

# ACTIVE FUTURES

A Social, Psychological and Physical Support  
Programme

Presented by:  
Ian Pope, Director of Operations  
Sharon Latham, Active Futures Facilitator



# What makes Active Futures?



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

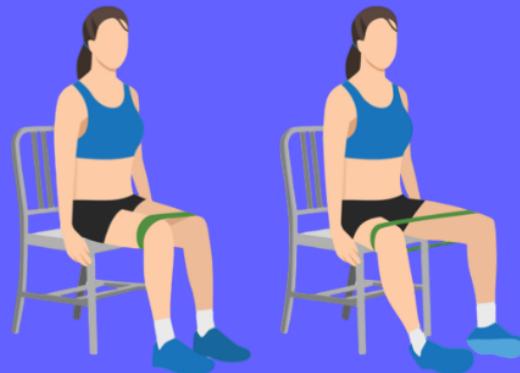
through:

- 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*

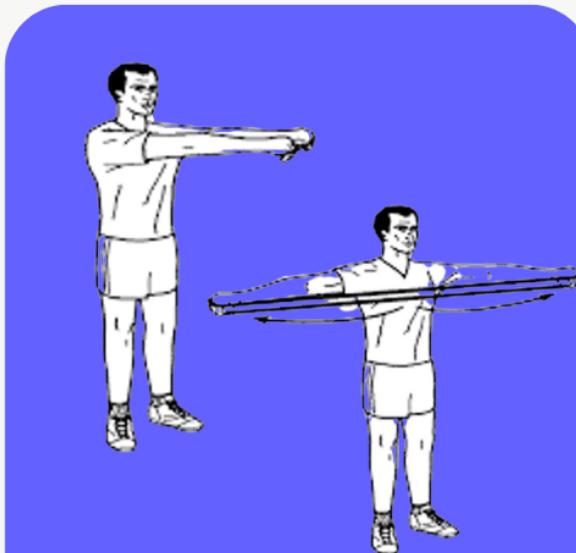


## Julia's story

# 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



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## 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  
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