

# Active Lives Pathway

Referral at a Glance

For Health and Social Care Professionals

The Active Lives Pathway, in Dumfries and Galloway, provides a tiered approach to community based physical activity programmes.

The Active Lives Pathway aligns with the national [Physical Activity Referral Standards](#).

All Health and Social Care professionals can refer into three tiers of the Active Lives Pathway (Tiers 2-4) and signpost to activities in Tier 5 using the local [DG Doing More website](#).

People referred to Tiers 2-4 of the pathway will receive a free programme of physical activity lasting 8-16 weeks, dependent on the level of support required.

The five tiers summarised here



This guide aims to provide Health and Social Care professionals with information that will support effective referral into programmes that will encourage and enable everyone to be more physically active.



# What Tier Should I Refer Into?

## Referral at a Glance

An **[short screening questionnaire](#)** has been developed to support Health and Social Care professionals raise the issue of physical activity and signpost to tiers within the Active Lives Pathways.

People who are physically active should be signposted to the **[DG Doing More Website](#)**.

**The summary Table below provides an overview of the tiered activities within the Active Lives Pathways.**

TIER	Physical Activity Level*	Lead Organisation and Service	Health Condition	Level of Patient Support	Referral Duration	Condition Management	Availability
5	Independently Active*	Public, Private and Third Sectors	Healthy - Meeting CMO guidelines	None	-	Self-management by patient	<b><a href="https://dgdoingmore.co.uk/where-to-do-more/">https://dgdoingmore.co.uk/where-to-do-more/</a></b>
4	Inactive	Dumfries and Galloway Council – Active Communities	Inactive but otherwise healthy	Low	8 weeks	Self-management by patient	<b>Across Dumfries and Galloway</b>
3	Inactive	Dumfries and Galloway Council – Active Communities	With/risk of 1 or more controlled health conditions	Low	8 weeks	Self-management by patient	<b><a href="https://dgdoingmore.co.uk/active-lives-pathway/">https://dgdoingmore.co.uk/active-lives-pathway/</a></b>
2	Inactive	Dumfries and Galloway Council – Leisure Facilities	With/risk of 1 or more controlled health conditions	High	16 weeks	Supported programme with explicit health behaviour change component	<b><a href="#">Annan</a> <a href="#">Dumfries</a> <a href="#">Newton Stewart</a> <a href="#">Stranraer</a></b>

Tiers 2-4 programmes are accessible to people with disabilities and those with low mobility

## What programmes are available at each Tier?

Tier	Active Lives Pathway Activity	Detail
Tier 4	Community Activators*	Social classes with low mobility activities including seated exercise, games and quizzes.
	Health Walks inc Nordic Pole Walks**	Easy to moderate paced walks. Walking with poles can provide stability and reduce strain on the lower body joints, by sharing both the effort and body weight with the upper body muscles, and improve cardio-respiratory fitness, core strength, and improve balance. Walkers need to bring their own poles.
	Health Walks**	See Tier 3 below for description
	Stroll in the Park**	See Tier 3 below for description
	Easyobics*	Light exercise to music class which focuses on movement, strength, toning and general increased physical activity
Tier 3	Bridging*	A multi-activity class supporting people to manage their health condition(s) and maintain a healthier, happier and more independent life.
	Gentle Movement**	A specially adapted programme to improve physical wellbeing and reduce anxiety that can be done either seated or standing. Combined elements of Chi Gung and Tai Chi movement, breathing and meditation improve physical wellbeing and reduce anxiety.
	Move More	Move More Dumfries and Galloway is a programme of activity specifically designed for people affected by cancer but is also suitable for those with a long term condition.
	Strength and Balance*	Classes designed to support people unsteady on their feet, who are worried about falling or have had a fall.
	Health Walks**	Weekly walks that are easy, sociable and good fun, with a volunteer walk leader on hand to encourage participants to go at a pace they are comfortable with.
	Stroll in the Park**	Low level weekly walks designed for people living with or recovering from a long term health condition. The walks are ideal for people wishing to continue their recover or maintain a level of fitness by developing strength and balance and confidence.
Tier 2	Physical Activity Referral***	A 10-12 week specialist programme of bespoke advice and encouragement to be more physically active. Participants will receive 1:1 consultations from specialist Fitness Advisers to provide knowledge, tools and confidence to become and remain more physically active.

\*Chargeable programme following free sessions | \*\*Always free

\*\*\*Your Fitness Advisor will discuss chargeable and non chargeable options with you

# How to Refer

There are two referral routes.

1 ▼

People who are motivated and ready to start a physical activity programme should be referred directly to the Active Lives Pathway.

[Click here](#) to download the referral form for all Tiers or scan the QR Code



All referrals to the Active Lives Pathway should be emailed to [Active.Communities@dumgal.gov.uk](mailto:Active.Communities@dumgal.gov.uk)

A member of the Active Communities Team will then contact the referred person to book them in. We will also contact the referring service to confirm the referral is being followed up.

2 ▼

People who require further support before starting a physical activity programme can be referred to a Community Link Worker.

Community Link Workers understand that people may have wider non-medical concerns that are having an impact on their health and wellbeing and capacity to make changes; for example; caring responsibilities, worries about the cost of living or feeling isolated.

Community Link Workers work directly with people, to help them navigate and connect with the people, places and resources in the community that may support their wider concerns. For example:

- Local activities and social groups
- Self-help and support groups
- Money and benefit advice, debt management and budgeting
- Care services and carers support groups

Community Link Worker support is open to anyone over the age of 16

Referrals for Community Link Worker support can be accepted through Home Teams using the SCI Gateway pathway or people can self-refer through the Single Access Point **tel 030 33 33 3001**

## For More Information

For more information on the Active Lives Pathway please email [Active.Communities@dumgal.gov.uk](mailto:Active.Communities@dumgal.gov.uk) or visit [DG Doing More](#)