



Sitting Netball

Impact Evaluation

“There’s something magical about sitting netball. Residents that find it difficult to engage in any activity, have engaged fully in this.” Laura, Kent House

Contents

1. Introduction
2. Summary of findings
3. The research approach
4. The results- what have we learnt?

Introduction

Pilot conducted in Spring 2016 to trial concept

Why?

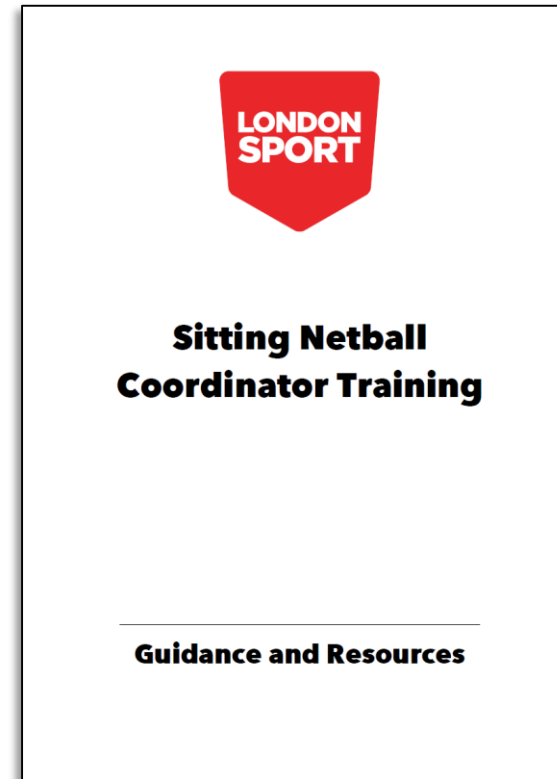
- Inactive population
- Care home facilities
- Available workforce

What was the outcome?

- 5 activity coordinators trained
- 70 care home residents more active
- 100% feeling healthier and happier as a result

Introduction

Equipment and resources:



Introduction

Broader outcomes:

- Improved **activity levels** of care home residents in London
- Improved **activity offer** for care home residents in London
- Establish a **network** of Activity Coordinators through which support and training can be disseminated
- Create a **scalable** delivery model

Introduction

What were the objectives for each stakeholder?

Residents - Increase in the amount of vigorous activity undertaken, *resulting in*: Improved cognitive functioning; Increased physical wellbeing; Improved mental wellbeing.

Care Homes - Increase in Activity Coordinator confidence to deliver activity sessions, *resulting in*: Increased amount of activity sessions on offer.

Local Authorities - Increase in physical and mental wellbeing of residents, *resulting in*: Less need for health services. Improvement in relationships with Care Homes, *resulting in*: Increased social capital and trust.

London Sport - Improvement in relationships with Local Authorities and Care Homes, *resulting in*: Better reputation; The creation of a successful scalable delivery model.

Summary of findings

9 care homes, 114 unique participants.

98% doing at least one physical activity session a week, compared to 62% at start

70% have seen a **very** or **quite large** positive change in their residents

"You could see it on their face, it was simple."

Julie, Knightscourt

66% had an improved mental wellbeing

"It's a major difference in our home."

Laura, Kent House

79% felt **close to other people** often or all the time

"It brings people together, there were little pockets of people and groups but netball has fragmented that."

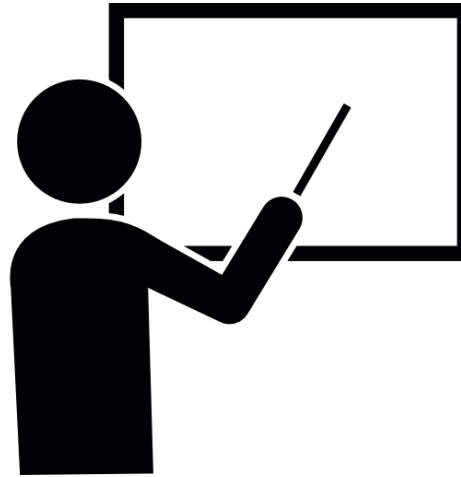
Karen, Abbotsford Care Home

The percentage of people feeling **optimistic**, often or all of the time, more than **doubled**.

"Annie wouldn't be able to tell me anything. She doesn't speak, but I could see she thoroughly enjoyed it, 100%."

Julie, Knightscourt

The research approach



1

Present the monitoring and evaluation process at the activity coordinator training session

The research approach

End of 1st week

4

We ring each
coordinator



4th week

5

Coordinators ask
physical activity and
wellbeing questions

End of 4th week

6

We ring each
coordinator



“Really nice to be able to talk to you, nice to know someone is interested, it keeps us going, motivating like a personal trainer.”

Harinder, Meadowside Care Home

The research approach

4th – 8th week

7

We visit sessions to take pictures and chat to residents

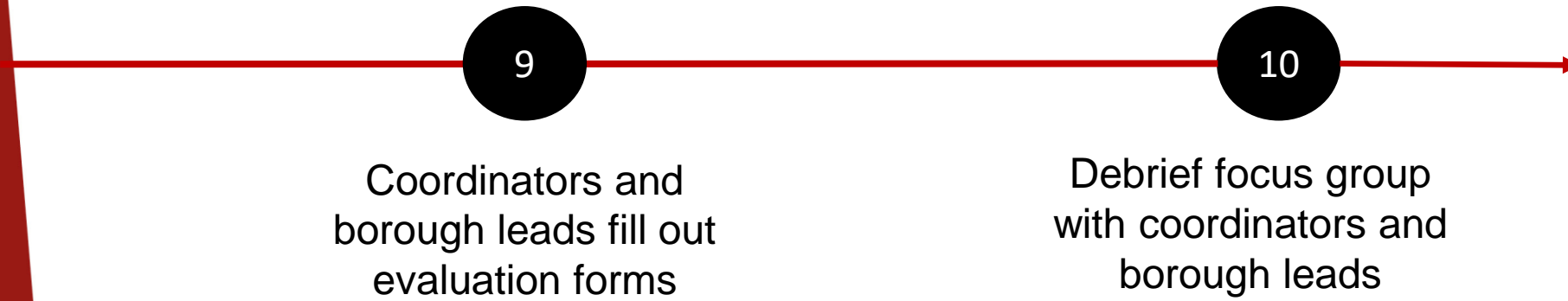


8th week

8

Coordinators ask physical activity and wellbeing questions

The research approach



What have we learnt?

The results



What impact has sitting netball had?

How does it make participants feel?

How can we adapt it?

What considerations do we need to make for the future?

“How rewarding it is to witness transformations of people who had not previously participated in anything.”

Talia, Care Quality Adviser

Sample Size & Characteristics?



	A	B	
		Physical Activity	Happier
Data Entry 1	n=47	n=47	n=58
Data Entry 2	n=47	n=40	n=52
Data Entry 3	n=38	n=22	n=36
Average	44	36	49

Total	n=	114	%
Gender			
	Male	26	23%
	Female	88	77%
Age			
	65-79	11	10%
	80-89	42	37%
	90+	41	36%
	Unknown	20	17%
Borough			
	Harrow	68	60%
	Barnet	46	40%
Care Home			
	Limes	12	10.5%
	Acacia	9	7.9%
	Cantelowes	17	14.9%
	Meadowside	8	7.0%
	Davis House	10	8.8%
	Kent House	18	15.8%
	Knightscourt	11	9.6%
	Princess	13	11.4%
	Alexandra	16	14.0%
	Haven		

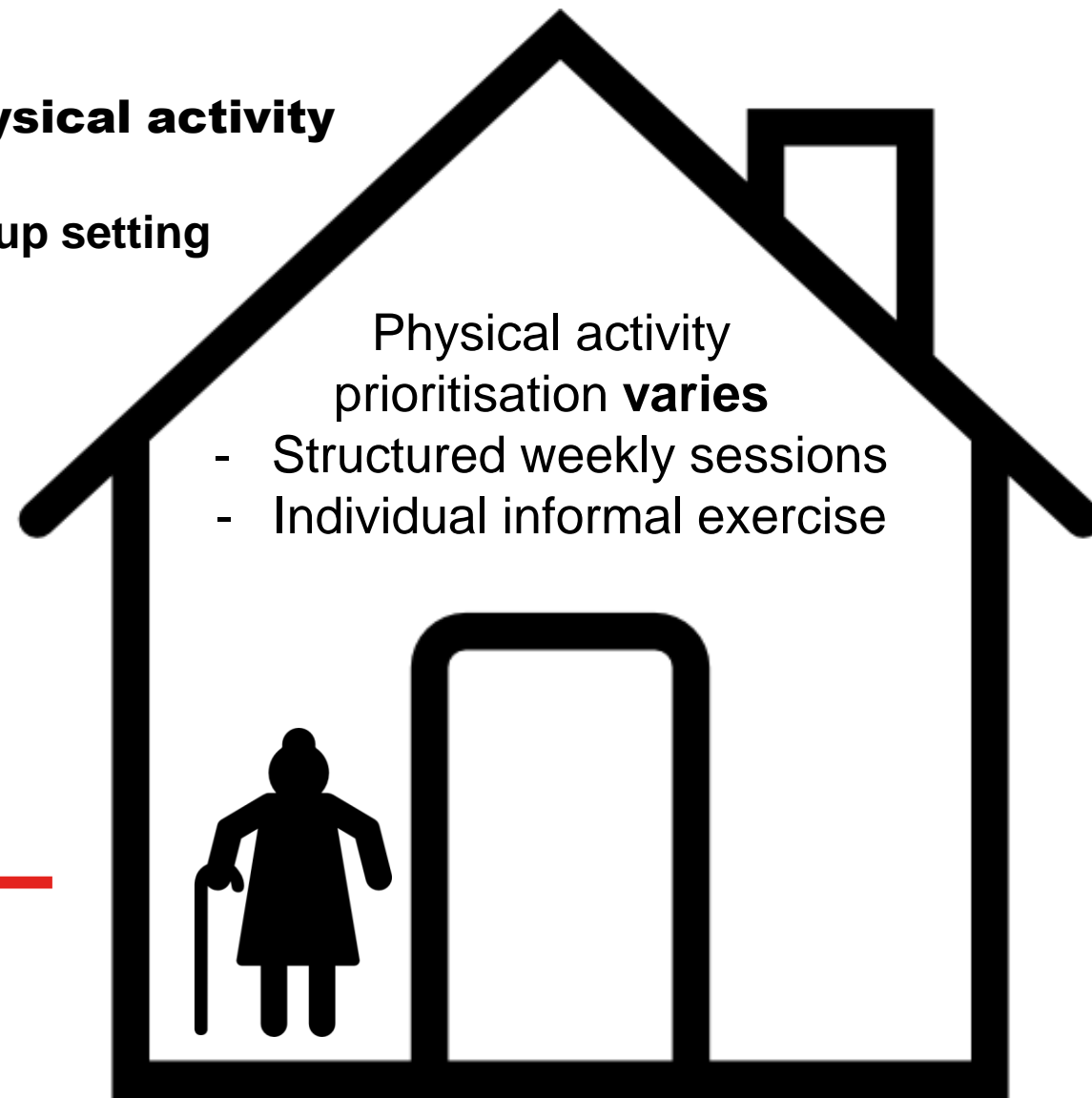
Physical activity prioritisation

Realise the benefits of physical activity

There is a desire for physical activity opportunities in a **group setting**

- A 'community aspect'
- Something that 'brings people together'

Residents can be reserved and independent, but when they exercise, everyone is together.



Physical activity prioritisation **varies**

- Structured weekly sessions
- Individual informal exercise

Initial reactions



Residents want to play

“We’ve got a lady who absolutely refuses to join in with anything other than feeding the cat. But when I started doing the netball, it’s the one thing she’s happy to join in, and she’s very good. She actually said, we should do this every day.”

Sarah, Canteloves House



A few needed some gentle persuasion

“One person just liked to stay in his room, but after watching sitting netball a couple of times, he joined in and now he is more active and looks forward to coming.”

Caroline, Acacia Lodge

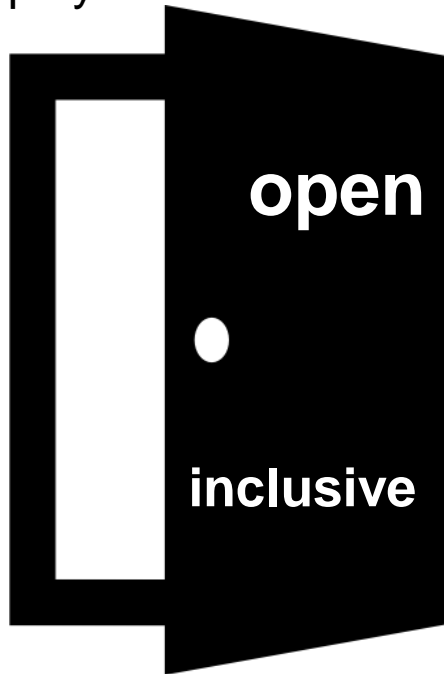
- Important to encourage people to watch
- Bring sitting netball to where the residents are



The residents



Out of the 114 participants, there isn't a 'typical' sitting netball player



- Altered seating arrangements
- Stress importance of joining in

“One lady couldn't ever remember playing netball. But she came along and she was our star player...

she was so competitive!”

Nicola, Haven Care Home

We've talked about physical activity prioritisation, the residents and their reactions to sitting netball.

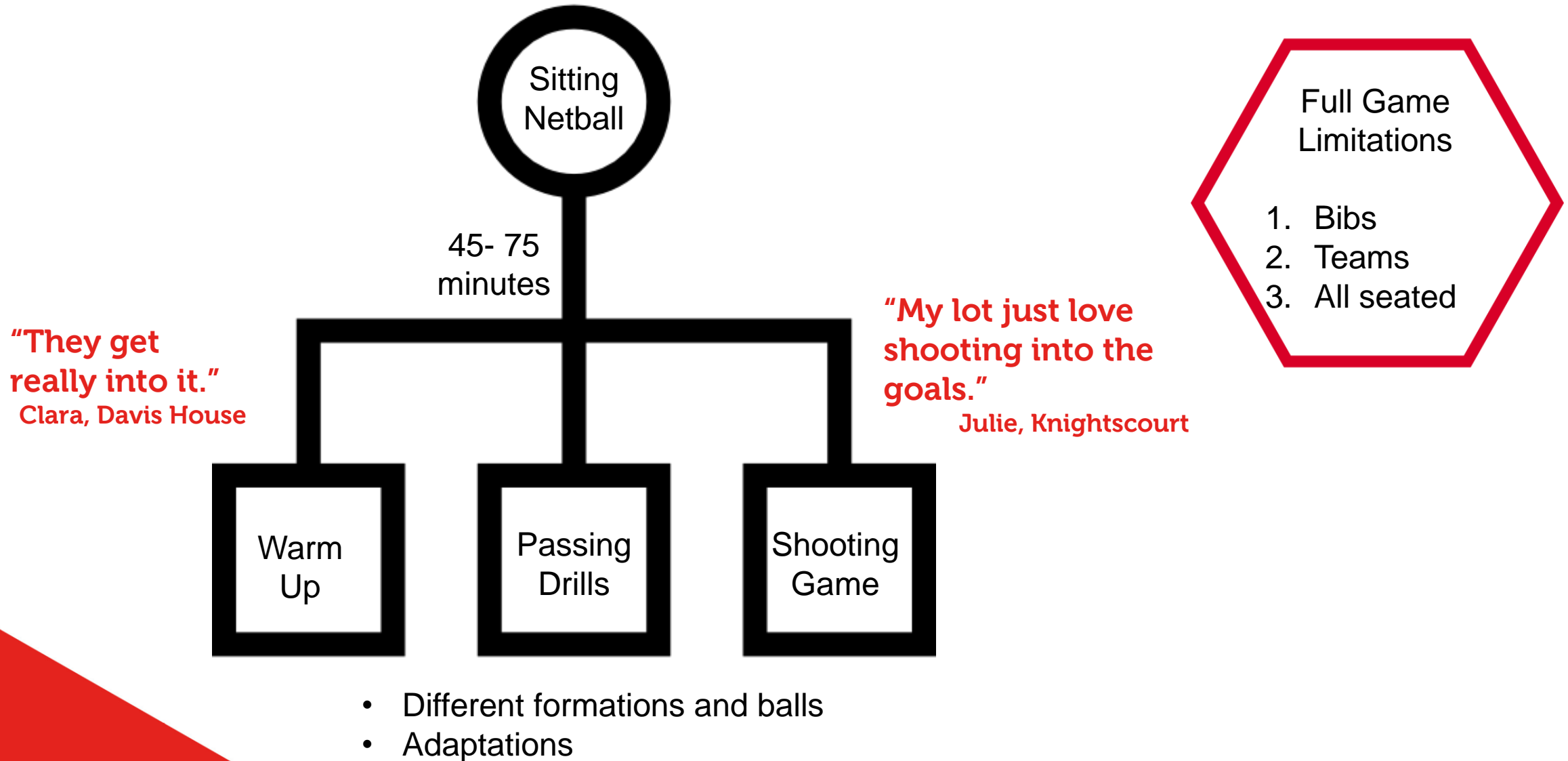


What will your reaction be?

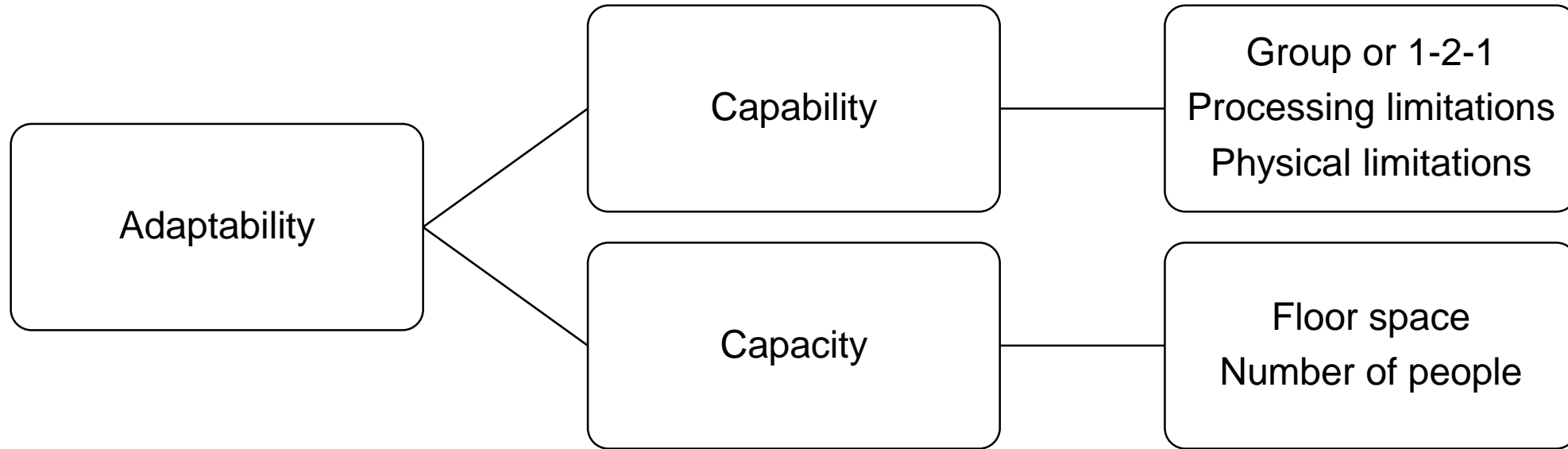


Voice over by Muriel Butterworth.
Words by Karen Spanswick-Smith,
Abbotsford Care Home

Session structure



Considerations



“One of our residents, he is willing to play but he couldn’t catch like others before starting sitting netball.

Now he is able to hold a ball, can’t throw properly but can push it on the floor, do more than before. He always wants to try.”

Purnima, Limes Residential Care Home

Feelings of residents



94%* felt
happier after
sitting netball

*Where n=49, average of
midway and end point
measure

**“When they play, they smile a lot,
that’s something I’ve really
noticed with the sitting netball,
that they smile, that they will be
more engaged and laughing, and
that gives encouragement to
others to join in.”**

Caroline, Acacia Lodge

Why?

Feelings - it's social



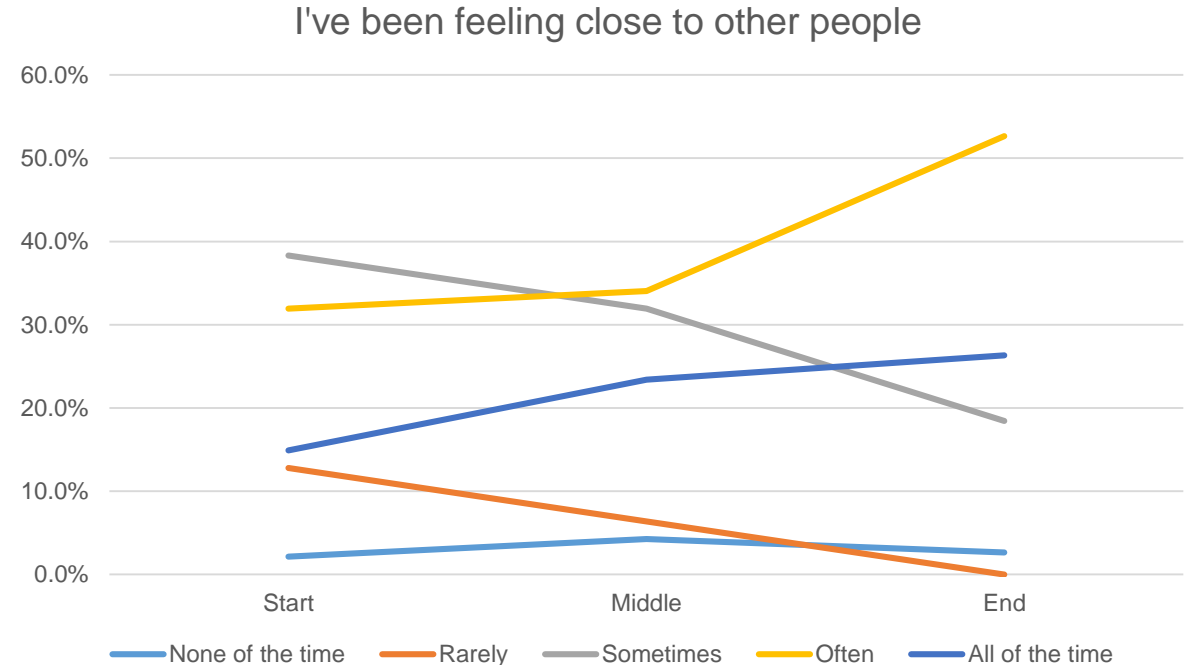
“Residents enjoy the company, playing with each other. Interacting made them excited.”
Caroline, Acacia Lodge

“They have a giggle if you hit somebody wrong or if you miss it, it is very positive to see them laughing.”
Harinder, Meadowside Care Home

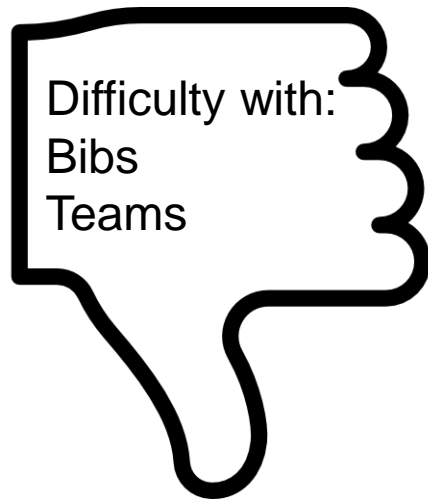
- Engagement
- Togetherness
- Encouragement
- Team
- Applause
- Laughs

79% felt close to other people often or all the time

69% percentage change



Feelings - it's competitive



“Residents have been working like a team and some have been competitive with each other.”

Julie, Knightscourt

Feelings - it sparks conversation

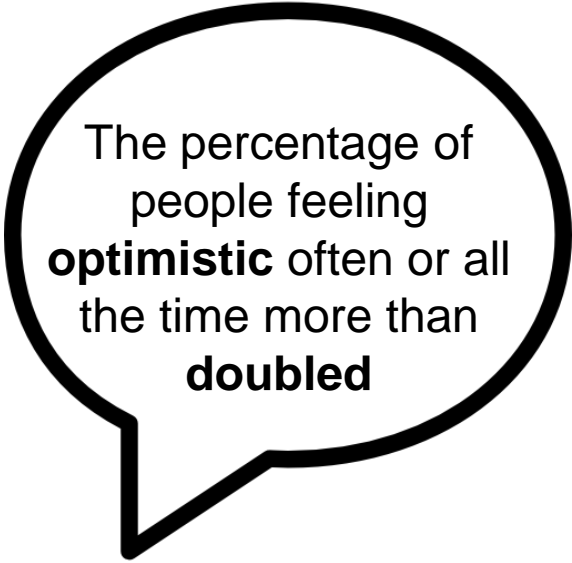
LONDON
SPORT

About the session itself

- Joint experiences
- Who scored
- Continued impact

"A visually impaired lady used to spend all the time in her room. Then she came to play in a small group and was asking everyone's names, interacting with everyone and really enjoying herself."

Laura, Kent House



The percentage of people feeling **optimistic** often or all the time more than **doubled**

About the 'old days'

- Nostalgic
- Reminisce
- Stimulate the mind

"Residents were talking about what position they used to play."

Nicola, The Haven Care Home

Feelings - sense of achievement



Netball provides an:

- Aim
- Focus
- Opportunity to learn and improve
- Mental stimulation

71% felt relaxed often or all the time
59% percentage change

"You witness their frustration when they miss it followed by their smile and clapping when they finally get it in."
Caroline, Acacia Lodge

This leads to:

- Sense of achievement
- Increased self esteem
- Improved confidence

"It can contribute to life fulfilment, bringing the person to life again and the characteristics that made them the person they were and inside, still are, even if they lack the physical strength."

Clara, Davis House



Feelings - it's different



Novelty factor- Would this wear off?

Given how it makes residents feel, hopefully not!

- The social aspect
- Competition
- Nostalgia and conversation
- Sense of achievement and fulfilment

But there is room for adaptation...

Sitting football

Sitting basketball

Sitting sports!!

"I think having the term netball actually pigeon holes it, need to have a term that is more expansive because other sports would be attractive too."

Karen, Abbotsford Care Home

Ultimately, we want to encourage **creativity**, whether that's different sports, or half time breaks with oranges, biscuits and a laugh

Staff feelings



Z Z Z...

Coordinators tired after sessions
Additional benefit- they are more active!

90% said it had a quite or
very large positive impact on
job satisfaction



What keeps them motivated?

Similar to participants:

- Engaged
- Enjoyment
- Socialising
- Smiling
- Interaction

**"The reaction on their faces
makes me want to do more."**

Caroline, Acacia Lodge

**"Seeing the residents
happier is really rewarding."**

Laura, Kent House

Additional people involved

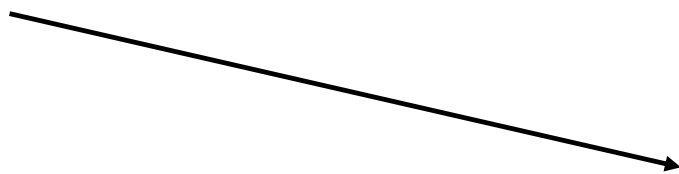


The more the merrier!

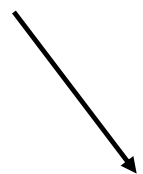
- Carer
- Physio
- Volunteer
- Visitor



Wider staff involvement
It may not be *their* job
Culture and capacity of home



School children



Family time:
121 time
Trips out and about

"The kids ran from the door to join in... it was mad, it was great, we are always going to do it when the school visits."

Julie, Knightscourt

Continuation of sitting netball



Will homes be continuing sitting netball?

Yes!

"It's exceeded our expectations, residents who I would not expect to engage in this activity have been enjoying it."

Clara, Davis House

Definitely yes

"I could not believe the enjoyment and fun it brings to the residents."

Laura, Kent House

Yes I am planning to do it twice a week

"All round, definitely. Looking forward to trying it with all residents."

Harinder, Meadowside Care Home

Yes with bells on top!!



Thank you!

For more information please contact:

Tom.browne@londonsport.org

Emma.butterworth@londonsport.org

0207 868 5055

londonsport.org

data.londonsport.org