAL
REFERRALS

2-4
WEEKS

CURRENT
WAIT TIMES
(FROM 8-9 WEEKS)

The programme was held at Arcadia Leisure Centre delivered by Pathway 1 instructors Gaz and Tessa, attending twice a week in both cardiovascular circuit-based classes aiming to increase her aerobic fitness, stamina and a core stability/joint strengthening programme.



Following the completion of the programme Christina returned to Longsight clinic for an activity assessment review. At this stage Christina made great progress not only physically but also benefits were found around her mental wellbeing.

The self-report questionnaires were revisited, and Christina's mental wellbeing had improved greatly to 'good' as had her pain management and physical activity engagement score.

Christina's overall wellbeing score had increased from a total score of 51 to 84 out of 100.

A referral to Pathway 2 was made to continue her physical activity journey in the community to maintain fitness and continue to enhance her wellbeing. The Pathway 2 class was held at Withington Methodist Church as part of the Assist community programme.