

Oxfordshire

ON THE MOVE

Workshop Summary

New developments and next steps with the Pathways to Health Framework

1. Brief summary of the topics discussed.

We began the session explaining the definition of a 'Physical Activity for Health Pathway' and what we mean by creating a framework. This was followed by a re-cap of the work that has taken place to date, including both face to face and online consultations, and the national work to drive this area of work forwards (including the funding confirmed by Sport England).

We took time to reflect on the face to face meeting back in February and key words that were used to define what an ideal PA pathway would look like. These words were shared with the group for a discussion on whether they still apply, any they would change and where they are already working well.

Finally, we took a closer look at three of the core characteristics of a PA pathway and asked the questions:

- What are the benefits and challenges of a single point of access?
- What additional skills are required from our workforce and where might there be an opportunity for collaboration?.
- What are the gaps in physical activity opportunities across the county? What audiences need more support?

2. Any obvious themes/priorities emerging from discussions.

- Following the consultation back in February 2023, the defining terms for a successful PA pathway were shared and agreed by the group.
- The benefits and challenges of achieving a single point of access.
- What workforce skills are needed to support successful delivery of a PA pathway.
- What gaps are there in activities to meet needs of individuals referred into pathway. What are we missing?

3. Outcomes from the workshop.

- There was an agreement on the need for a single point of access and streamlined pathway.
- Reaffirmed the need for an effective triage to provide the best support for individuals and discussed the skills this workforce requires, e.g., soft skills, risk management, quality assurance and accessibility (language/communication).
- Self-referral needs to have easy access with clear and consistent process for clients referring.
- Identifying gaps in activities to include face to face sign groups, activities in different languages, SEN, younger people, pregnant women, activities that parents can attend with their children, and exit pathways to support condition specific rehabilitation.

4. Any opportunities for next steps/actions/connections that we can build into the ongoing OOTM engagement plan.

- Opportunity for Oxfordshire to be part of a place-based pilot through the funded PA Pathways consultation next year.
- Continuing local conversations through a smaller task group with PA and health stakeholders to make plans to best achieve a joined-up and easily accessible pathway for both individuals and health referrers.
- Making resources and enquiry forms available in different languages.
- Identifying a clear set of skills and knowledge required by the triage workforce.

To connect with people that you met in this workshop, please contact nicolekalinowska@activeoxfordshire.org or visit www.oxfordshireonthemove.org

Please do share any actions that you are taking towards this work here: www.oxfordshireonthemove.org/actions