

LEISURE CENTRE

THE MSK HUB PILOT PROJECT

**For those living with
musculoskeletal conditions**



LeisureCentre.com/MSK



ABOUT THE PROJECT

As part of the Healthy Ageing Challenge, the musculoskeletal [MSK] hub project aims to transform leisure centres into community MSK rehabilitation hubs. Funded by UK Research and Innovation and administered by Innovate UK, the project aims to reduce health inequalities and the burden on the NHS by providing local, supported, self-management options for people to better maintain mobility and reduce pain through activity.

Research shows that people with chronic MSK conditions are twice as likely to be inactive. As a delivery partner, Parkwood Leisure will support people living with MSK conditions to access DTAC-certified rehabilitation programmes in their community, improving mental and physical health and enhancing quality of life.

WHY THIS PROJECT IS NEEDED?

It is well documented that older adults are the primary beneficiaries of NHS services, with an estimated 7 million people waiting for treatment.

The consequent prolonged waiting times is a particular concern for those with chronic MSK conditions and especially for low-income and minority ethnic groups.

With 20 million people currently living with a MSK condition, research shows that chronic MSK conditions can lead to increased fragility and risk of falls, poor mental health and worsening physical health - associated with decreased mobility and increased social care needs.

Further research highlights the prevalence of MSK conditions in pregnant and postpartum females.



WHAT WE ARE DOING TO HELP

Led by Good Boost, the national consortium partners include: ESCAPE-pain, Arthritis Action and ukactive, with Parkwood Leisure as a specialist local delivery partner.

Parkwood Leisure will be transforming 24 of our leisure centres into community MSK hubs, providing a range of local programmes for people to maintain and improve their mobility whilst reducing pain:

- **Good Boost**

Ongoing 30-60 minute AI personalised therapeutic DTAC-certified aquatic and land exercise classes, for individuals and groups living with MSK conditions.

- **ESCAPE-Pain**

A six-week twelve-session group rehabilitation programme for people with chronic joint pain that integrates educational self-management and coping strategies with an exercise regimen individualised for each participant.

- **Arthritis Action**

Providing information from arthritis action via coffee mornings at sites to improve the quality of life of people living with chronic arthritis.

- **ukactive**

The Active Standard [TAS] is a new product designed by ukactive in conjunction with partners, to apply and quality assure the appropriate standards necessary to support the continued professionalism of the physical activity sector.

PARTICIPANT JOURNEY

Participants wanting to access the ESCAPE-pain courses or Good Boost classes can self-refer or be referred through their GP/ Healthcare Practitioner. Each person wanting to take part in the ESCAPE-pain course will need to complete an MSK Hubs PAR-Q.

To find out more or to self-refer, participants can visit [LeisureCentre.com/MSK](https://www.leisurecentre.com/MSK) or they can call or visit their local leisure facility. Existing Healthcare Practitioner referral forms can be used or alternatively, a healthcare referral form can be downloaded on [LeisureCentre.com/MSK](https://www.leisurecentre.com/MSK).



FREQUENTLY ASKED QUESTIONS

PROJECT BACKGROUND

WHO IS FUNDING THIS?

The project is funded by UK Research and Innovation [UKRI] [[ukri.org](https://www.ukri.org)] and administered by Innovate UK [[gov.uk/government/organisations/innovate-uk](https://www.gov.uk/government/organisations/innovate-uk)]. Given this is a UK governmental initiative, the project will have a UK-wide remit and be delivered in home nations.

WHAT TYPE OF PROJECT IS THIS?

This is an industrial research project that will be co-designed and co-developed to test how leisure centres can support the NHS backlog by offering its spaces and partnering with NHS Trusts and healthcare professionals to deliver musculoskeletal rehab. The fitness and leisure industry has the infrastructure, standardisation, accessibility, quality assurance and a variety of structured interventions to support the NHS.

WHAT IS THE TIMELINE?

The MSK Health Hub pilot project was announced in Summer 2022 with phase 1 [15 leisure centres] up and running with interventions by the end of 2022. Phase 2 [85 Leisure Centres] began in Spring 2023. The research pilot will be evaluated by April 2024.

DO YOU HAVE TO HAVE NHS ETHICS APPROVAL FOR THIS PROJECT?

No, we are not required to have ethics approval, as this project does not cross over to clinical governance. For the purposes of further academic research [e.g. the development of manuscripts], institutional [academic] ethics will be submitted to relevant universities, and this will be written and submitted by the research teams at Good Boost and ukactive.

OPERATIONS AND SETUP

HOW DO WE REFER AND SIGNPOST TO THE PROGRAMME?

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Existing Healthcare Practitioner referral forms can be used or alternatively, a healthcare referral form can be downloaded on [LeisureCentre.com/MSK](https://www.leisurecentre.com/MSK).

All participants will need to complete a fitness to exercise declaration form and Parkwood Leisure terms and conditions before starting any activity. Participants wanting to take part in ESCAPE-pain will need to complete an MSK PAR-Q which will be reviewed by the exercise referral Level 3 or 4 trained teams.

Before participants take part in their first Good Boost class, they will need to visit the facility to register a profile on the Good Boost Hub using the portable tablets [takes approx. 20-30 minutes]. No self referral is required for the Arthritis Action coffee mornings, participants can turn up on the day or pre-book by calling their local facility.

WHAT PATIENT SCREENING WILL BE UNDERTAKEN PRIOR TO COMMENCING ACTIVITY?

Eligibility criteria for ESCAPE-pain for knee / hip osteoarthritis:

- Participants over 45 years of age with chronic joint pain [at least 3 months' duration] or a clinical diagnosis of osteoarthritis.
- No contraindications to carrying out a regular exercise programme.
- Would benefit from a group-based rehabilitation programme with exercise.
- Independently mobile and able to participate in a group-based exercise programme with minimal supervision.

Eligibility for ESCAPE-pain for backs:

- Adults [over the age of 18].
- Non-specific lower back pain for more than 3 months or recurrent episodes [with or without radicular [sciatic] pain].

- No contraindications to exercise.
- Identified as medium risk using STarT back. However, if a participant is identified as low or high and would benefit from the programme and wishes to participate in the programme, consideration can be given for their inclusion.
- Would benefit from a group-based rehabilitation programme with exercise.
- Independently mobile and able to participate in a group-based exercise programme with minimal supervision.

Good Boost screen for the following:

- Health care professional advising against exercise: Good Boost advises that they return when signed off.
- General malaise in the 48 hour previous to exercise.
- Cancer treatment: with the participant being immunocompromised health professionals may need to risk. Assess if group classes are for them.
- Cardiac and respiratory conditions: Good Boost recommend that they do what they can but do not exert themselves and keep necessary medication to hand.
- Kidney disease: Good Boost recommend that they speak to a GP before getting in the water due to increased activity in the pool.

HOW LONG DOES THE PROGRAMME LAST?

Good Boost is an ongoing programme where participants can attend as many of the classes as they wish each week. ESCAPE-pain is a six week 12 session programme [consisting of two sessions per week]. The expectation for participants of the ESCAPE-pain programme is to attend all twelve sessions of their chosen cohort. Participants can attend as many of their local one hour coffee mornings as they wish.



HOW MUCH DOES THE PROGRAMME COST?

There is no cost for the initial referral. Participants will then pay a per class fee of £5 or less, in order to cover the staffing and facility costs of providing the classes. The participant income will ensure project sustainability whilst also exploring opportunities to receive funding. Coffee mornings are currently free to access

WHAT HAPPENS AFTER THE PERSON 'GRADUATES' FROM THE CLASS / INTERVENTION?

Support will be provided to continue with physical activity, including continued facility membership options. Participants will self-fund this.

WHAT QUALIFICATIONS WILL STAFF HAVE FOR THIS PROJECT?

Bespoke training will be provided via Good Boost and ESCAPE-pain prior to course delivery commencement. For ESCAPE-pain class delivery, staff will also need to be a level 3 exercise on referral qualification OR a level 4 qualification. There will be appropriately trained first aid qualified staff across all facilities.

HOW IS PATIENT SAFETY ASSURED FOR THIS PROJECT?

Good Boost is DTAC-approved [<http://bit.ly/GoodBoostDTAC>] and ORCHA-approved [OrchaHealth.com] AI-driven software. If a patient details a new MSK condition or pain, the programme is recalculated and the exercise is modified. The Good Boost programme is not there to diagnose conditions, however it will highlight concerns based on user feedback that can then be tackled as part of a multi-disciplinary approach with their healthcare professional.

ESCAPE-pain is an evidenced-based treatment programme for chronic knee, hip, or back pain. All facilitators delivering the programme must be trained by the central team. Facilitator training will cover participant eligibility criteria and screening/assessment methods highlighting the importance of identifying red flags and contraindications for exercise. Parkwood Leisure will need to ensure that participants are assessed against the ESCAPE-pain eligibility criteria, as well as an appropriate activity readiness assessment or triage – for example, a Fitness to Exercise Declaration Form.

ukactive's [Health Commitment Statement \[HCS\]](#) [bit.ly/UKActiveHCS]

sets the standard for what a fitness operator and user can expect from each other regarding the health and wellbeing of the user.

Created by industry experts, the HCS is now used by more than 1,000 fitness and leisure facilities across the UK, and is endorsed and distributed by ukactive. Using the HCS has been shown to help operators to lower drop-out rates of customers during sign-up, due to the personal responsibility that the user is agreeing to.

In addition, as part of the customer sign up process, participants will be required to agree to Parkwood Leisure's Fitness to Exercise Declaration Policy as well as all ESCAPE-PAIN participants being required to complete an MSK Hubs PAR-Q. Written sign off is required from their GP/HCP should they not meet all PAR-Q criteria.



WHAT INSURANCES ARE IN PLACE?

Public liability insurance is in place for all participating facilities. In April 2023, Parkwood Leisure has achieved The Active Standard MSK accreditation; ukactive's first quality standard for the industry.

IS THERE ANY DATA BEING COLLECTED AND WHAT HAPPENS WITH THIS?

As part of the UKRI pilot research project, data is being collected for the overall project evaluation. It is important for us to conduct evaluation on the impact of the overall programme, which will be shared back to UKRI. Data on participant health outcomes [physical and mental], demographics, user engagement and throughput is being collected through the Good Boost and ESCAPE-pain system via a tablet computer [Good Boost HUB], as part of the registration of individuals participating in the programme. Upon registering with the Good Boost HUB app, the user agrees to the terms and conditions and privacy policy which includes anonymised data sharing.

This means that the user provides consent at this point to be involved in data collection and does not require consent to be collected by the leisure facilities.

Additional data from additional leisure centre activity usage will be collected from participants who will register as a member at the leisure centre to understand use of the different services provided by the different leisure centres. This data is stored centrally in Parkwood Leisure's customer relationship management [CRM]

system.

Data analysis will be conducted independently by ukactive. Therefore, anonymised data will be provided through secure transfer from Good Boost server and 4Global to ukactive. The service evaluation will be conducted by combining the CRM data [4Global] and the data collected by the Good Boost app at leisure centre level for all venues. Data sharing agreements between participating groups have been signed, and data sharing, processing and controlling is between Good Boost, 4Global and ukactive.

All data shared and processed will be shared, stored, analysed and then removed in line with GDPR, meaning that each individual is not identifiable, data remains confidential, and where relevant, provided and then reported in an aggregated format.

WHAT IS KNOWN ABOUT THE HEALTH IMPACT OF EXISTING GOOD BOOST PROGRAMMES?

Evidence collated to date from Good Boost has identified a 51% improvement in functional movement within the first 4 weeks as well as a 56.8% improvement in reducing maximum pain within the first 4 weeks. 62% of Good Boost participants have improved Quality of Life scores within the first 12 weeks of taking part in Good Boost programmes.

To find out more about the MSK Hubs pilot, watch the short video here: [\[vimeo.com/805046886\]](https://vimeo.com/805046886).

Eligibility criteria detailed within the FAQs.

Campaign collateral examples are outlined below

ERITH LEISURE CENTRE



Experiencing joint or muscular pain?

To find out about our tailored classes and courses ask at reception or visit LeisureCentre.com/MSK







ERITH LEISURE CENTRE



Experiencing joint or muscular pain?

Discover our Good Boost classes

These group based sessions can help you

- Reduce pain and learn how to lead a happier and healthier lifestyle
- Increase your range of movement
- Strengthen your muscles and joints
- Move more, have fun and feel better

For more details, call our centre, ask at reception or visit LeisureCentre.com/MSK

01322 350271
 Avenue Road, DA8 3AT
LeisureCentre.com








BRECKLAND LEISURE CENTRE AND WATERWORLD



Experiencing joint or muscular pain?

To find out about our tailored classes and courses ask at reception or visit LeisureCentre.com/MSK







BARRY LEISURE CENTRE



Yn cael poenau yn y cymalau neu'r cyhyrau?

I gael gwybod am ein dosbarthiadau a'n cyrsiau wedi'u teiwlwra, gofynnwch yn y dderbynfya neu ewch i LeisureCentre.com/MSK

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BARRY LEISURE CENTRE



Yn cael poenau yn y cymalau neu'r cyhyrau?

Darganfod ein Dosbarthiadau Good Boost

Gall y sesiynau grŵp yma eich helpu chi!

- Lleihau poen a dysgu sut i yrru bywyd hapusach ac iachach.
- Cyrraddu eich ystod o gymudiadau.
- Cryfhau eich cyhyrau a'ch cymalau.
- Sgwmud mwy, cael llwyd a thwristio'n well.

Am ragor o fanylion, ffônleth eis caofon ni, gofynnwch yn y dderbynfya neu ewch i LeisureCentre.com/MSK

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These group based sessions can help you

- Reduce pain and learn how to lead a happier and healthier lifestyle
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01446 403000
 Stryd Greenwood, CF63 4JJ Greenwood Street, CF63 4RU
LeisureCentre.com







BARRY LEISURE CENTRE



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Experiencing joint or muscular pain?

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SPICEBALL LEISURE CENTRE



Experiencing pain from arthritis?

Learn how to manage your arthritis symptoms at our free coffee mornings. Ask at reception for more details.








SPICEBALL LEISURE CENTRE



Experiencing pain from arthritis?

Learn how to manage your arthritis symptoms at our free coffee mornings.

- Enjoy a supported, social setting
- Learn how to manage your arthritis symptoms

For more details, call our centre, ask at reception or visit LeisureCentre.com/MSK

01295 257522
 Cherwell Drive, OX16 2BW
LeisureCentre.com








SPICEBALL LEISURE CENTRE



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Contact us for more details. LeisureCentre.com/MSK








LEISURE CENTRE

For more information, contact
myhealthyway@parkwood-leisure.co.uk

LeisureCentre.com/MSK

This document is also available in Welsh

