

# What's happening on Woodberry Ward?

The Woodberry Ward Lifestyle Improvement Project is aiming to have **50%** of service users engage in weekly physical activity, in order to maintain a healthier lifestyle

## Why?

**Q: WHY did you need to have a project focusing on physical health?**

**A:** Ward rounds were predominantly focused on BM, BMI, and continuous weight gain. This needed to change to improve overall health and wellbeing.

## What?

**Q: What is the key to this project?**

**A:** Listening to the service users and staff involvement in every aspect of the project; creating a sense of community and breaking down the "us" and "them" culture.

## Actions

**HEALTH AWARENESS GROUP (HAG)** was set up to explore healthy eating and factors that prevent engagement.

*"feels positive"*  
*"motivating, interesting"*  
*"improving health"*

*"fun, amazing, entertaining"*  
*"healthy competition"*

Started a **WALKING GROUP** once a week, which increased to twice and then thrice per week. Basketball and football were added to spice things up which the guys love!

**STRETCHING** sessions are held thrice weekly on the ward and is available to all! It's quick, easy and service user led!

*"everyone is involved"*  
*"it's relaxing"*

## Changes Ideas

Health Awareness Group, Smoothie Group  
Self-Catering, Badminton, Walking Group,  
Stretches, Garden, Interest Matching,  
Lifestyle Booklet  
Personal Tracker, Calorie Tracking



- Woodberry provide an average of 164mins of physical activity a week. National average to engage in is 150 mins.
- We have reached 30% of our 50% aim!
- 11/12 service users have engaged in one + aspect of the project
- We have consistent service user engagement!

