




Active Lives Pathway - Referral Programmes

	Tier	Example Programmes	Description	Target Group	Duration / Cost	Referral Required
TIER 1	Clinical Pathway		Specialist evidenced based condition-specific rehabilitation programmes delivered by a Health and Social Care professional (e.g. Cardiac Rehab). These programmes specifically target adults and include both movement activities and education sessions. Referrals into Tier 1 are for Health and Social Care Professional to Professional. Referrals to Tier 1 are part of established Health and Social Care clinical pathways.			
TIER 2	Physical Activity Referral	Gym Fitness Classes Swimming, Other Leisure Centre Activities	<ul style="list-style-type: none"> • A programme for people who need 1:1 support to increase their confidence and motivation to be active. • Programmes include an explicit health behaviour change component. • Everyone will have a dedicated and highly qualified Advisor available across the programme 	<ul style="list-style-type: none"> • Inactive • Living with or at risk of 1+ health conditions • High levels of support and encouragement to engage in physical activity 	16 Weeks Free	
TIER 3	Active Communities Specialist Programmes	Health Walks Move More including: Gentle Movement Bridging Plus Strength and Balance Bridging the Gap	<ul style="list-style-type: none"> • Programmes of physical activity designed for people living with one or more controlled medical conditions (e.g. Stroke, Cardiac Conditions) and delivered by highly qualified staff. • Programmes include group classes and health walks. • Programmes are suitable for people who have experienced de-conditioning or find their strength and balance is starting to impact on their daily lives. 	<ul style="list-style-type: none"> • Inactive • Living with or at risk of 1+ health conditions • Low level of support and encouragement to engage in physical activity • People self-managing their health condition 	8 Weeks Free	
TIER 4	Active Communities General Programmes	Health Walks Community Activators Easiobics Aerobics	<ul style="list-style-type: none"> • Programmes of physical activity for people who have become inactive overtime, but are otherwise healthy. • Programmes are designed to build and maintain strength, improve co-ordination and flexibility. • Programmes include group classes and health walks. • Programmes are delivered by trained staff. • Programmes are fun, inclusive and often contain a social component. 	<ul style="list-style-type: none"> • Inactive but otherwise healthy • People self-managing their health condition 	8 Weeks Free	
TIER 5	Community Wide General Activities	Various	<ul style="list-style-type: none"> • For people independently active with no support required to participate in physical activity. 	Independently Active	Various	Signpost

