

# Active Lives

## Pathway

### Making a referral quick guide

#### What is the Active Lives Pathway?

The Active Lives Pathway is a regional Health and Social Care and Council programme to encourage and enable adults who are physically inactive to enjoy the many benefits of being more physically active.

#### Who can I refer to the Active Lives Pathway?

Any physically inactive adult in Dumfries and Galloway who is motivated to be physically active. Referrals are welcome from people living with or at risk of a health condition(s).

Adults qualify as inactive if they do not meet the UK physical activity or muscle strengthening guideline<sup>[1]</sup>.

#### What types of activity can I refer to?

The Active Lives Pathway has three tiers of activities that Health and Social Care Professionals can refer to.

Options include specialist 1:1 programmes, community fitness sessions and strength and balance classes. All sessions are delivered by qualified staff who create environments that are accessible, inclusive and social.



#### How do I refer to the Active Lives Pathway?

- STEP 1** Use the screening and signposting questionnaire to check the patient is physically inactive.  
Identify the tier of programme that would best support the person to move more (if unsure, our Triage Team can identify a programme with the person).
- STEP 2** Complete the referral form.
- STEP 3** Once you have completed a referral form email it to [Active.Communities@dumgal.gov.uk](mailto:Active.Communities@dumgal.gov.uk)
- STEP 4** A member of the Active Communities Team will contact the person to arrange their physical activity programme.

#### Where can I find resources and information on the Active Lives Pathway?

Health Professional information	Background	<a href="https://dgdoingmore.co.uk/health-professional-information/">https://dgdoingmore.co.uk/health-professional-information/</a>	
	Screening and Signposting Questionnaire	<a href="https://dgdoingmore.co.uk/wp-content/uploads/2023/12/Active-Lives-Pathways-Screening-and-Signposting-Questionnaire.pdf">https://dgdoingmore.co.uk/wp-content/uploads/2023/12/Active-Lives-Pathways-Screening-and-Signposting-Questionnaire.pdf</a>	
	Referral Form	<a href="https://dgdoingmore.co.uk/wp-content/uploads/2023/12/Active-Lives-Pathway-%E2%80%93-Referral-Form.pdf">https://dgdoingmore.co.uk/wp-content/uploads/2023/12/Active-Lives-Pathway-%E2%80%93-Referral-Form.pdf</a>	
Participant information	General Information and background	<a href="https://dgdoingmore.co.uk/participant-information/">https://dgdoingmore.co.uk/participant-information/</a>	

#### For more information on the Active Lives Pathway

Please email [Active.Communities@dumgal.gov.uk](mailto:Active.Communities@dumgal.gov.uk) or visit <https://dgdoingmore.co.uk/active-lives-pathway/>

[1] Physical activity guidelines: UK Chief Medical Officers' report. 2019. <https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>