



Public Health



South West London

# Pentathlon Overview

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# Introductions



# Background

How did Pentathlon come to be?

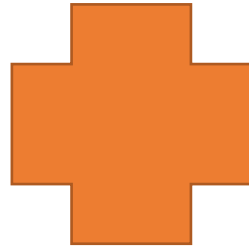


# It started with two of separate programmes.....

## Diabetes Prevention Decathlon



- 10 week diabetes prevention programme
- Each session
  - 1 hour of theory with group games
  - 1 hour of physical activity
  - Sweatcoin app (members only area)



## Community-led health and wellness checks



### COMMUNITY-LED HEALTH CLINICS

- Health and wellness checks focusing on Type 2 diabetes, hypertension and COPD in places of worship and community centres
- Health education and awareness raising
- Health coaching (done by community members of those places of worship and neighbourhoods)



# Had a community co-design phase.....

## Co-designing Decathlon

### To ensure Decathlon has meaning for everyone attending

Met with the leaders of 6 different religious communities

Delivered all 10 Decathlon sessions over 10 weeks virtually

Had feedback section at the end of each session to discuss changes and improvements

Decathlon was updated accordingly



The new shiny **Diabetes Decathlon Prevention** was then delivered virtually to those identified as 'at risk' of diabetes from the communities in partnership with the WCEN



# The community request.....

“This information would be invaluable to my congregation”

“This advice would help my community to live healthier lives”

During the co-design workshops the leaders were always commenting about how useful the content would be for their friends, families and communities

They were very keen to have copies of the slides so they could present and share

But many of their community members had not been identified as ‘at risk’ of diabetes at this point

We wanted to help them, so we needed a set of resources that were ‘general’ not disease specific



We would like to share this valuable information with our communities

So the Wellbeing Pentathlon was born



## Two programmes became one general wellbeing programme...

Pentathlon is a general health and wellbeing programme

Consists of 5 sessions which can either be delivered independently “one off” or as a set

The sessions are designed to help people understand and improve their health and wellbeing

All sessions have been produced by a specialist dietitian and signed off by the South West London long-term conditions clinical lead

The programme has a suite of resources that enable either a virtual or face to face delivery and also offers a Train the Trainer element



# The Wellbeing Pentathlon to date...

2 cohorts (5-7) of volunteers from across Merton and Wandsworth have now been trained

Pentathlon offered as a follow up programme from health and wellness checks in the community. No exclusion criteria

All training sessions are currently delivered virtually (will soon have F2F option)

At least 2 more cohorts to be trained in 2023-2024

Supported by Health Innovation Network (evaluation) and GP SPIN Fellow





# The Pentathlon sessions.....

Eat well to stay well

Fantastic fibre and our little friends

The wellbeing lowdown

Sleep is our superhero

I like to move it, move it



# Training Programme.....

Training Session	Content of virtual sessions	Facilitator
1	Introduction	Grace and/or Siobhan
2	Eat well to Stay well	Grace and/or Siobhan
3	Fantastic fibre and our little friends	Grace and/or Siobhan
4	The Wellbeing lowdown	Grace and/or Siobhan
5	Sleep is our superhero	Grace and/or Siobhan
6	I like to move it, move it	Grace and/or Siobhan
7	Q&A session	Grace and/or Siobhan
8	Practice Session 1	Grace and/or Siobhan
9	Practice Session 2	Grace and/or Siobhan
10	Practice Session 3	Grace and/or Siobhan
11	Practice Session 4	Grace and/or Siobhan
12	Practice Session 5	Grace and/or Siobhan
13	*optional* Q&A session	Grace and/or Siobhan

**Who can be a  
trainer?**



## Who can deliver Pentathlon?

To be eligible to deliver the Pentathlon programme, a person must:

- Already have completed the health coach training

OR

- Be a healthcare professional or teacher in their work

OR

- Already be delivering health-based training and/or coaching

AND

- Attend all seven Pentathlon specific training sessions and delivered one practice session



# Learning objectives

Fully understand the content of each session

Be confident to deliver the content in a group setting (if not, to discuss with trainers)

Understand that the content **MUST** be delivered by script and with the resources provided

Be aware of own limitations/knowledge and therefore apply appropriate boundaries in place i.e. do not answer questions that you do not have the knowledge for

Practice delivering the sessions with peers and attend any required update sessions



How can I become  
a trainer?



## Next Steps...

If of interest, please  
send an email to  
Pentathlon  
Wellbeing website

Confirmation of  
Cohort and Dates

Pentathlon Training

Pentathlon Delivery



Email:

[hello@pentathlonwellbeing.org](mailto:hello@pentathlonwellbeing.org)

