



Active Lives Tier Activities

| Referral From Healthcare Professional | Condition Specific Advice | Explicit Health Behaviour Change Component | 1:1 Tailored Activity | Group Based Activity | Aerobic Component | Explicit Strength And Balance Component | Explicit Mental Health Component |
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| TIER 4 | <p>Active Communities (Universal Programmes)</p> <p>A range of community based physical activity classes delivered in an inclusive and friendly environment. For example Easiobics, Tai Chi, Gentle Movement</p> | | x | x | x | | | Selected Programmes Only | x |
| | <p>Health Walks (Active Communities)</p> <p>Free, short, social, fun, accessible, low level walks led by trained volunteers. For example Stroll and Strength, Pole Walk, Wellbeing Walk (While classified as Tier 4 as a guide, Health Walks can accept referrals for all Tiers following guidance from a Health and Social Care Professional).</p> | | x | x | x | | | Selected Programmes Only | x |
| TIER 3 | <p>Active Communities Specialist Groups</p> <p>Specific physical activity classes supporting people in the prevention, management and recovery of health condition(s). For example Strength and Balance</p> | | Selected Programmes Only | x | x | | | | x |
| | <p>Active Leisure - Individual</p> <p>Access to a range of general activities available in Council operated Leisure Facilities, supporting people in the prevention, management and recovery of health condition(s). Patients will receive a facility tour and gym induction and receive general but not ongoing 1:1 support. For example Gym, fitness classes, swimming, court hire and health suites where available</p> | | Selected Programmes Only | x | x | | | | x |
| | <p>Active at Home – delivered by Let's Get Sporty</p> <p>Personalised support delivered by an instructor in the home to help people who are unable to take part in community physical activity programmes build confidence, improve strength and develop routine. Focuses on functional movement, increasing everyday activity and supporting behaviour change.</p> | | | x | | x | | | x |
| TIER 2 | <p>Active Leisure Specialist Individual</p> <p>A supported programme delivered by trained instructors. Participants will initially meet 1:1 with a dedicated instructor, determine support required, set goals, and monitor progress through the programme, with mid and finish point reviews</p> | | | | | | | | |
| TIER 1 | <p>Clinical Pathway</p> <p>A prescribed physical activity programme for adults with new or progression in existing diagnosis or require continuous health professional supervision to manage their health condition(s). For adults who require clinical intervention in the prevention, management, and recovery of health condition(s)</p> | | | | | | | | |

Active Lives Pathway Referral Form

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

