ExWell Medical Annual Review 2023

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Chairperson Statement

ExWell's mission is to transform the lives of the chronically ill through exercise. We think we are distinctive in how we seek to do this. We operate with medical oversight, we conduct extensive research, and we are constantly innovating to improve what we do. For example, improving our efficiency in engaging with new participants and ensuring the highest possible level of participation by everyone referred to ExWell. This and many other 'attention to detail' initiatives give us and our participants the confidence to go the extra mile, to push each other to achieve true impact.

And we know we are having impact. We objectively measure improvements in the participants' level of performance and wellbeing and, simply put, the changes seen in strength, aerobic fitness and self-rated health, even over relatively short periods of time, are quite astounding.

But as important as those objective measurements are, of even greater importance (we think) the changes that cannot so easily be measured, because in almost every case what is actually occurring is the triumph of the human spirit over adversity. Every single one of our participants has their own story, and every single one of those stories is inspiring.

With the greatest of humility, ExWell is enabling each of those triumphs.

We could not do it without the ongoing support of all our stakeholders, namely the GPs and consultants who 'get' what we do and refer their patients to us, essentially "prescribing" ExWell, and of course the HSE without whom we simply could not deliver. We never take their support for granted, and we appreciate the faith they have placed in us. While we all know deep down that the impact referred to above inevitably translates into avoided visits to A&E, bed nights in hospitals, visits to GPs etc, it will take some years of diligent research work to prove this beyond doubt. Without their support many people who benefit hugely from ExWell would not be able to afford to avail of it.

During this last year, we have seen continued progress on all of the dimensions that we care about. Our trust-based relationships have broadened and deepened, our network of locations has expanded, our team has grown and developed, and we continue to become more financially robust, although we take constant care to remain vigilant about ExWell's financial health.

In the pages that follow , Noel and the team will elaborate on the highlights of last year, but suffice to say the Board are more than pleased with our direction of travel.

We aspire to be a values driven organisation where our values drive our day to day behaviour and all our important decisions. That is why in last year's report I set out our values in great detail, so that we can all be held accountable to them. The truth is that we have more to do to get to where we want to be. Our continued growth and the day to day demands of delivering our programmes has made it more challenging to truly embed these values into our DNA, and we are committed to achieving this over the coming year.

I want to finish by thanking our extended team including all our frontline staff, our small but dedicated support team, our growing leadership team and of course my board and advisory group colleagues, who continue to give freely of their time to ensure we get all the important decisions right.

Lar Bradshaw, Chairperson, ExWell Medical

ExWell CEO Statement

ExWell had another very good year in 2023, the main features being continued strong growth in the programme, expansion of the funding support from the HSE and the bonus of further international recognition. With so many new faces in our team, I am more optimistic than ever about ExWell's future. This is in part because our work concerns an issue (chronic illness) that will never go away and a target group that will probably grow exponentially and indefinitely. In this context we have every chance of success once we do a good job. I believe we are very good at what we do and that this has nourished ExWell's growing reputation. Equally importantly we have developed the attitude of constantly trying to improve our service.

In terms of growth, we added 6 new centres in 2023. Our weekly visits more than doubled and reached over 3500, an amazing achievement.

One of the highlights of 2023 was ExWell's inaugural Health Fair, an event held in TUD's new Sports Centre in Tallaght and attended by over 500 people, mostly ExWell participants. Conceived a celebration of exercise participation by people with chronic illness, it was a great success and featured exercise 'snippets', short educational talks, music and a marvellous participant testimonial section.

In 2023 our weekly participant Zoom meeting went from strength to strength, offering short educational lectures on relevant topics as well as updates on what's going on in ExWell. It has become a relaxed discussion forum for all who join in and is now a core element of ExWell.

ExWell's rapid growth is fantastic and exciting but of course brings with it many challenges, the main one being to try to build a secure financial foundation for a company with a growing staff number and a consequently increasing expenditure. We succeeded in securing HSE funding for an additional 5 centres in Dublin North in 2023. This was very important because we want to position ExWell as a collegiate delivery partner of the HSE and every new agreement we sign with the HSE is a step in that direction. These agreements will have the dual benefits of helping us to reach more people, thereby delivering our mission, and providing increased revenue. At the same time, over-reliance on a single source of revenue is risky. In this context it is encouraging that approximately 50% of ExWell's revenue is from non-HSE sources.

I wish also to acknowledge the support given to ExWell from other partners, including Novartis, Fingal County Council, Dublin City Council, the NEIC, AWS, AIB, Fire 1 and UPMC. We hope to build on and enrich each of these relationships and to make them truly mutually beneficial.

ExWell was named as a Fit for Life Foundation Laureate. In 2023, a great honour from a prestigious international organisation and the first time it has been awarded to an Irish enterprise.

As ExWell evolves, we are becoming more comfortable in our skin. By this I mean we are clearer about what we are good at and where our focus should lie. This has been a very interesting journey for us in which the guidance of our Board has been invaluable. We have taken a careful look at a number of areas of activity in which we could have a role to play but more often than not we come back to ExWell's great strength which is the delivery of face to face group classes in community settings. We are really good at this (and getting better in my view) and we all love it.

Notwithstanding the above, we are also delighted with The Levels programme which is our refined online offering. We have put huge work in to this and look forward to promoting it in 2024.

We are fortunate to have a wonderful and steadily growing ExWell team. One of my tasks is to ensure that all our team members feel valued and mentored and that we create for them pathways for professional progression and personal development, thereby making ExWell an attractive company to join and a great place to work.

It is also true that ExWell would not be where it is without our Advisory Group and Board which is second to none and which is distinctive in the way our Board members get involved frequently in the cut and thrust of ExWell's day to day activities, supporting and guiding our entire team.

Then main message I want to share is that we exist to serve our participants and this will always be our focus. We love our work and we have huge ambition to bring ExWell to every corner of Ireland.

Dr Noel McCaffrey, CEO, ExWell Medical

Financial Report

In 2023, ExWell Medical had an income of €1,582,450, compared to €1,089,994 in 2022. Grants and Sponsorship accounted for 6% of our income, and they are a great support to our work. In 2023, Sponsorship of €50,000 was awarded from our corporate sponsors to cover the cost of the Health Fair.

Income from participants amounted to €374,975 in 2023 which reflected the growth in the number of Centres and participants. Other Programme income of €1,112,575 was received from The Health Service Executive, Dublin City Council, and Offaly County Council for the delivery of our programme at multiple locations.

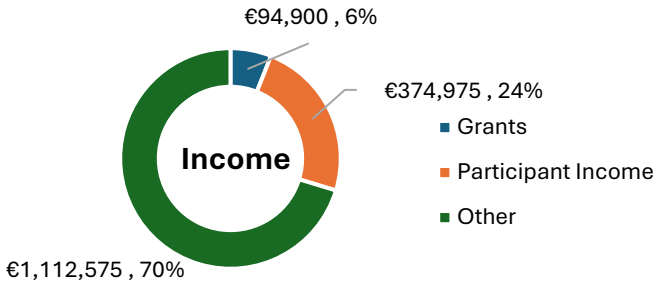


Figure 1 Income sources 2023

ExWell Medical is committed to openness and transparency both within the organisation and externally with donors, funders, participants, and the public. The annual financial statements are prepared in accordance with the Companies Act 2014 and FRS 102.

Expenditure in 2023 was €1,468,408 which was up from €892,051 in 2022. Payroll costs amounted to €1,052,504 (72%). This created a net surplus for the year on the income and expenditure account of €115,042, (2022 €197,832) giving rise to a tax liability of €2,012. In 2023 two staff members received salaries of more than €60,000 and there were no pension contributions made.

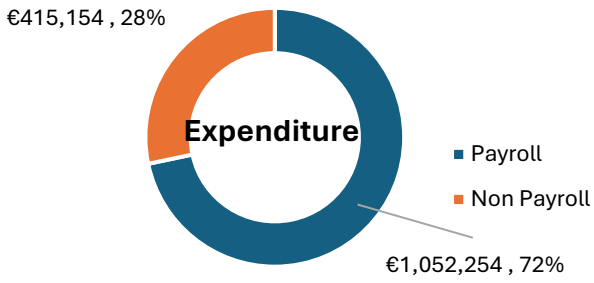


Figure 2 Expenditure 2023

ExWell Medical accounts are audited by Copsey Murray Accountants each year and the financial year runs from 1 January to 31 December. The following extracts are taken from the audited accounts for the year ending 31 December 2023.

Brendan Gillen, Chief Financial Officer, ExWell Medical

Operations Report

The past year has been one of rapid and sustained growth for ExWell, and it's been incredible to witness. This growth was primarily driven by an increase in referrals, which got a big boost thanks to the introduction of *Healthlink*. This new system allows GPs and other healthcare professionals to securely transfer patient information directly to us and helps to speed up the referral process.

We also saw a significant rise in the recognition of our services, particularly in areas where we introduced new centres. This led to an even stronger referral pathway, bringing in more new patients. To keep up with this, we had to ramp up our induction and onboarding processes, which meant allocating more hours to our medical team so we could manage the growing demand nationwide.

Class attendance growth

The growth in weekly class attendance was nothing short of remarkable. In January, we had 1,441 weekly visits, and by November, that number had skyrocketed to 3,740. This was fuelled by the steady stream of new patients, the opening of new centres, and increased participation in our existing locations.

Challenges along the way

Of course, with growth comes challenges. We faced a few hurdles this year, including staffing, training, and funding. We also encountered issues with accessing facilities year-round. As a result, we saw waitlists build up at our funded centres. In an effort to keep those waitlists manageable, our delivery team enrolled more patients than we were initially funded for, which helped ensure waiting times rarely exceeded four weeks. However, we encountered capacity challenges during the summer months due to limited availability of hall spaces in some centres.

Expanding our team

The past year also marked our transition from a small start-up to a medium-sized organisation. To support this growth, we added some key senior roles, including a Business Development Executive, Research Officer, and a Programme Manager for Dublin West.

We couldn't have done it without the strong partnerships we've built over the years. Our relationships with funders, universities, local authorities, and our participants have been invaluable, and we're incredibly grateful for their ongoing support.

Team growth

At the beginning of the year, our team was made up of 19 full-time and 2 part-time staff (19.8 WTE). Thanks to the rapid growth in demand, we ended the year with 26 full-time and 6 part-time staff (29.2 WTE). The majority of this increase was focused on expanding our class delivery network, allowing us to offer more classes at both new and existing centres.

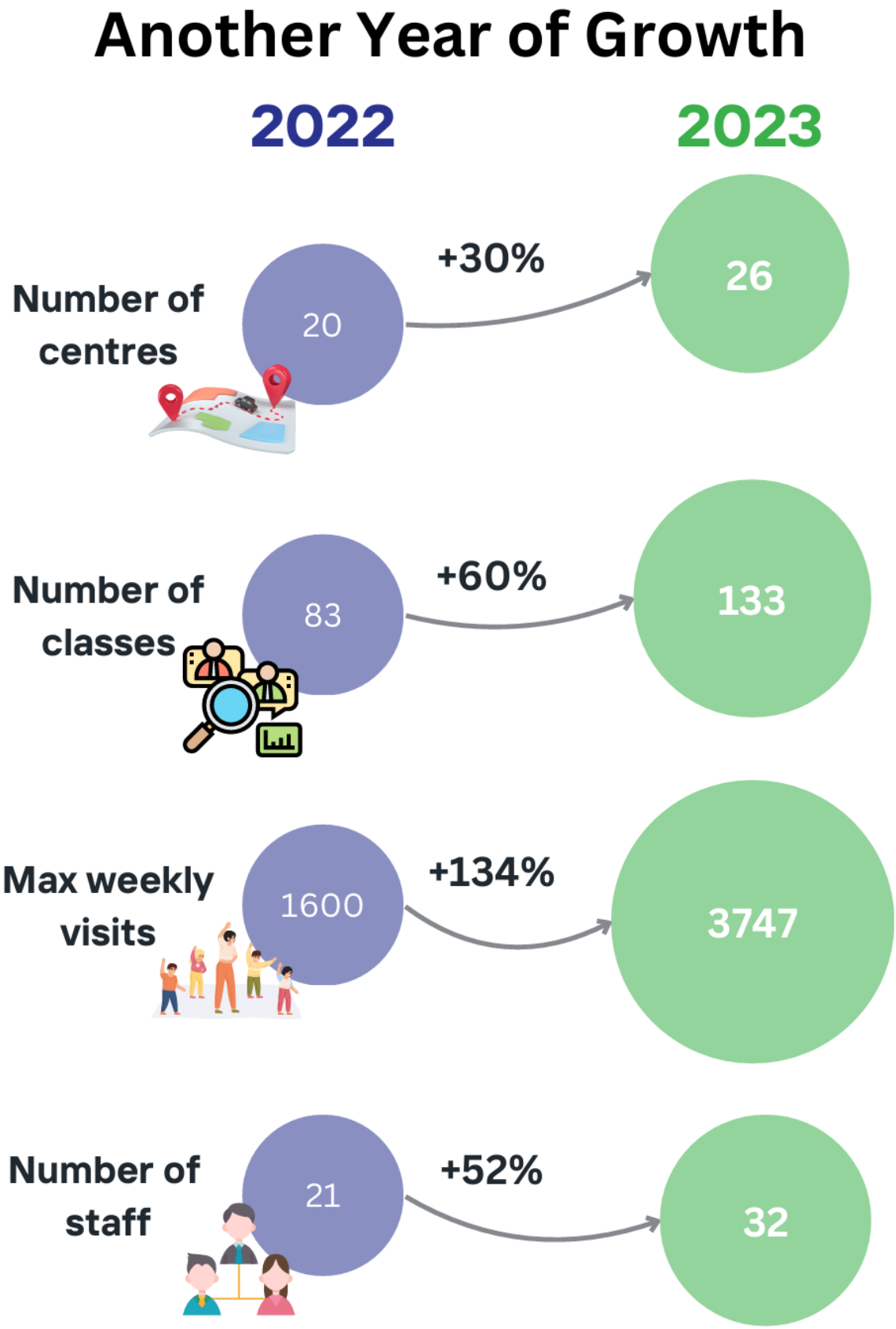
Our internship program also played a huge role in supporting our class delivery team. We welcomed students from Technological University Shannon (Athlone), Dublin City University, and two nutrition students from Technological University Dublin. Their contribution has been truly invaluable, and their eagerness to learn and grow has been a key factor in our success. We also offer a paid summer internship, which provided essential cover during staff annual leave in the summer months.

Looking ahead

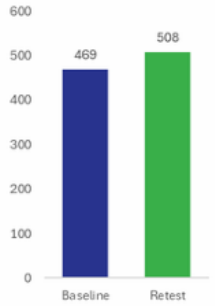
Overall, the year has been an incredibly successful one for ExWell, despite the challenges that came with growth. Our team's dedication and collaboration have positioned ExWell as a leading provider of clinical exercise rehabilitation services across Ireland. We're excited for what the future holds.

Daniel Fagan, Head of Operations, ExWell Medical

Summary Infographics



IMPACT 2023

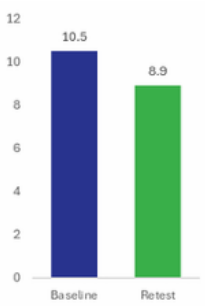


n=1685

6 Minute Timed Trial
Aerobic Fitness

+39m

Goal: Cover as much distance as possible in 6 minutes.
*Exceeds MCID of 30m
Higher score indicates improvement.

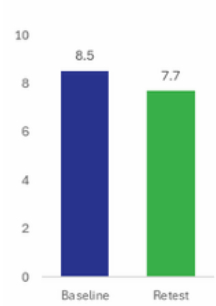


n=1685

30s Sit-to-Stand
Lower Body Strength

-1.6s

Goal: Complete 5 sit-to-stands from a chair as quickly as possible.
*Near MCID of -1.7s
Lower score indicates improvement.

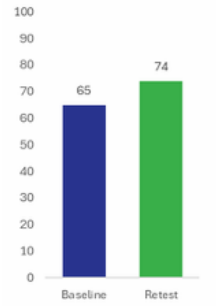


n=1735

Timed Up and Go
Balance & Coordination

-0.8s

Goal: Stand up and walk around a cone 3 metres away as quickly as possible.
*Near MCID of 0.9s
Lower score indicates improvement.



n=486

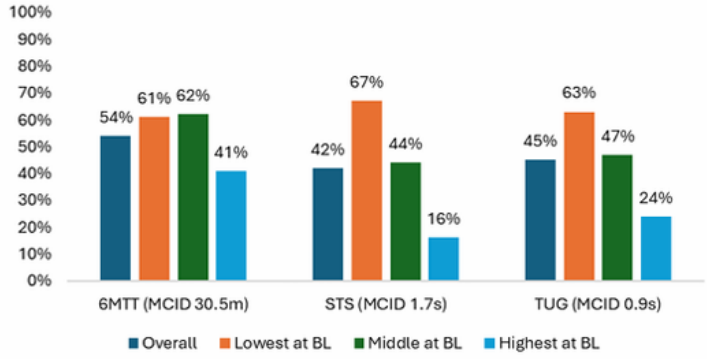
Self Rated Health
Subjective measure of overall health

+9%

Self-report measure of overall health using a visual analog scale from 0 to 100.
Higher score indicates improvement.

***MCID** Minimum Clinically Important Difference established from various published research studies.

Participants who had the lowest scores at baseline were more likely to exceed the MCID for each test at retest suggesting that those who are poorest at the beginning are likely to experience the greatest benefit from participating in ExWell classes.



Looking at the change in scores from baseline to retest, overall between 42% and 54% exceeded the MCID for the 6 minute timed trial (6MTT), 5 rep sit-to-stand (STS) and timed up and go (TUG).

Tertiles were calculated by splitting the baseline data into three equal parts for each test: the lowest third, middle third, and highest third. The graph to the left shows that those in the lowest tertile at baseline were more likely to exceed the MCID for each test.

ExWell Centres 2023

By the end of 2023, ExWell classes were running in 26 locations across the country an increase of 6 compared to 2022. New Dublin-based centres included Coolock and Kilbarrack which started in March 2023 and the new sports centre at Technological University of Dublin, Tallaght started in October. Outside Dublin, classes started in Drum Community Centre, Co. Roscommon in June whilst in September, Clara, Co Offaly and Turloughmore, Co Galway both started in September 2023. Apart from Mulhuddart, all other centres from 2022 continued to deliver ExWell classes. Mulhuddart finished at the end of June but is due to resume again in 2024.

Due to increased demand, almost all locations added new classes to their weekly schedules. The number of classes on offer increased by 60% from 83 in 2022 to 133 in 2023.

Similar to last year, November had the highest number of weekly visits. The number of weekly visits exceeded the projections from 2022 and more than doubled from approximately 1600 weekly visits in November 2022 to 3584 in November 2023. In total, there were 123,603 participant visits to ExWell classes in 2023.

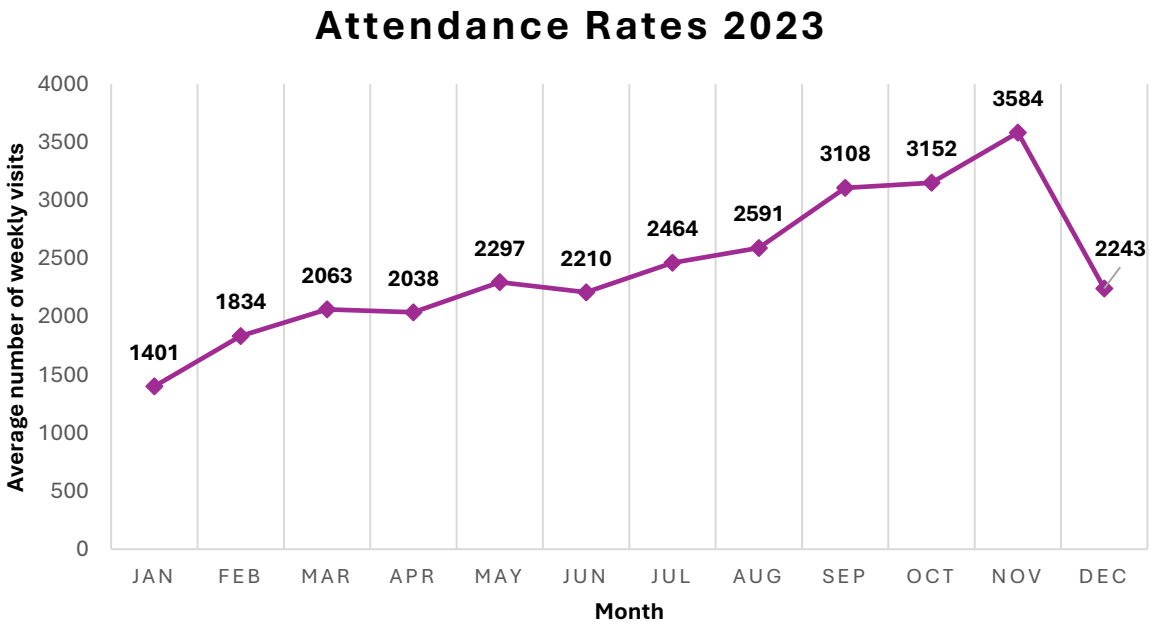


Figure 3 Average weekly attendance each month 2023

ExWell Health Fair 2023

September 9th 2023 saw the inaugural ExWell Health Fair take place at the new TU Dublin, Tallaght Sports Centre.

The idea for the ExWell Health Fair was conceived to celebrate and promote the positive impact that exercise participation has on people living with chronic illness or cancer which in Ireland, includes over 80% of people over the age of 65 and 40% of people across the entire age span. Since the establishment of ExWell in 2019, the number of people in this category, who are experiencing the various physical, social and psychological benefits of community-based exercise has grown year on year. The sense of community is evident at every class across the country but the Health Fair provided a unique opportunity to bring ExWell members from across the country together in one location to celebrate their own and each other's journeys in what was a truly inspiring day for all involved.

The buzz and excitement could be felt from the very start of the day as over 500 people from various locations including Dublin, Waterford, Kilkenny, Athlone, Portlaoise, Tullamore and Sligo arrived at TU Dublin.

Master of Ceremonies for the day was Professor Niall Moyna, cardiovascular and exercise physiologist from Dublin City University. Throughout the day, Niall introduced the speakers, chaired the discussions and invited contributions from the audience.

Ms Lucy Nugent, CEO of Tallaght University Hospital and strong supporter of ExWell, welcomed the attendees to what was the first public event in the new Sports Centre in TU Dublin (Tallaght). Mr Daithí de Róiste, Lord Mayor of Dublin, officially opened the Fair and Dr Noel McCaffrey, CEO of ExWell, spoke about the new and emerging HSE model for managing chronic illness and ExWell's aim to be a supportive partner, offering both extra capacity (as needed) and also a safe exit pathway for patients from the HSE's services.

Six educational talks were presented by exceptional speakers covering a range of topics. **Professor Susan Smith** from Trinity College spoke about the challenges faced by people living with multiple chronic illnesses. **Dr Lynda Corrigan**, consultant oncologist, discussed how lifestyle changes such as stopping smoking, limiting alcohol consumption, taking regular exercise and wearing sun protection can reduce the risk of developing cancer. **Professor Rónán Collins** from TUH spoke about the critical role exercise has in both preventing stroke from occurring and in helping recovery from stroke when it does happen and in reducing the risk of having a second stroke. **Dr Aileen Kennedy** from TUD explained the food pyramid for older people, from the perspective of providing adequate fuel for exercise. She also highlighted the importance of taking a daily Vitamin D supplement which is an important contributor to bone health. **Dr Erika Finn,** clinical psychologist in TUH, discussed psychological aspects of chronic illness. She stressed the importance 'stepping back' to enhance awareness of our own thoughts and concerns, to not be too self-critical and to be open to seeking support. **Professor Seán Kennelly,** from TUH, spoke about brain health and dementia. He highlighted the potential causes of dementia that can be addressed include high blood pressure, poor hearing, inactivity and social isolation.

It wouldn't be an ExWell event without the inclusion of some exercise. The audience were guided through a gentle warm-up by ExWell's operations manager Daniel Fagan before the educational talks, a 10-minute aerobic session before lunch and a 10-minute strength workout after lunch. The sight of nearly 500 people taking part in these sessions was spectacular.

Further entertainment was provided by the two ExWell Unity Choirs from Dublin North and Tallaght. Each choir performed three songs, led by choirmaster Lorraine.

One of the highlights of the day was the participant experience session chaired by advisory board member and ExWell participant Chris Kelly. Six ExWell participants generously shared the details of their illness pathway, their experience of getting involved in the ExWell programme and their progress since then. A wide variety of illnesses were on the stage but the common feature was a willingness to open their hearts to the audience and tell their stories in detail which was greatly appreciated by all.

Dr Fiona Skelly, ExWell's Clinical Exercise Physiologist, summarised the results of a snapshot survey completed by 185 people attending the Health Fair. The presentation included an overview of the number and types of illnesses attendees live with, the number of medications they take on a regular basis, how many experienced pain regularly and what their self-rated health was on the day. The three commonest illnesses reported were heart disease, arthritis and pain. Self-reported loneliness was commoner in people with a greater number of illnesses and in those taking the highest number of medications.

Aodhaghán Ó'Deasmhunaigh, ExWell's project lead in CHO 7 (Tallaght / Naas) spoke about ExWell's plans to introduce a programme to encourage and support ExWell participants to exercise at home as well as in the group classes. He explained the reasons for promoting this activity, presented some options for home exercise and discussed how to record the exercise done and how to measure the impact through self-administration of specific tests.

Feedback from participants who attended the Health Fair was overwhelmingly positive and we are looking forward to an even bigger and better event in 2024.

"Overall, I found the day meaningful and beneficial and a wee bit emotional. I realised that I am part of a community movement of benefit to many of us, physically and, not to be underestimated, mentally and socially. I met many interesting and inspirational people from other ExWell centres. Everybody in ExWell has an interesting story to tell."

"It was a most enjoyable day & the speakers were very worthwhile. I learned a few tips along the way – re cancer & dementia. How important exercise is in the daily routine when we are in recovery as I am. Found this most beneficial with regard to interacting with people – well done everyone"


exwell
MEDICAL
Health Fair
9TH SEPTEMBER 2023

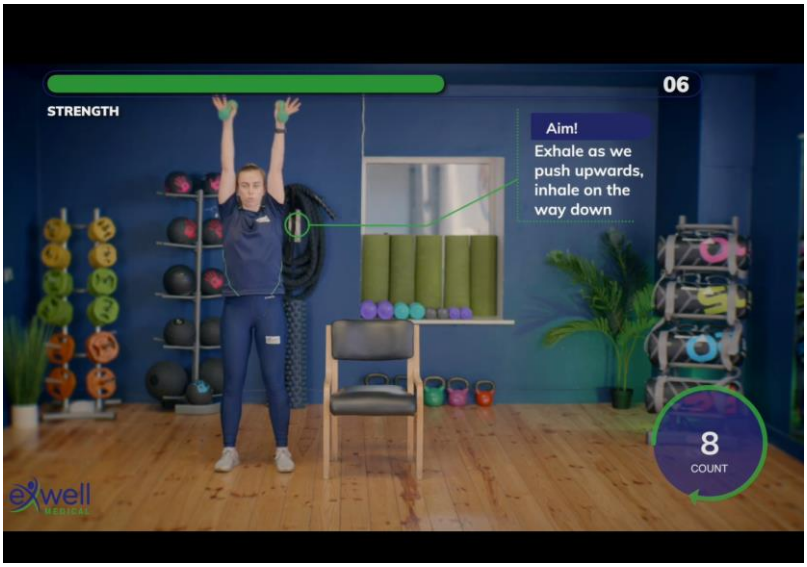

exwell

Online Levels Programme

The ExWell Levels programme, launched in June 2023, consists of pre-recorded exercise classes set out at different levels. The online programme allows participants to access ExWell classes from the comfort of their own home and provides a useful alternative for those who are unable to attend ExWell in-person. The Levels programme aims to replicate the in-person experience as much as possible by ensuring that the participants are accessing classes suited to their level of ability. Each class includes the core elements of a warm-up, aerobic exercises, resistance exercises, core, balance and a cool-down.

Participants who sign up to the programme are assigned to an exercise level based upon a set of test results and pre-exercise questions that must be completed prior to starting the classes. After each class, a post-exercise questionnaire is completed which then determines if the participant is ready to progress to the next level. A member of the ExWell team will contact participants if they report any concerning symptoms in their post exercise questionnaire before they can access the next class.

The initial phase of the Levels programme consists of 11 levels from chair-based to advanced and a total of thirteen pre-recorded exercise classes. As such, most levels only have one class for users to follow. Participants who engaged with the programme regularly in 2023 felt this was inadequate due to lack of variety if they remained at a certain level of intensity for some time. However, this will be rectified as new classes were recorded in September 2023 and will be added to the platform in early 2024. Once completed, there will be 79 pre-recorded classes on offer to enhance the variety and quality of the online programme.



Between June and December 2023, almost 160 participants were set up on the programme and a total of 314 classes were completed. However, only 38% of those who signed up ever logged on to the programme.

Once the new classes are added to the platform in 2024, greater efforts will be made to monitor the engagement with the Levels programme and to encourage regular participation by those who sign up.

Research

The ExWell Medical Research Committee was established in 2023 to oversee and govern how research projects are selected and conducted through or in collaboration with ExWell.

The committee is chaired by Professor Susan Smith (Professor of General Practice, Trinity College). The other members are Professor Sean Kennelly (Consultant Physician in Geriatric and Stroke Medicine, TUH), Professor Paul McLoughlin (Professor of Physiology, School of Medicine, UCD), Dr Noel McCaffrey (CEO, ExWell Medical), Dr Fiona Skelly PhD (Clinical Exercise Specialist, ExWell Medical, and Lecturer in TUS, Athlone) and Dr Lisa Kelly PhD (Research Officer, ExWell Medical).

The committee agreed on the research definition as it pertains to ExWell Medical and also to the research mission and vision.

Research Definition

This is research which is conducted with participants in any of the ExWell Medical programmes, (or with non-participants but using ExWell Medical resources) in collaboration with ExWell Medical staff and /or academic, service delivery, policy and industry partners, and approved by the ExWell Medical Research Committee.

Research Vision

The research vision is to design, conduct, analyse and disseminate research that will inform best practice in exercise-based chronic illness rehabilitation for people living in community settings.

Research Mission

The research mission is to create the environment and infrastructure to deliver the research vision, through:

a. Achieving high standards of research excellence
b. Ensuring good governance
c. Building research capacity and infrastructure
d. Prioritising Public and Patient Involvement
e. Adopting a partnership approach

A research strategy was devised for the period 2023 to 2027 and will be delivered through a set of five core pillars that align with the research vision.

Good progress was made in 2023 whereby the research activity was reviewed and a research directory was created to monitor all research projects being conducted by or in collaboration with ExWell. A study adoption protocol was developed to ensure there is a fair and robust process around new research collaborations. For this, researchers wishing to conduct research with ExWell must complete and submit a study adoption form alongside a study protocol. All submissions are initially screened by the study adoption sub-committee. Those that pass the screen are brought forward to the full committee for discussion and final decision. A patient and public involvement (PPI) group consisting of 10 ExWell participants from various centres was formed in August 2023. The group met twice online to discuss and finalise the terms of reference for the group. The PPI group will play a key role in advising and supporting the decisions around ExWell's research activity.

ExWell Research Projects

External Projects

- The impact of a physician-led exercise programme on quality of life, muscle mass and clinical response in inflammatory bowel disease (IBD) patients during induction with biologic therapy: A feasibility study.
- PROMED-EX: A Randomised Controlled Trial to evaluate the effect of a protein enriched Mediterranean Diet (MedDiet) and exercise intervention on the nutritional status and cognitive performance of individuals at risk of undernutrition and cognitive decline.
- PANO Trial: Perioperative Exercise and Nutritional Optimisation Prehabilitation Before Surgery for Patients With Peritoneal Malignancy.
- CHO-7 Medically supervised exercise rehabilitation program for individuals with chronic disease: A feasibility study exploring processes and impact of the ExWell Program.
- PERCS: Personalised Exercise Rehabilitation in Cancer Survivorship.
- SEURO (Scaling European citizen driven transferable and transformative digital health)
- A Survey to explore the perceptions and beliefs of Management in Osteoarthritis patients: An EU funded COST action initiative NetwOArk CA21110 / Working Group 1.
- Impact of dietary assessment and interventions on outcomes in Liver Cirrhosis Patients.

Final Year Projects from TUS Athlone 2023

- Assessment of the physiological response to a standard ExWell Medical class (Student: Paul Byrne, Supervisor: Dr Clare McDermott).
- Moving on From ExWell Medical: An evaluation of the progression from exercise rehabilitation (Student: Stewart Metcalfe, Supervisor: Dr Clare McDermott).
- Assessment of the physiological response to a standard ExWell Medical class (Student: Daniels Stahovskis, Supervisor: Dr Fiona Skelly).

HRB Funded Studentship

Katie Moran and her supervisor Dr Fiona Skelly were awarded a Health Research Board (HRB) funded studentship between June and August 2023 for their project titled: Physical Functioning, Self-Rated Health and Retention to Exercise Rehabilitation in a Diverse Chronic Disease Population. This project provided an important insight into key areas that need to be addressed to maximise participant engagement and retention to the ExWell classes.

Impact

The impact of the ExWell classes is measured through various tests that assess aerobic fitness (6 minute timed trial), lower limb strength (five repetition sit-to-stand test), risk of falls (timed up and go test), cognitive decline (timed up and go dual task), handgrip strength (handgrip dynamometer) and self-rated health (visual analogue scale).

For this report, baseline and retest data were available for 1825 participants (59% female; 41% male) across 23 ExWell centres. The average age of participants was 72 years (range 30 to 92) and the number of classes attended ranged between 0 and 146 with a median of 28 classes.

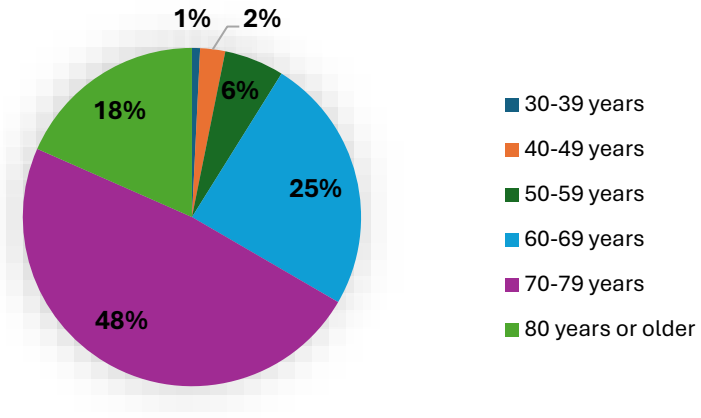


Figure 4 Proportion of participants in each age category

Overall participants significantly improved their scores in the 6 minute timed trial (+39m), 5 rep sit-to-stand (-1.6s), timed up and go (-0.8s), dual task (-1s) and self-rated health (+9%) with minimal change in the grip strength test.

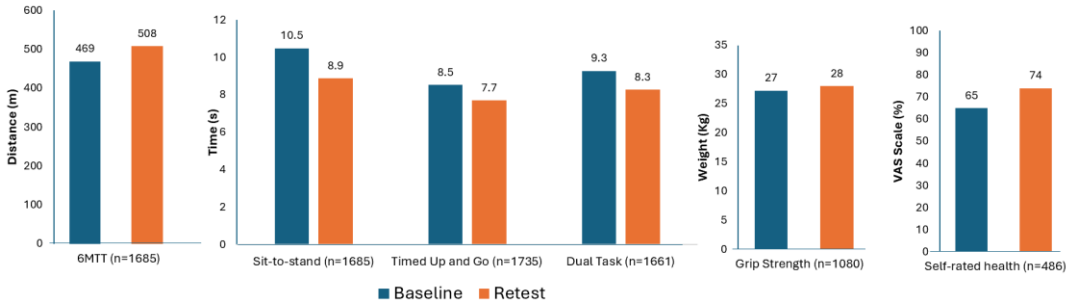


Figure 5 Overall change in test scores from baseline to retest

Participants who had the lowest scores at baseline had the greatest relative improvements at retest. The figure below shows the change in scores for the 6 minute timed trial, sit-to-stand, timed up and go and the dual task tests by tertiles.

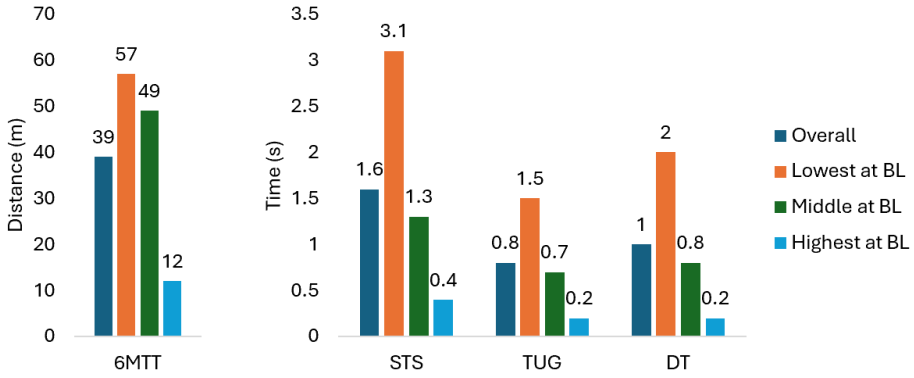


Figure 6 Change in scores from baseline to retest by tertiles for each test at baseline

Research suggests scores that have a clinical significance for various tests. The minimal clinically important difference (MCID) for the 6 minute timed trial is 30.5m (Bohannon and Crouch, 2017), for the five rep sit-to-stand is 1.7 seconds (Jones et al., 2013) and for the timed up and go test is 0.9 seconds (Mesquita et al., 2016).

- Overall, 54% of participants exceeded the MCID for the 6MTT. Those who were in the lowest or middle tertiles at baseline were more likely to exceed the MCID compared to those who were in the highest tertile at baseline.
- Overall, 42% of participants exceeded the MCID in the Sit to Stand test. Those in the lowest tertile were more likely to exceed the MCID compared to those who were in the middle and highest tertile at baseline.
- Overall, 45% of participants exceeded the MCID in the Timed Up and Go Test. Those in the lowest tertile were more likely to exceed the MCID compared to those who were in the middle and highest tertile at baseline.

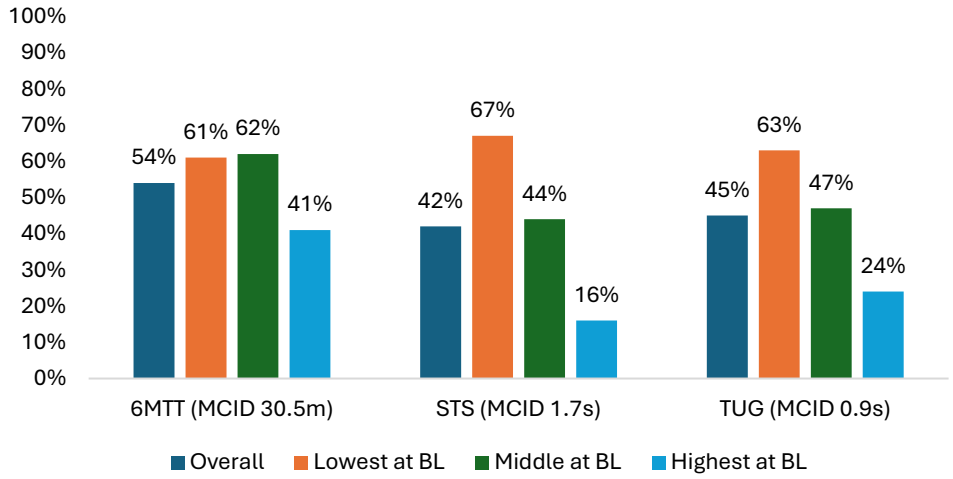


Figure 7 Proportion of participants who exceeded the minimal clinically important difference for the 6 minute timed trial, sit-to-stand and timed up and go tests by tertiles

ExWell Governance

Corporate Structure

ExWell Medical is a Company Limited by Guarantee and is a social enterprise with a not-for-profit ethos. It was founded in January 2019 by Dr Noel McCaffrey.

Organisational Structure

The organisation structure is laid out in Figure 8 below. The following committees report to the Board:

1. Finance committee: Chair Clive Kilmurray
2. Remuneration committee: Chair Grainne McMorrow
3. Nominations Committee: Chair Chris Kelly
4. Research Committee: Chair Professor Susan Smith

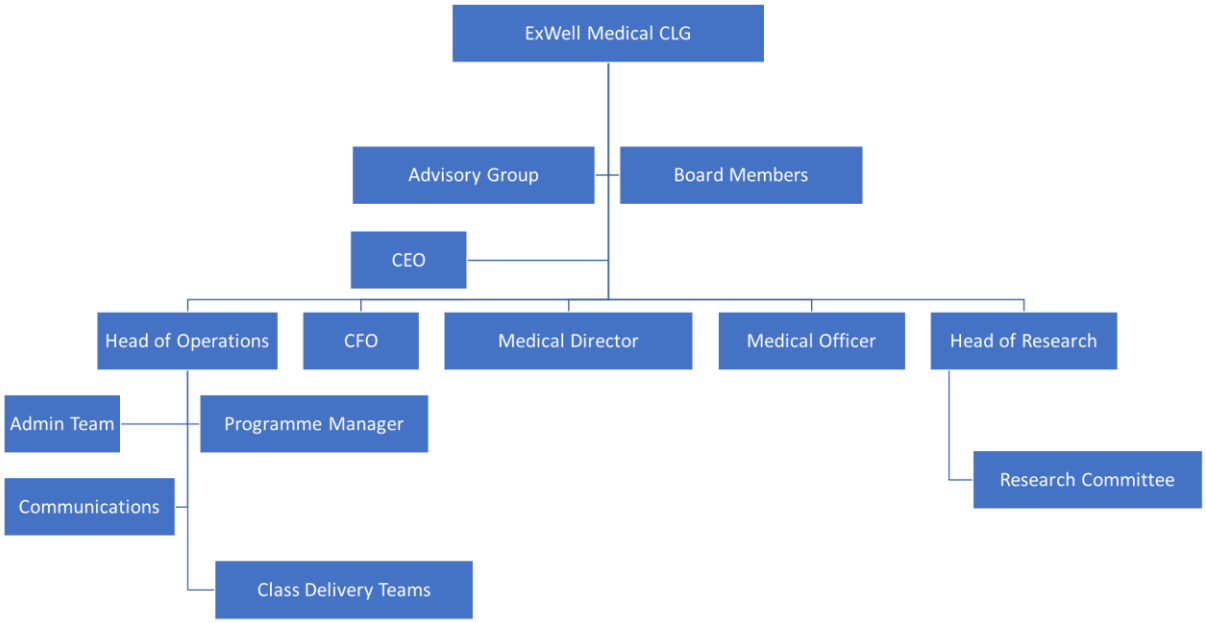


Figure 8 ExWell Medical's Organisational Structure 2023

Executive Team

There are five members on ExWell's executive team. Dr Noel McCaffrey and Danny Fagan are full time employees. Brendan Gillen and Dr Emmett Byrne are part-time employees and Professor Sean Kennelly has an honorary position.

ExWell Advisory Board 2023

Lar Bradshaw
Chairperson, Retired Managing Partner of McKinsey & Company

Prof. Sean Kennelly
Consultant Physician in Geriatric and Stroke Medicine, Tallaght University Hospital

Anne Dermody
Retired Business Development Director with Rethink Ireland

David Beirne
Senior Vice President UPMC International (University of Pittsburgh Medical Centre)

Dr. Noel McCaffrey
Founder and CEO of ExWell, Sports and Exercise Medicine Specialist

Prof. Susan Smith
Professor of General Practice, Trinity College

Chris Kelly
Retired CRH Senior Executive, ExWell Participant

Grainne McMorrow
International Human Rights Lawyer and Jurist, ExWell Participant

Clive Kilmurray
Entrepreneur and Corporate Finance Specialist

Diarmuid McNamee
Managing Director of Tower View, Chair of the Dublin Simon Community Board

ExWell Staff 2023

ExWell would not be thriving as it is without the ongoing work from all staff involved, A big thank you to all our staff from 2023 as well as all students and volunteers who supported in any capacity throughout the year.

Management and Research

Dr Noel McCaffrey, Chief Executive Officer

Mr Daniel Fagan, Head of Operations

Mr Brendan Gillen, Chief Financial Officer

Dr Fiona Skelly, PhD, Clinical Exercise Physiologist

Dr Emmett Byrne, Medical Officer

Dr Lisa Kelly, PhD, Research Officer

Mr Aodhaghan O'Deasmhunaigh, Programme Manager, Dublin West

Administration

Cathy Dowdall

Lorraine Corcoran

Class Delivery and Programme Leads

Aideen Cooley

Amy Hopkins

Andrew Evans

Catherine Nicholl

Cein McMonagle

Christian Crosby

Ciara Dunlea

Ciara Whelan

Cliona McGowan

Colm O'Meara

Colm Ryan

Conor Murphy

Conor Owens

Conor Ryan

Darragh Travers

Edel Larkin

Fionn Delaney

Ingrid McLoughlin

Jade Geraghty

Kaitlyn Whelan

Katie Moran

Kevin Quinn

Leah Irwin

Liam Hughes

Majella Fitzpatrick

Nathan Farrell

Niamh Smyth

Oisin O’Donoghue

Precious Aderinwale

Rita Trentz

Sean Collier

Shane McMonagle

Sophie Gibney

Stewart Metcalfe

Pictures

Testimonials

"The benefit that I have achieved has been immense, both in physical and mental health.
At the beginning I was afraid to push myself but now I try to push myself as hard as I can. I suffered a heart attack in Jan 2021, but by attending the classes I have gained an inner confidence where I don't think about my heart condition, although the body tells me at times (shortness of breath)."

"Mentally too, the programme has instilled in my brain that I am healthy for my age. This obviously benefits me in my everyday life as I enjoy travel, walking, gardening and golf. Plus with three very active grandchildren (aged 5,8,10) I am able to keep up with their fast-paced agendas."

"Aside from the physical wellbeing aspect benefit, the programme has opened up a new social outlet door wherein I have met and interacted with many new friends.
The enthusiastic and upbeat attitude of the brilliant Tutors has rubbed off on us all and the whole experience has brought our outlook and positive frame of mind to a much higher level."

"I have had a few fractures and have a diagnosis of osteoporosis among other autoimmune diseases. My GP referred me to the ExWell programme. I started about ten months ago and have rarely missed a session. After nine years of worsening or the same scores on a dexa scan I have finally had improved scores this year. I really enjoy the ExWell sessions and I am sure they have contributed to my improved bone health."

"It has kept me fit, it has helped my flexibility and it has offered me access to support from other class members ie. The social benefit. The class has motivated me to keep working on my physical and emotional recovery. The class helps me to achieve my goal of living as independently and as functionally as possible. I feel with the benefit of the class and I am maximising my potential recovery, following my illness."

"ExWell has improved my quality of life by helping me deal with chronic illness. Since starting the classes I feel more able to move around and it has encouraged me to get out more. Without ExWell I think my health issues would be more severe. ExWell has given me a chance also to lose weight and get fitter."