

Active Lives Pathway - Referral Programmes

| | Type Of Programme | Example Programmes | Programme - Description | First Session | Duration / Time |
|---------------|--|---|--|--|---|
| TIER 2 | Tier 2 Physical Activity Referral | Gym, Fitness Classes, Swimming, Other Leisure Centre Activities | <ul style="list-style-type: none"> Through the support of our highly trained and qualified Fitness Advisors, we'll help you build the confidence you need to make positive lifestyle changes. We'll work with you to develop a support package which is right for you, provide you with one-to-one catch-ups, supported activity sessions and encourage you to set goals, which will leave you feeling great and ensure you're getting the most out of life. | <ul style="list-style-type: none"> On arrival, book in at reception and your Fitness Adviser will welcome you. Your Fitness Adviser will have a chat with you about what you would like to do and to set a plan to work towards. This may include activities in the gym, fitness classes or the pool. The Advisor will also show you round the centre so you know where everything is (if you need to) and make sure you have everything you need to get started. The Adviser will induct you into the gym so please wear trainers, track suit bottoms and a t-shirt; however you may wish to wear shorts, a vest or any other comfortable clothing suitable for movement. Please also bring a bottle of water. Your advisor will also be in touch regularly throughout the 16 weeks to see how you are getting on. The Advisors also provide supervised activity sessions in the gym during the week so that you know they are there on hand if you have any questions or need support. | <p>16 Weeks</p> <p>Typically 60 Minutes</p> |
| TIER 3 | 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"> Classes led by highly trained and qualified Fitness Instructors or Health Walk Leaders. Our welcoming and supportive instructors will improve your confidence to join in, get active and start to lead a fuller, more independent life. These classes or Health Walks have been specially designed to support people living with a range of medical conditions, such as; Parkinson's disease, MS, Stroke, Cardiac Conditions, Osteoporosis, Cognitive impairments and COPD. Classes are also ideal for those of you who have a fear of falling or find your strength and balance is starting to impact on your daily lives. Our experienced Instructors will adopt and tailor activities to the needs and abilities of all participants. Programmes are fun, inclusive and often contain a social component (e.g. refreshment post class). | <ul style="list-style-type: none"> A member of the Active Communities Team will contact you in advance to help you choose a class or walk that best suits your needs, making sure you are safe, comfortable and above all else having fun. Before you know it, you'll be joining in, having a laugh and really feeling the difference. The Team will provide more information about the programme and what to expect on arrival. Please wear trainers, track suit bottoms and a t-shirt; however you may wish to wear shorts, a vest or any other comfortable clothing suitable for movement. Please also bring a bottle of water. The Fitness Instructor will provide a warm welcome on arrival. | <p>8 Weeks</p> <p>Typically 60 Minutes</p> |
| TIER 4 | Tier 4 Active Communities General Programmes | Health Walks Community Activators, Easiobics, Aerobics... | <ul style="list-style-type: none"> Classes led by trained and qualified Fitness Instructors or Health Walk Leaders. Our welcoming and supportive instructors will improve your confidence to join in, get active and start to lead a fuller, more independent life. These Classes or Health Walks Programmes support people who have become inactive overtime but are otherwise healthy. Programmes are designed to build and maintain strength, improve co-ordination and flexibility. Programmes are delivered by trained staff. Programmes are fun, inclusive and often contain a social component (e.g. refreshment post class). | <ul style="list-style-type: none"> A member of the Active Communities Team will contact you in advance to help you choose a class or walk that best suits your needs, making sure you are safe, comfortable and above all else having fun. Before you know it, you'll be joining in, having a laugh and really feeling the difference. The Team will provide more information about the programme and what to expect on arrival. Please wear trainers, track suit bottoms and a t-shirt; however you may wish to wear shorts, a vest or any other comfortable clothing suitable for movement. Please also bring a bottle of water. The Fitness Instructor will provide a warm welcome on arrival. | <p>8 Weeks</p> <p>Typically 60 Minutes</p> |
| TIER 5 | Community Wide General Activities | <ul style="list-style-type: none"> Tier 5 Activities are for people meeting the physical activity guidelines who are independently active and require no support to take part in community physical activity programmes The DG Doing More Website provides information on why, how and where to be physically active in Dumfries and Galloway. Why do more - https://dgdoingmore.co.uk/why-do-more/ How to be active – https://dgdoingmore.co.uk/how-to-do-more/ Where to be active - https://dgdoingmore.co.uk/where-to-do-more/ A physical activity tool has been created to support adults in Dumfries and Galloway identify activities that might support them to be more active - https://dgdoingmore.co.uk/activity-tool/ For more information on how and where to be active then please email Active.Communities@dumgal.gov.uk or visit dgdoingmore.co.uk | <ul style="list-style-type: none"> Find a Sport – links to club finders via sport governing bodies Local Clubs - listing of sport clubs and dance groups across the region Health, Fitness and Wellbeing - listing of groups across the region including leisure facilities, gyms, community websites, yoga and pilates The Outdoors - listing of opportunities to explore and enjoy the outdoors including forests, beaches, parks and active travel Active Communities - listing of group activity opportunities organised through the D&G Council Active Communities team | | |

