

National Support Fund: Annual 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

Give up Tobacco Substitute Exercise (GUTSE)

A4 Project Year (one, two or three)

Year (Please delete)

A5 This report covers the period:

From:				To:			
Month	October	Year	2003	Month	September	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)*

Established an inclusive smoking cessation initiative where a small group of women (4) supported and interacted with a group of male hospital patients with mental health problems (7). Together they supported one another in our smoking cessation initiative and all became physically active (GUTSE). With the Fife Sports Institute as the venue a fife council physical education teacher worked with an NHS Fife Health visitor to bring about behaviour changes in relation to smoking. Essential support was provided by hospital support staff. Some course members were encouraged to participate in other substitute physical activity programmes.

GUTSE as an appropriate programme for those wishing to stop smoking is now well established in our area.

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

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 year just started well but finished poorly. I would not have expected us to have had such difficulty attracting new students to the project. Other approaches are being attempted.

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)

- New contacts to be established with potential user groups of the service
- Explore other ways to advertise the project other than posters or website or letters
- Try to re-involve individuals who joined the past projects but did not complete the programme
- Extend my network of contact personnel with mental health
- Re-establish the programme after our recent break

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.

Basically we have to start again after a poor final term.

**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

N/A

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	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Made adjustments to original project budget	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Adjust project aims and objective	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Obtained funding from alternative source (Please state source in Section E4 below)	<input type="checkbox"/>	<input checked="" type="checkbox"/>

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

	SOURCE	CONTRIBUTION £
Matched Funds:	Fife Council	Admin support and staff time
In-Kind Support:	NHS Fife	Health visitor time

**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)

This will be a telling term for us. If we cannot attract new students to the project then perhaps we have to bring it to an end. This would indeed be sad because of the success with the first two groups of individuals who successfully participated.

**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:	Richard Brickley
Full Name:	Richard Brickley
Position in Organisation:	Depute Principal
Date	26/02/05

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