

**Royton and Shaw & Crompton Districts
Public Health Project Proposals**

Name of project: Slimmin' Without Women

Project owner: Age UK Oldham

What is the idea?

- Men only health & wellbeing 12-week programme.
- Run by male project lead with support from physical activity instructors where necessary.
- 2 hour sessions consisting of educational session and physical activity session and discussion/'banter'.
- Physical activity led by the wishes and abilities of the participants. Potential to deliver different taster sessions, e.g. circuit training, walking football, introduction to gym environment, chair-based exercise.
- Aimed at men over 50 who would not join a gym or join a mainstream slimming group.
- Introduce participants to physical activity and health messages in a male-orientated environment.
- Project staff and instructors encourage group to bond and discuss challenges and barriers and set realistic goals.
- Certificate presentation held at end of programme to celebrate achievements.

Two programmes to be ran, one in each district, utilising match funding from CCG Innovations Fund.

Estimated costs?

£6,560

2 x 12-week programmes.

Potential to charge participants £3 per session - could be free for retired, low and unwaged.

Amount requested from DE Public Health allocation: £3,280

Budget breakdown per course

Instructor Hire - £30 per class x 10wks		300
£60 room hire - venue hire for 2 hours	1 x 12 week programme	720
Refreshments for 12 week programme		50
Event		200
Equipment		100
Stationary		100
Marketing £130 x 2 adverts plus flyers		360
Salaries 7 hour per week for 12 week		1450
Total per course		3,280

Who will benefit?

How Many residents will benefit?

- 30 x men, primarily aged 50+
- Maximum of 15 participants to take part in the programme.

What impact do we expect and how could we measure it?

- This programme will supports the identified District level priorities of Reducing Obesity and Ageing Well.
- Improvements in health and wellbeing monitored throughout the programme, e.g. weight, BMI, waist measurement.
- Expect weight loss, reduction in BMI and waist measurement, improved fitness, increased awareness about lifestyle choices and impact on health and wellbeing.
- The course will be targeted at men aged 50 plus but younger men will also be accepted.
- An evening and a daytime course will be offered.
- One course will run from a Royton base and another from a Shaw & Crompton base.
- During the course the group will visit local facilities, open spaces and regular activities to help individuals identify forward plans for keeping involved in health and wellbeing activities.