

National Support Fund: Six-Month Progress Report



Please submit your report **within 1 month** of your project completing the first six months of **Years ONE, TWO and THREE.**

Section A Project information

A1 Organisation

Fife Institute of Physical and Recreational Education

A2 Project Reference Number

S1 - / S2 -

A3 Project Title

GUTSE - Give Up Tobacco Substitute Exercise

A4 Project Year (one, two or three)

Year One (Please delete)

A5 This report covers the period:

From:				To:			
Month	October	Year	2003	Month	February	Year	2004

Section B

Your project's achievements and progress

B1. Description of work carried out to date. *Please refer to this section in the previous report, which highlighted the work you intended to carry out. (Continue onto a separate sheet if necessary)*

The project is geared primarily towards individuals with physical, sensory and learning disabilities who wish to give up tobacco and use exercise as a substitute. The early weeks of the project were spent advertising the programme and making contact with individuals and groups who may be interested in becoming involved. This necessitated talks, meetings and contacts with professional staff and volunteers involved with the prospective client groups. Fife Institute staff have many contacts with relevant groups and individual staff members did as much marketing and publicising as possible. Numbers for the first planned course in October were small and consequently the start date was postponed. A decision was also taken to include individuals with mental health problems and any other individual who expressed interest in the project. With all of this as a background the first course was launched in January 2004 with potentially 11 course members. The maximum number that ever attended at any time was 6, and 4 have remained off tobacco and are exercising regularly. Activity sessions took place in the newly refurbished Inspiration Suite and all members secured an Inspiration exercise pass. Weekly consultations took place with a health visitor and NRT was prescribed for most course members.

B2. Please provide details below of events or activities that you feel have contributed to the projects success to date.

The individuals who attended the weekly classes all wanted to give up tobacco and remained over a two-month period totally focused on physical activity. The physical education teacher and health visitor who led the project were totally committed, enthusiastic and built up an excellent relationship with all class members. Friends and family also became involved and class members extended their physical activity involvement to other sessions. The appropriateness of the Fife Sports Institute and the resources available contributed to the success of the programme.

B3. Please give an account of any problems encountered that have affected the progress of your project to date.

The single biggest problem was attracting enough people to course number one. We had hoped for 8-10 people on a regular basis but in the end settled for a core of 4 - 6 who achieved so much. The enclosed profiles give greater detail of the very clear outcomes that were realised. Every effort will be made next time around to attract a full compliment of course members. Links have already been established with new potential client groups.

**Section C.
Review of timetable of the last six months being reported**

C1. The original project timetable and milestones against actual progress

Predicted	Actual
	Advertising and staff involvement began post summer 2003 and the first course started in January 2004. It is now our intention to run with a rolling programme but continue to support those on Course I.

C2. Is your project on track to bring about the outcomes you expected it to?

Yes ✓ No ✓ Please delete tick

If no, please give reasons

The only issue we have failed on to date is attracting predicted numbers. We planned for 10 per course and interested 11 for course one. In effect we only managed to sustain the interest of 4 but all of these individuals have remained off tobacco for as long as 8 weeks plus to date. As a consequence there has been internal staff spin off because two other staff members quite independently gave up tobacco. The net result is 6 successes to date for Course I.

**Section D
Future Plans**

D1. Description of work planned (milestones and dates) for the next six months that you hope to carry out. (Please continue onto a separate sheet if necessary)

We have decided to move from individual courses to a rolling programme. This will mean new individuals can come on board at any time instead of having to wait until a course starts. We feel we have to offer the service immediately the individual expresses an interest. We also plan to keep existing members on board and continue to offer them support. By attending at the same time as new course members they will act as role models. There is no doubt that the group dynamic and the relationship with the tutors have been instrumental to success. The Fife Institute has proven itself a non threatening welcoming environment and the course members have appreciated this as a major motivating factor.

D2. We recognise that sometimes for understandable reasons projects do not always go as expected and that you may need to make changes to achieve the same aims and objectives. Have you during the last six months had to make any changes to your original aims or objectives?

Yes ✓ ~~No~~ ✗ Please delete tick

If you answered 'Yes' please tell us what changes you plan to make.

As mentioned above we have moved from specific courses to a rolling programme with open access and continued support and maintenance.

**Section E
Budget Management**

E1. At the end of this project year, is your project running...

Under budget To budget ✓ Over budget
Please delete ticks

E2. If there has been an over spend during this period, have you notified PATH?

Yes No Please delete tick

If your answer is 'No', please give detail of any overspend below

No Overspend

E3. Please tick box(es) of any unexpected costs that have required you to make changes within your budget:

	Please delete	
Moved budget under different heading	✓	✗
Made adjustments to original project budget	✓	✗
Adjust project aims and objective	✓	✗
Obtained funding from alternative source (Please state source in Section E4 below)	✓	✗

E4. List below matched funding or in-kind support to date including any made from your own organisations funds.

	SOURCE	CONTRIBUTION £
Matched Funds:		
In-Kind Support:	Time of Health Visitor plus resources from Glenrothes LHCC Time of Depute Principal Richard Brickley devoted to the project.	Impossible to estimate Impossible to estimate

**Section F
Further Information**

F1. Use this space to tell us any further information about your project that you think will help us to understand what you have achieved e.g. media attention. (Please continue onto a separate sheet if you require)

We hope to extend this service to other staff. The whole project has been well received and publicised within Fife Council and beyond. We have made contact with others involved in similar projects e.g. Fife "buddy system". A major appeal factor has been the name of the project - quite surprisingly - GUTSE.

**Section G
Signatures**

I confirm that I am authorised to sign this agreement for the organisation named above. I confirm that the management committee or governing body knows about this report and that all sections have been completed and as far as I know all the information given in this report is accurate.

Signature:	
Full Name:	Richard Brickley
Position in Organisation:	Depute Principal, Fife Sports Institute
Date	22/03/04

Please return completed report to: Partnership Action on Tobacco & Health, ASH Scotland, 8 Frederick Street, Edinburgh EH2 2HB Tel: 0131 225 4725