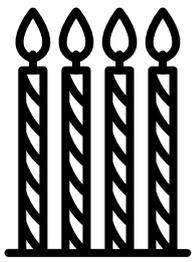


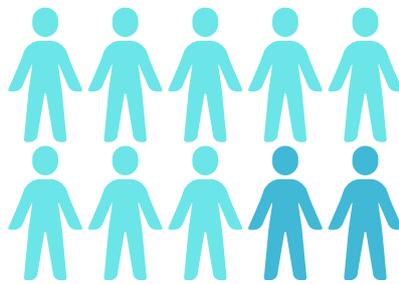
ENHANCED ACCESS WEST SOMERSET REPORT

JANUARY - MARCH 2025

This report gives us an insight into the journeys that patients referred to the Enhanced Access scheme have taken in Q1 of 2025/26.



22 - 76
AGE RANGE



88% FEMALE



33% SMOKER

Referral originated from:

Minehead Medical Centre

13%

Wachet/Williton

50%

Dunster/Porlock

37%

Exmoor 0%



Michelle

"I've had huge improvements in my mental health, my blood pressure and weight. My confidence has grown too.

These (Enhanced Access gym sessions) have kick-started me to be more active. Without it, I'd probably not have started due to low confidence and capability."

11

patients have enquired between April and June 2025, after receiving a text from their GP surgery, or being passed to us by ProActive West Somerset, or by direct referral from a health coach.

12

Patients currently actively engaging in ongoing sessions of Enhanced Access programme.

7

Patients successfully completed between up to twelve weeks of free gym between April and June 2025.

8

Patients decided no longer wanted to proceed (incompatible day or time of session, changed mind).

3

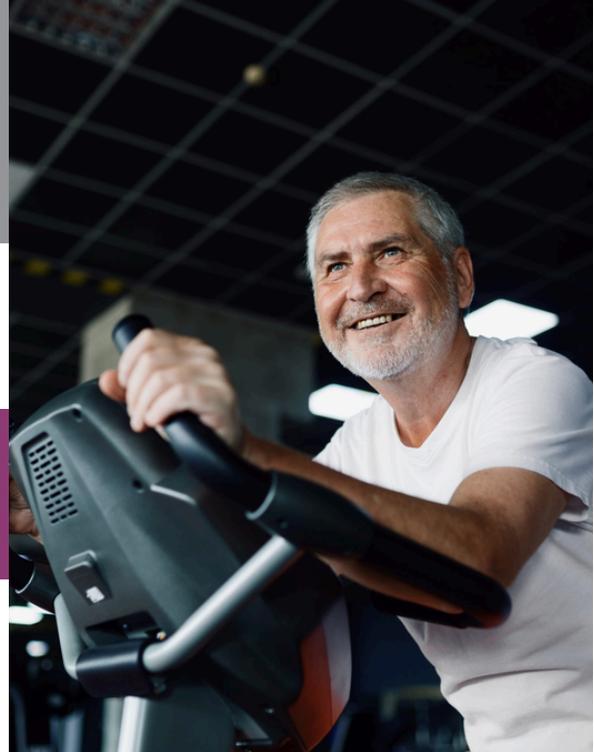
Patients currently on hold (sickness, holiday, injury, surgery, lack of motivation).

1

Patient SASP decided not appropriate to proceed (complex health issues - signposted to return after investigations).

4

Patients awaiting their first consultation appointment (booked for upcoming weeks).



Classes and Reviews:

26



Supported gym sessions completed with space for up to 6 participants per session

0



Saturdays cancelled/unstaffed

11



Consultation appointments allocated

11



Midway reviews and end of assessments completed



2.75



3

(= a little able)

(= quite able)

Average Starting PAM Score

Average Completion PAM Score

18%

Average Starting WEMWB Score



2.0



2.25

(= fairly active)

(= fairly active > active)

Average Starting Current Physical Activity Score

Average Completion Current Physical Activity Score

19.25%

Average Completion WEMWB Score