

Active Lives Pathway At-a-Glance Guide for Professionals

(Updated)

This resource helps health and social care professionals discuss physical activity and make appropriate referrals to Active Lives.

Referrals

Active Lives accepts referrals into Tiers 2–4. Where individuals do not meet criteria signpost to local activities found at DG Doing More. If motivation is low offer a referral to a Community Link Worker, call 030 33 33 3001.

When to Refer?

Refer to Active Lives if someone:

- Has a stable long-term condition and is safe to be active
- Is inactive and lacks confidence
- Needs tailored support but not clinical supervision

How to refer?

One short referral form covers Tiers 2–4 of the Active Lives pathway.

To access the referral form and guidance, visit DG Doing More.

Tier	Setting / Programme	Purpose	Who It's For	What to Expect	Examples
Tier 4	Active Communities Health Walks	Help people start moving through supported walking	People starting activity or returning after inactivity	Short, gentle walks led by trained leaders	Health Walks, Stroll in the Park
	Active Communities Universal Group Classes	Build confidence and routine through group activity	People starting activity or returning after inactivity	Welcoming, low- to moderate-intensity group sessions	Gentle Movement. Tai Chi
Tier 3	Active Communities Specialised Group Classes	Safe group exercise for people with stable long-term conditions.	People with stable, managed long-term health conditions.	Instructor-led classes with appropriate adaptations.	Strength and Balance
	Active Leisure Individual Programmes	Supported individual activity in leisure settings for stable long-term conditions	People preferring individual activity with light support	Induction, familiarisation and general staff support	Gym access, swimming, fitness classes
	Active at Home – delivered by Let's Get Sporty	Instructor-led support in the home to build confidence, improve strength and develop routine for people unable to take part in community physical activity programmes	People unable to attend group or facility-based activity independently	One-to-one support in the home, with tailored activity plans and practical advice to support daily movement and independence	Chair-based exercise, strength and balance at home, walking plans
Tier 2	Active Leisure Specialist Individual Programme	Personalised 1:1 activity support for people with, or at risk of, health conditions	People needing tailored programmes or closer supervision	Bespoke plan with specialist instructor support	1:1 supervised gym, swimming, fitness classes
Tier 1	Clinical Pathway	Clinically supervised physical activity	People requiring medical oversight to be active safely	Prescribed and monitored by clinical teams	Clinical referral only

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