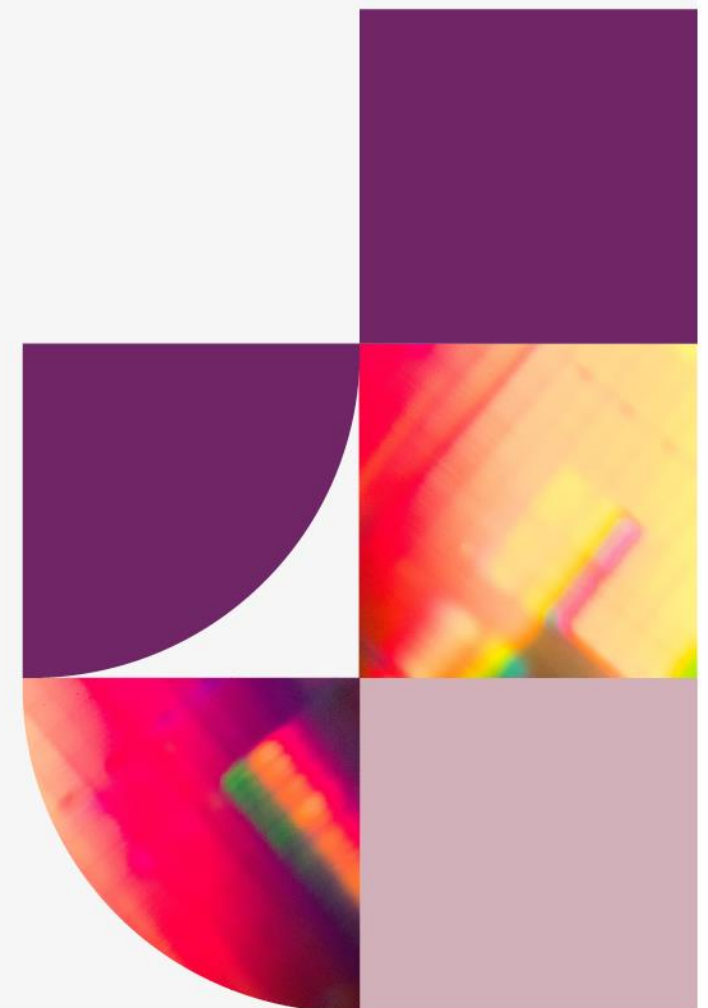
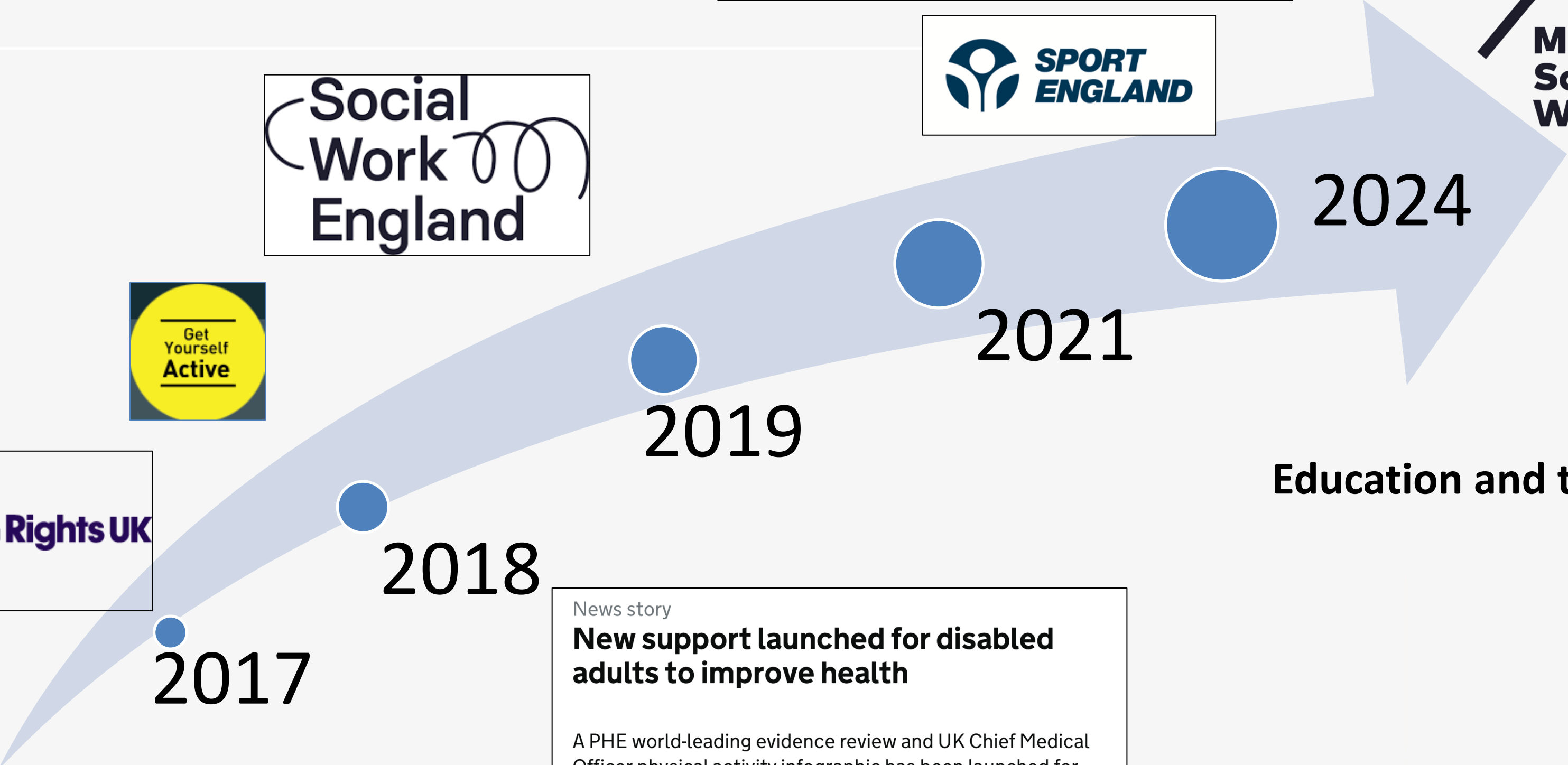


Moving social work: The value of social workers in adapted physical activity

Professor Brett Smith



Origin story



2017

2018

2019

2021

2024

Education and test



News story
New support launched for disabled adults to improve health

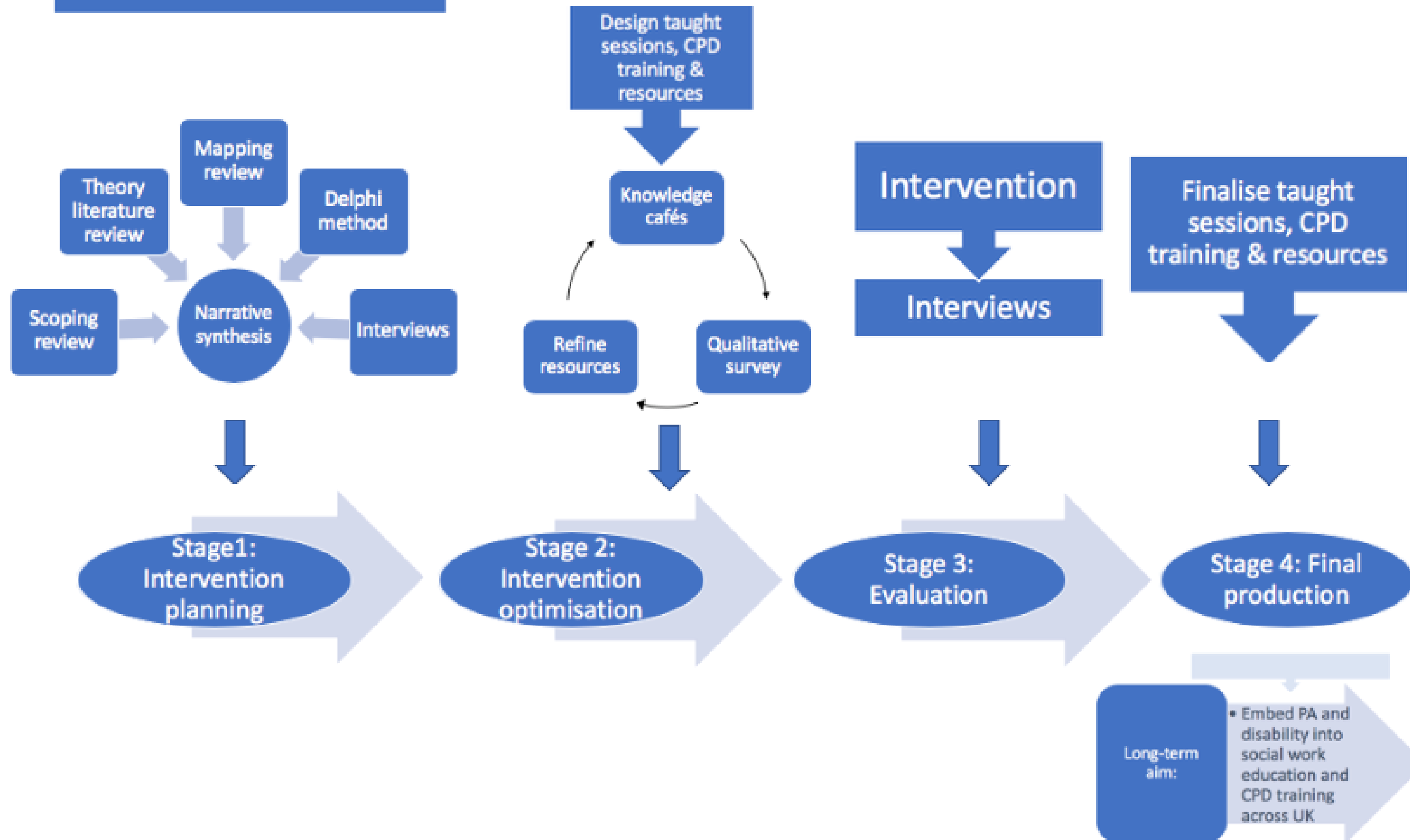
A PHE world-leading evidence review and UK Chief Medical Officer physical activity infographic has been launched for disabled adults.

Published 15 October 2018
From: [Public Health England](#)

“Social work is a **practice-based profession** and an **academic discipline** that promotes **social change** and **development, social cohesion,** and the **empowerment** and **liberation** of people. Principles of **social justice,** **human rights, collective responsibility** and **respect for diversities** are **central** to social work. Social work engages people and structures to **address life challenges** and **enhance wellbeing.**”

International Federation of Social Workers

Figure 1: Overview of research plan



Co-produced

Transdisciplinary


Co-production: People with *lived experience* are essential partners, from the start to the end of the research, and *equitable relationships* are formed with them throughout.

QUALITATIVE RESEARCH IN SPORT, EXERCISE AND HEALTH
<https://doi.org/10.1080/2159676X.2022.2052946>

 **Routledge**
Taylor & Francis Group

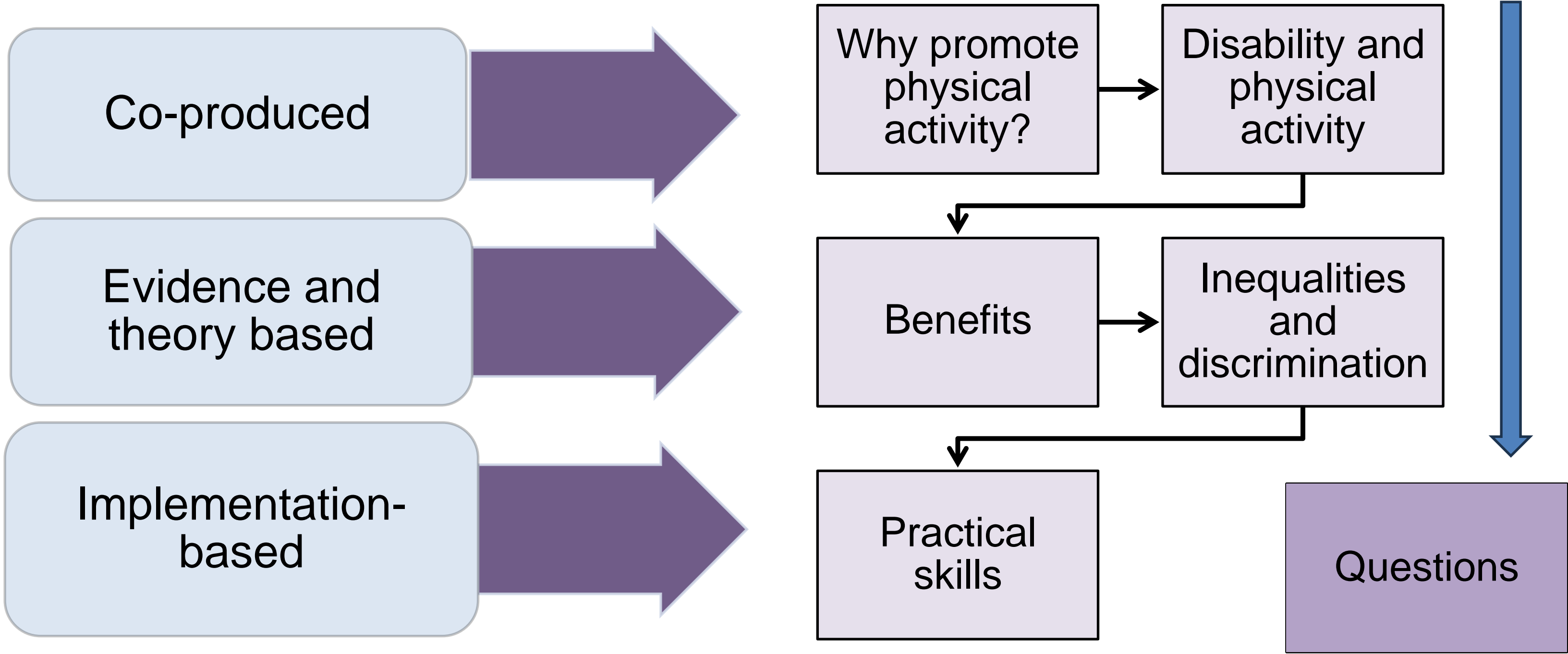
 OPEN ACCESS 

Co-production: A resource to guide co-producing research in the sport, exercise, and health sciences

Brett Smith ^a, Oli Williams^{b,c,d}, Lydia Bone^e and the Moving Social Work Co-production Collective^f

^aDepartment of Sport and Exercise Sciences, Durham University, Durham UK; ^bFlorence Nightingale Faculty of Nursing, Midwifery and Palliative Care, Kings College London, London, UK; ^cThe Healthcare Improvement Studies Institute, University of Cambridge, Cambridge UK; ^dSchool of Health and Welfare, Jönköping Academy for Improvement of Health and Welfare, Jönköping University, Jönköping, Sweden; ^eDisability Rights UK, London, UK; ^fMoving Social Work, United Kingdom of Great Britain and Northern Ireland, UK

Overview of the training content



A flavour of the content

Benefits of moving

Physical health


Mental health


Substance abuse


Stress


Loneliness



Trauma


Self-compassion


Meet new people


Confidence


Sense of achievement


Pleasure


Don't forget strength and balance



Blue and green spaces: Post-humanism and social justice

Environment International 187 (2024) 108667



ELSEVIER

Contents lists available at ScienceDirect

Environment International

journal homepage: www.elsevier.com/locate/envint

Full length article

Valuing the health benefits of nature-based recreational physical activity in England

James Grellier^{a,b,*}, Mathew P. White^{a,c}, Siân de Bell^{a,d}, Oscar Brousse^e, Lewis R Elliott^a, Lora E Fleming^a, Clare Heaviside^e, Charles Simpson^e, Tim Taylor^a, Benedict W Wheeler^a, Rebecca Lovell^a

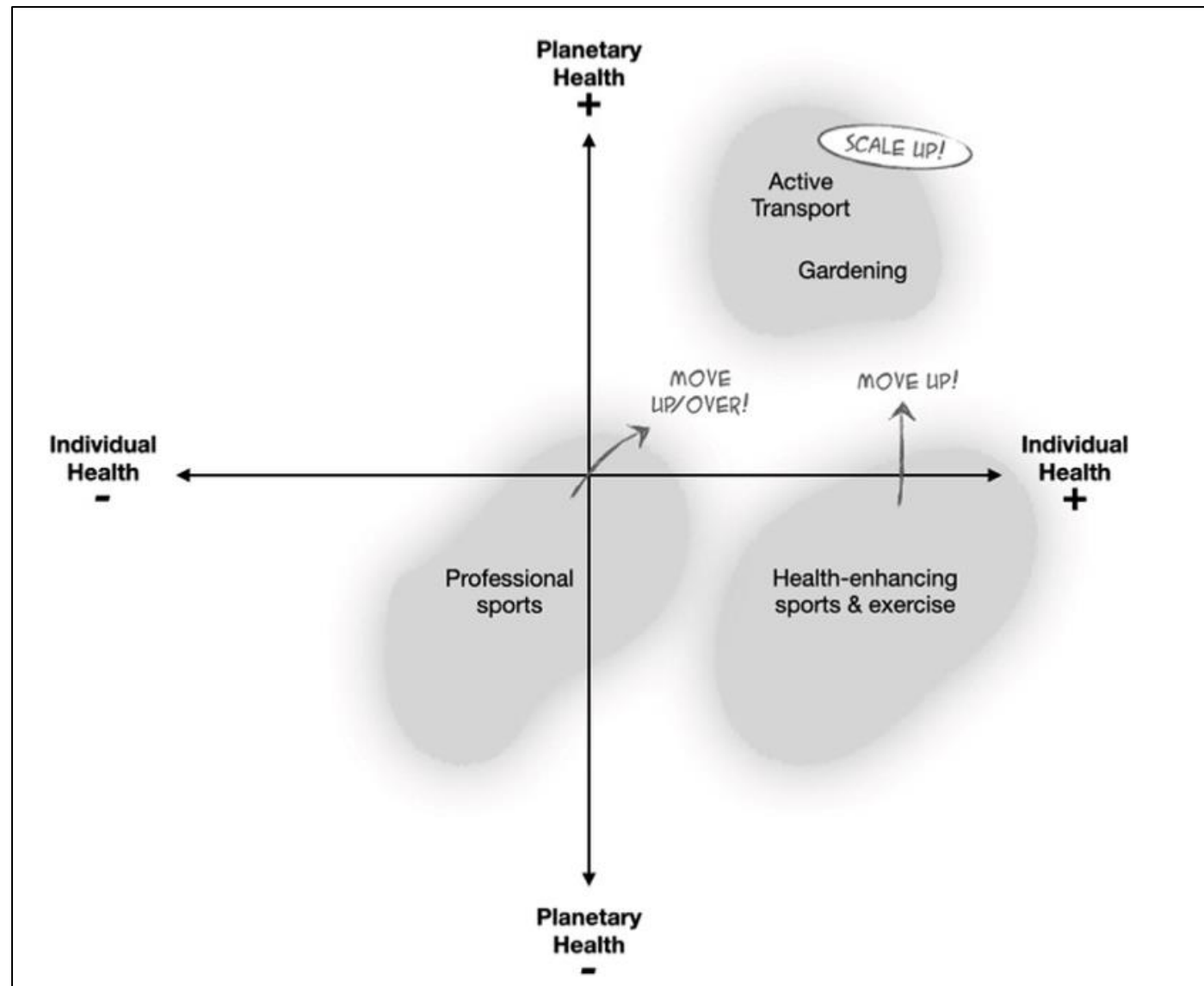
^a European Centre for Environment & Human Health, University of Exeter, Penryn, Cornwall, UK

^b Institute of Psychology, Jagiellonian University, Krakow, Poland

^c Vienna Cognitive Science Hub, University of Vienna, Kolingasse 14-16, 1090 Vienna, Austria

^d Exeter HS&DR Evidence Synthesis Centre, University of Exeter, Exeter, Devon, UK

^e The Bartlett School of Environment, Energy and Resources, Faculty of the Built Environment, University College London, London, UK



Dangerous?

Strength-based

Courage Creativity Care

Risk often is assuming a deficit view of the person


Moving Medicine

It's safer for people with long-term conditions to be physically active

- 1. The benefits outweigh the risks**
Physical activity is safe, even for people living with symptoms from multiple medical conditions.

- 2. The risk of adverse events is very low but that's not how people feel**
Well informed conversations with healthcare professionals can reassure people who are fearful of their condition worsening, and further reduce this risk.

- 3. It's not as easy as just telling someone to move more**
Be aware of the concerns of individuals and their carers to help build confidence.

- 4. Everyone has their own starting point**
Help people identify their own starting point, begin there and build up gradually.

- 5. Stop and seek medical review if...**
They notice a dramatic increase in breathlessness, new or worsening chest pain and/or increasing GTN requirement, a sudden onset of rapid palpitations or irregular heartbeat, dizziness, a reduction in exercise capacity or sudden change in vision.

To find out more scan the QR code or visit www.movingmedicine.ac.uk



How much physical activity is recommended to do per day/week?

Physical Activity for Disabled Children and Disabled Young People

Getting and staying active is about

- Equality
- Inclusivity
- Finding what's fun
- Exploring what activities make you feel good

Benefits of physical activity

- Meet new people
- Confidence and concentration
- Sense of achievement
- Mental health
- Calmer, less stressed
- Muscles and motor skills
- Balance and coordination

How much physical activity should I do?

- When starting build up slowly
Ask: Can you do this today?
Do bite size chunks of physical activity throughout the day
- For good health benefits do **20 mins** of physical activity per day
- Do challenging but manageable strength and balance activities 3 times per week
Small amounts of physical activity are good for you as well

UK Chief Medical Officers' Physical Activity Guidelines for Disabled Children and Disabled Young People 2022. This infographic was co-produced with disabled children, disabled young people, parents and carers.

UK Chief Medical Officers' Guidelines

Adults: 150 mins a week - moderate to vigorous intensity

Children: 20-60 minutes a day

10 minutes has benefits also

Move often



Every move counts



More is better



Social workers are uniquely placed and we can learn from them

Conversations

Medicalised:
Health and individual

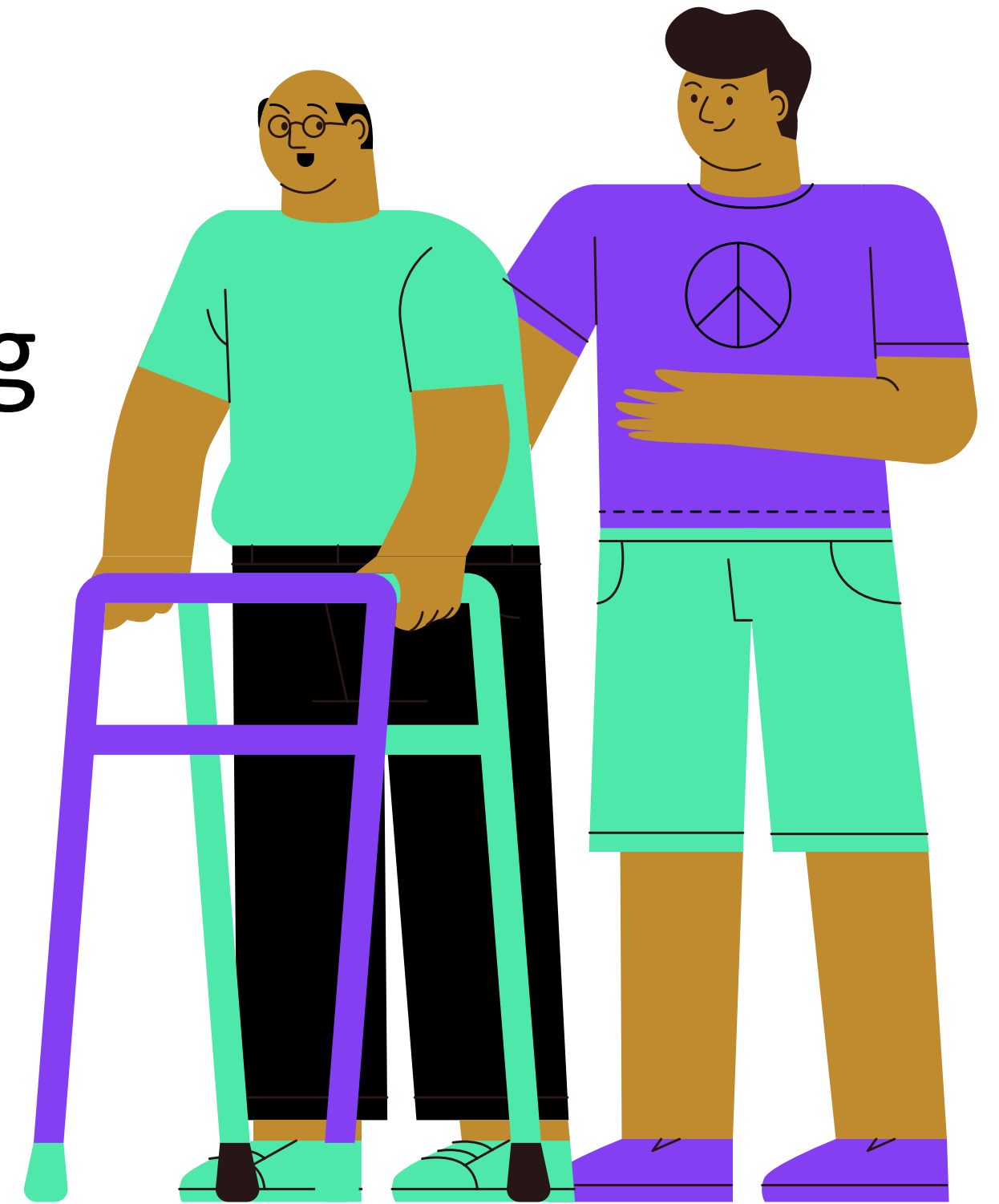


Rights based:
Social and empowerment

Social justice through physical activity: Inequalities, loneliness, substance abuse, mental health, schizophrenia, enjoyment

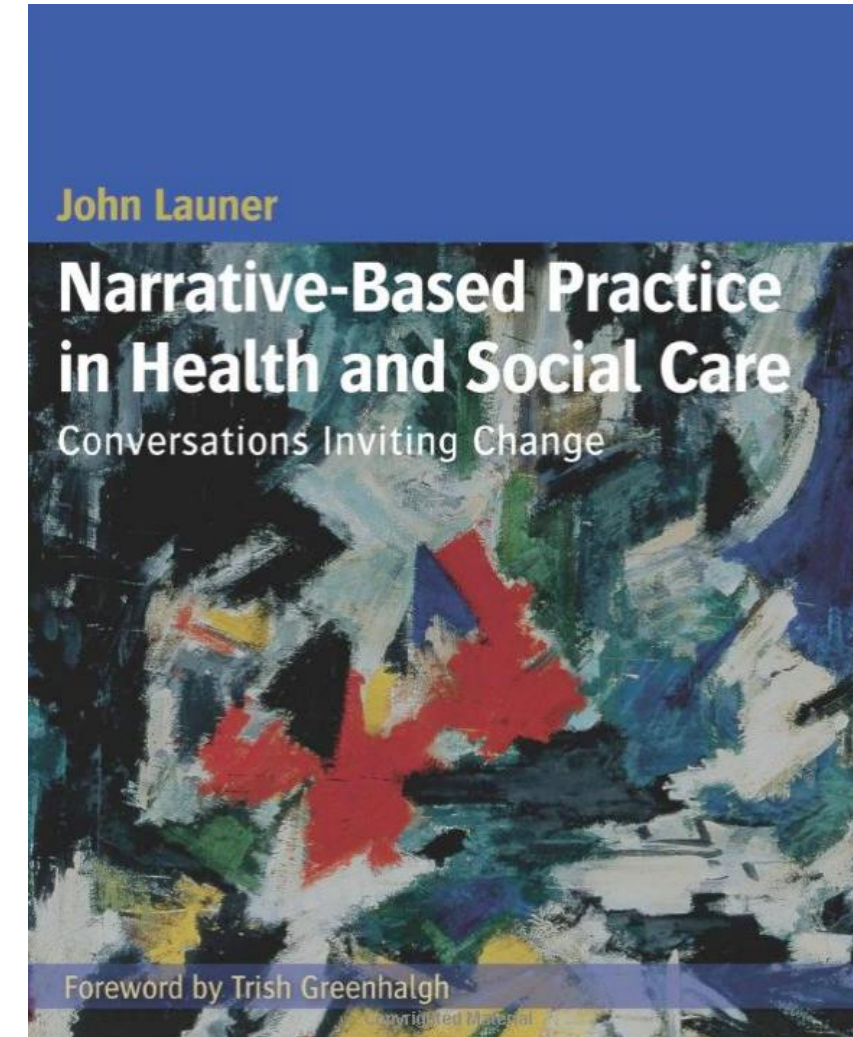
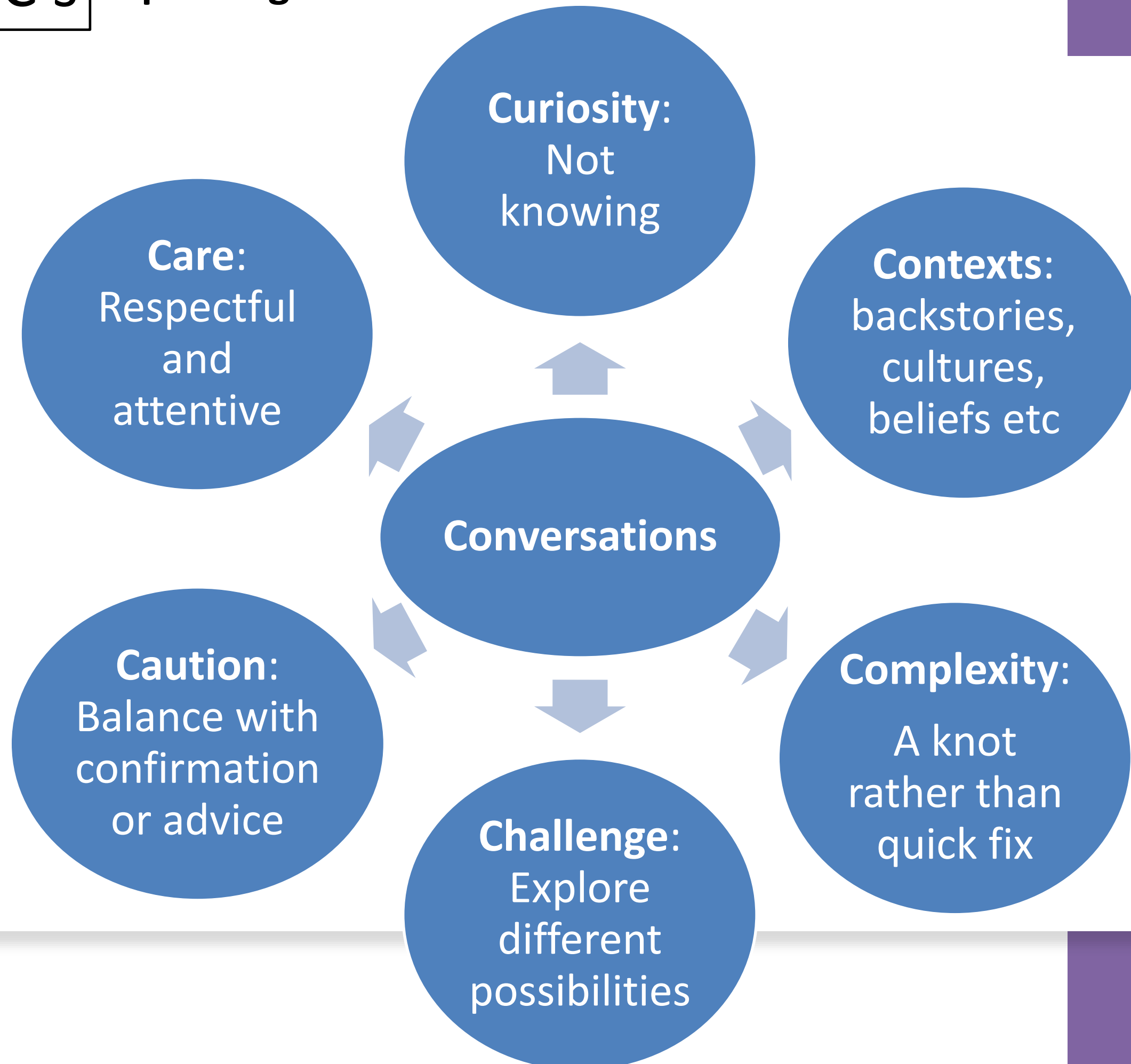
Practice skills

Having conversations about moving
more often in routine practice



7 C's

Speaking *with* not *to* or *at* another



Stories are the way
we learn and change

Golden rules: 3 A's for inductive foraging

Ask: Simple, open and short questions

Create opportunities to explore new stories to live by

Assist: Make your questions follow on from something the person already mentioned

Create space and attentive listening – track flow of words

Act: Less fixing and persuading - more active listening and reflexivity

Strength-based
Person centred

Dual-process theory: Affect guided physical activity

Teixeira et al. *Int J Behav Nutr Phys Act* (2024) 21:85
<https://doi.org/10.1186/s12966-024-01636-0>

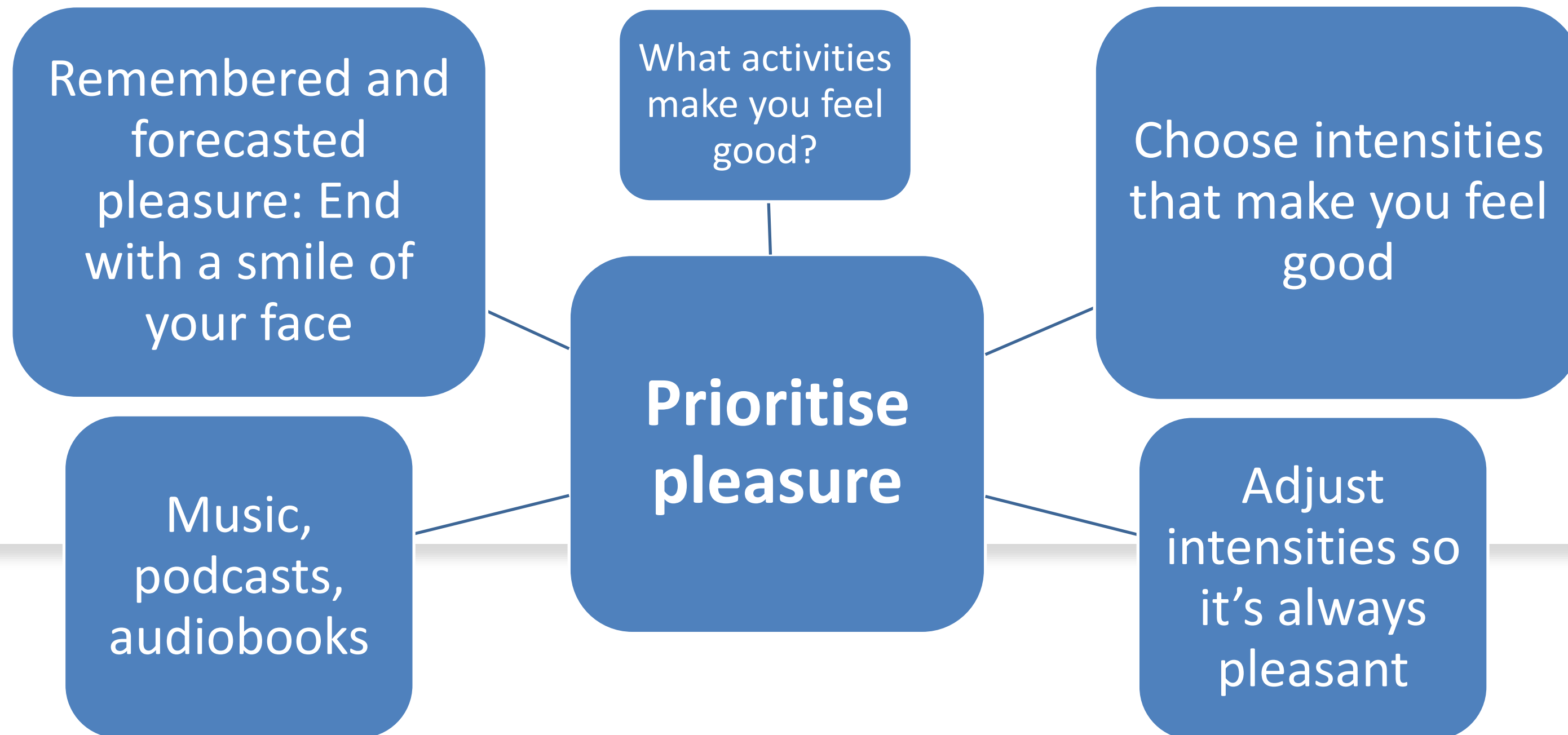
International Journal of Behavioral
Nutrition and Physical Activity

RESEARCH

Open Access

Individualized pleasure-oriented exercise sessions, exercise frequency, and affective outcomes: a pragmatic randomized controlled trial

Diogo S. Teixeira^{1,2*}, Vasco Bastos^{1,2}, Ana J. Andrade^{1,2}, António L. Palmeira^{1,2} and Panteleimon Ekkekakis³



Moving Social Workers: Wellbeing for Self



“We don’t have time. We never have the time. But we need to move more for ourselves. We need to take care of ourselves. When possible, we now include it into our daily work. It helps us. We are no good to anyone, ourselves included, if we can’t take care of ourselves and being active is one great way to help with this.”

How could you move more often at work?

Health professionals

Trusted?

Confidence, knowledge and skills

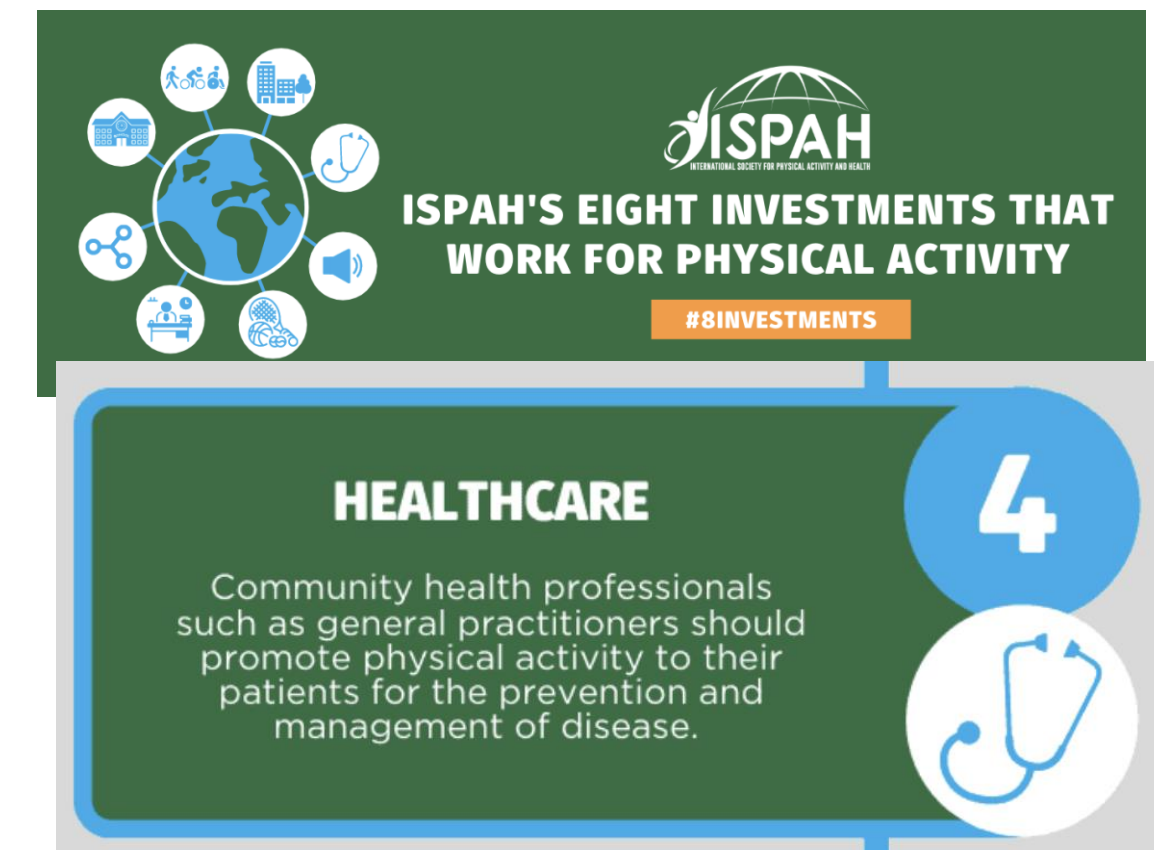
Not a priority

Little trust in patients to change

Research

Robin Chatterjee, Tim Chapman, Mike GT Brannan and Justin Varney

GPs' knowledge, use, and confidence in national physical activity and health guidelines and tools:



ISPAH
INTERNATIONAL SOCIETY FOR PHYSICAL ACTIVITY AND HEALTH

ISPAH'S EIGHT INVESTMENTS THAT WORK FOR PHYSICAL ACTIVITY

#8INVESTMENTS

HEALTHCARE

4

Community health professionals such as general practitioners should promote physical activity to their patients for the prevention and management of disease.

Original Research Article

CLINICAL REHABILITATION

Perspectives of health professionals on physical activity and sedentary behaviour in hospitalised adults: A systematic review and thematic synthesis

Tahlia Alsop¹ , James Woodforde², Ingrid Rosbergen^{1,3}, Niruthikha Mahendran¹, Sandra Brauer¹, and Sjaan Gomersall^{1,2}

Clinical Rehabilitation
1-20
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DOI: 10.1177/02692155231170451
journals.sagepub.com/home/cre


Multidisciplinary working

How can social and health professionals work well together to support people to move more often? What barriers might you face to multidisciplinary / interprofessional working, and how could you overcome them?



Department
for Culture,
Media & Sport

Get Active:

A strategy for the future of sport and physical activity

August 2023

people is well below the levels for non-disabled people, and that is a situation that needs to improve to ensure everyone can enjoy the health and other benefits that it offers. Underlying structural issues are at play here, with challenges around infrastructure and transport being just a few of the barriers that can prevent disabled people from more easily accessing sport and physical activity. But the sport sector also has a role. Sport England's Moving Social Work programme is one example of work being done to tackle this disparity, helping social workers promote physical activity to disabled people.



ORIGINAL ARTICLE

Health and Social Care in the community WILEY

Designing a programme to train social workers on how to promote physical activity for disabled people: A Delphi study in the UK

Javier Monforte PhD¹ | Matthew Smith PGCE² | Brett Smith PhD¹

Research Article

Moving on From the Delphi Study: The Development of a Physical Activity Training Programme Prototype Through Co-produced Qualitative Research

Qualitative Health Research
2022, Vol. 32(13) 1952–1964
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DOI: 10.1177/10497323221126535
journals.sagepub.com/home/qhr
SAGE

Javier Monforte^{1,2}, Chris Davis³, Shaesta Saleem, and Brett Smith^{1,4}

QUALITATIVE RESEARCH IN PSYCHOLOGY
2023, VOL. 20, NO. 3, 398–419
<https://doi.org/10.1080/14780887.2023.2239728>

Routledge
Taylor & Francis Group

OPEN ACCESS Check for updates

The world café is an unmethod within co-produced research

Javier Monforte^a, Jake Netherway^b, and Brett Smith^b

^aUniversitat de València, Department d'Educació Física I Department d'Educació Física I, València, Spain;
^bDurham University, Department of Sport and Exercise Sciences, Durham, UK

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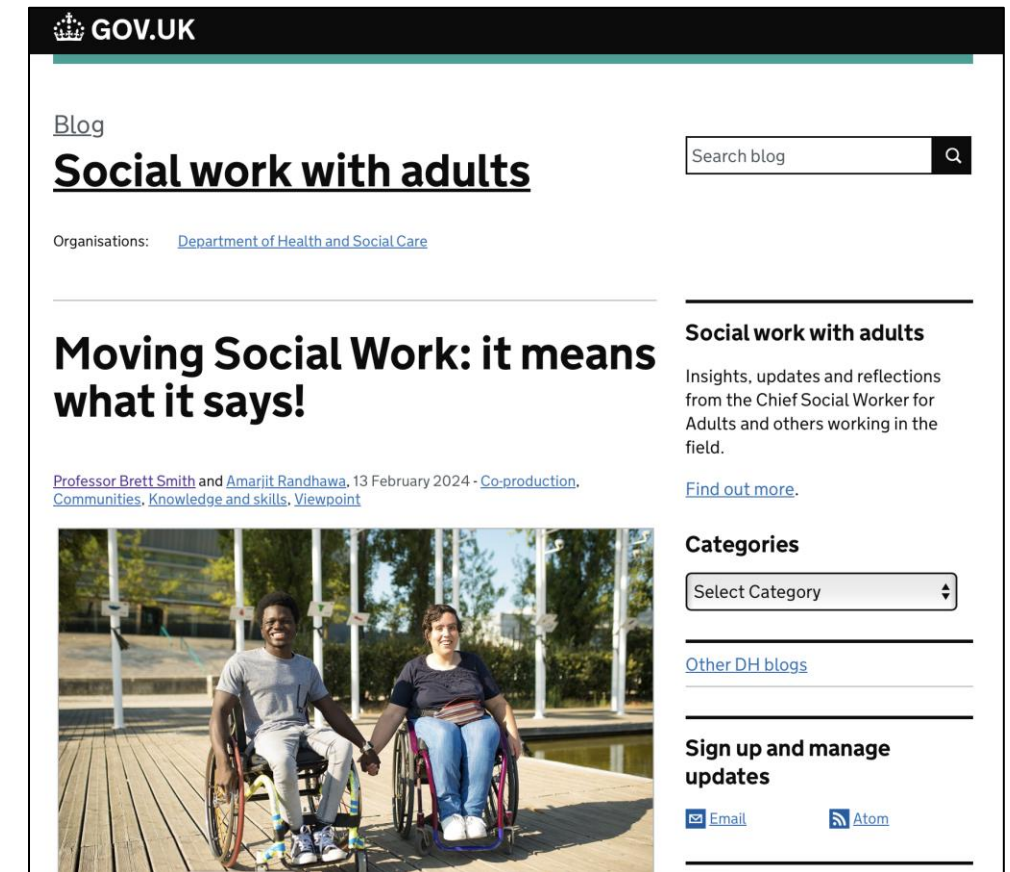
^aDepartment of Sport and Exercise Sciences, Durham University, Durham UK; ^bFlorence Nightingale Faculty of Nursing, Midwifery and Palliative Care, Kings College London, London, UK; ^cThe Healthcare Improvement Studies Institute, University of Cambridge, Cambridge UK; ^dSchool of Health and Welfare, Jönköping Academy for Improvement of Health and Welfare, Jönköping University, Jönköping, Sweden; ^eDisability Rights UK, London, UK; ^fMoving Social Work, United Kingdom of Great Britain and Northern Ireland, UK

Take home messages

Social workers are important!

Different: Social justice and wellbeing

What next?! And all welcome 😊



The screenshot shows the GOV.UK blog page for 'Social work with adults'. The page features a search bar, a list of organisations (Department of Health and Social Care), and a featured article titled 'Moving Social Work: it means what it says!' by Professor Brett Smith and Amarjit Randhawa, dated 13 February 2024. The article includes a photo of two people in wheelchairs sitting on a wooden deck. The page also has a 'Categories' dropdown menu, a link to 'Other DH blogs', and a 'Sign up and manage updates' section with options for Email and Atom.