

ParkLife Café and Enderley Road Patients Association – Health Information Session

Topic: Physical activity and movement as we get older

On the 28 September 2023, we were invited by Enderley Road Patients Association (ERPA) to undertake a health awareness session. This session was on the topic of physical activity and movement as we get older. The session was held at the ParkLife Café in Harrow, with which ERPA has an ongoing collaboration.

Background and development of the session

This was the second health awareness session held in collaboration with ERPA and ParkLife. After the success of the first session in June 2023 on occupational therapy, stroke and transient ischaemic attacks, we were invited to put forward speakers covering a wide range of health-related topics to raise awareness through community engagement sessions.

September's session was led by Dr David Salman (Post-Doctoral Clinical Academic Fellow, Imperial College London). Prior to the session we held a briefing call with David to introduce him to representatives of the ERPA and ParkLife, and to discuss the content of David's talk and get insight into any specific community interests. From this we developed a 1.5-hour face-to-face and online session focusing on physical activity and movement as we get older.

This collaboration originally came about after being contacted by one of the Imperial Patient Experience Research Centre (Imperial PERC) Community Partners. As part of their role with ERPA, they are involved in organising 'specialist talks' for the local patient base, which are now held in the relaxed and informal setting of ParkLife Café.

Agenda:

The agenda of the session was:

- 7:00pm Mingle and refreshments
- 7:30pm Presentation on physical activity and movement as we get older
- 8:00pm Q&A and Discussion
- 8:30pm Summary and Close

Aims of the session:

The aims of the session were as follows:

- Increase awareness of the benefits of physical activity for health
- Increase awareness of the barriers to physical activity
- Increase awareness of how to maintain physical activity as we get older

The session was hybrid which meant that some people were in the room and others joined on Zoom. A PowerPoint presentation was used for visual aids and to get key information across.

Attendees

Promotion for the information session was led by ERPA who developed a flyer which was disseminated across their patient network.

There were approximately 10-15 attendees in person and approximately 5 attendees on Zoom.

Those in attendance included members of the ParkLife Café Community and ERPA, and their friends and family.

Overview of the session:

Broadly, the session included the following content:

- The benefits of physical activity for health
- Physical activity for adults and older adults
- Barriers to physical activity
- The impact of social relationships, loneliness, and our environment on physical activity
- Examples of strengthening exercises and movement
- Using alternative systems to look at how the external environment affects people's mobility.

Attendee comments shared:

- One attendee shared that their friend, an elderly person, was walking on the pavement and had a fall because of an uneven pavement. Now they won't go walking again out on the pavements. The attendee agreed if there was there some kind of study that enables local councils to find out if people are no longer walking in the area (e.g. due to uneven pavements, trip hazards, etc.) they would be supportive of it.
- One attendee shared that they did not think the use of cameras was acceptable to monitor how the external environment affects people's mobility. Given that London already has extensive CCTV monitoring, there could be other ways to do this.
- One attendee shared that instead of going for coffee with their friends, they now ask if they can meet to go on a walk instead. They go for a 3 hour walk and chat and then have coffee.
- One attendee shared an experience from their two pregnancies. They walked regularly and practiced mindfulness during their pregnancy, which in their opinion made their pregnancy easier when compared to their friends.
- One attendee shared that they were a member of the Young Farmers' Club, during which they were very active through doing their normal tasks.
- One attendee shared that they would only feel comfortable cycling around London if it was safer.

Questions asked:

- I would sum up what you've been saying as making common sense, common practice. Where does the term 'laziness' come into this?
- How can we put exercise or movement into someone's daily life? As we know there is a relationship between activity and social relationships, so maybe we don't look at the activity and instead the focus is on getting more social activity and social groups, clubs, etc? Or social prescribing through your GP?

Feedback from attendees:

Q1. Overall, how would you rate the session?					
No response	Very bad	Bad	Average	Good	Excellent
2	0	0	0	2	5

Q2. Please rate the following statements:					
a) I feel more knowledgeable about being physically active					
No response	Strongly Disagree	Disagree	Neither agree or disagree	Agree	Strongly Agree
1*	0	0	0	2	6
*“I think I knew most of the points”					
b) I feel more confident about being physically active					
No response	Strongly Disagree	Disagree	Neither agree or disagree	Agree	Strongly Agree
1	0	0	2	0	6

Q2. c) What did you like most about the session? (free-text)
Terrific research slides. Lovely Q&A.
People's different perspective on exercise.
Very interesting
All of it
Sharing experiences with others. Gaining implementation knowledge from the doctor and Bipin.
The presentation was relevant and engaging.
Good to exchange news.
Activity. Snacks. Small activity is still activity.
Well-presented case for exercise.

Q3. Do you think the information presented at today's session will help you, or your family/friends?		
Yes	No	Not sure
8	0	1

Q4. What worked well and what could be done better next time?
Lovely atmosphere.
Everything was good. More meetings should go ahead.
Informal discussion.
All good. Amazing hosts. Thank you.

Q5. a) Please rate the following statement:

Using the systems described to look at how the external environment affects people's mobility is a good idea

No response	Strongly Disagree	Disagree	Neither agree or disagree	Agree	Strongly Agree
1	0	0	1	2	5

Q5. b) Please add any thoughts/comments or suggestions about the proposed project below:

I would like further interaction please.

Dangerous to cycle - aggressive road users - safer.

Not clear what the proposed project is.