

ACTIVE FUTURES

A Social, Psychological and Physical Support
Programme

Presented by:

Ian Pope, Director of Operations

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What makes Active Futures?

Designed to combat frailty, reduce the risk and prevalence of falls, support people to manage MSK conditions and reduce daily pain,

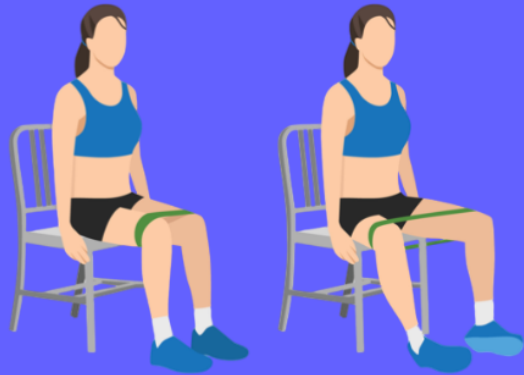
through:

- ✓ Progressive, multicomponent exercise – *targeting lower-limb and trunk strength, balance, gait, and dual-task activities.*
- ✓ Twice weekly structured sessions at sufficient intensity and volume – *evidence-based protocols*
- ✓ Qualified delivery – *trained staff who understand assessment, stratification, and progression.*
- ✓ Embedded COM-B behaviour change framework - *creating the motivation to sustain new habits long-term.*
- ✓ Educational training and peer support - *to inform and embed lifestyle changes, and sustain engagement.*
- ✓ Community and asset-based – *delivered in local venues, helping participants build social connections in their own communities, and Coffee and Connect after each session*
- ✓ Social Prescribing and Transport – *to address barriers to engagement, wider determinants of health, and link to local opportunities*

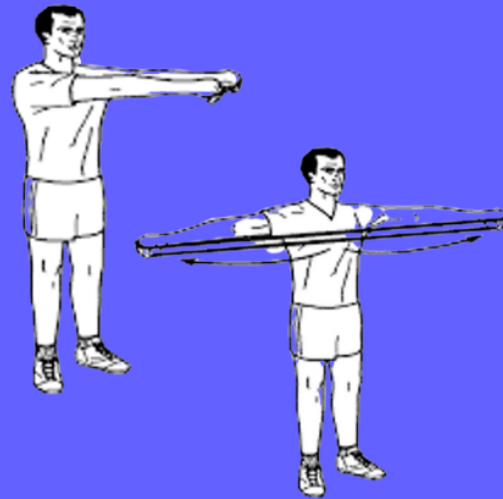


Julia's story

Active Futures – a demo



Seated hip
abductions



Pull Aparts



Mini squats

Impact



Impact for Participants

Improved strength and balance, increased confidence and independence.

- 96% improvement in functional mobility
- 147 people supported in the last year across Wrexham

Wider System Impact

Reduced reliance on costly health services, GP visits, ambulance call-outs, and A&E admissions

- 30% of attendees had falls-related A&E admissions pre-programme; 0% two years later due to ability to self-recover
- Social Return On Investment of £1:£14.02
- Savings to the NHS of £1.2 million

Sustaining Change: Fit Futures

- Over 80% of Active Futures participants continue to exercise regularly through Fit Futures demonstrating the impact of the programme on physical health and wellbeing
- Linking with local initiatives to grow a movement to 'move more and age better'

Next Steps

We're building momentum for a movement to show frailty isn't inevitable as we age! Will you join us?

- We aim to continue scaling up across North-East Wales
- Embedding within North Wales Falls strategy
- Working in partnership with other community based interventions to scale up and increase opportunity to participate for adults across the whole of Wales

Our challenge now? Sustainability. National Lottery funding is helping us roll the model out across North-East Wales, GPs love it, and demand is growing—but commissioning pathways remain limited. If we truly believe in evidence-based care, investment should follow what works!

Older adults deserve interventions powerful enough to keep them on their feet, in their homes and communities, and active in their lives!

Any questions?





Thank you

Presented by
Ian Pope and Sharon Latham

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