



Edinburgh Leisure

A Guide to our Health and Physical Activity Programmes

NHS
Lothian

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edinburghleisure.co.uk
Registered Scottish Charity No: SC027450

What people say...

A few words from some of our health programme participants:

“It definitely makes me get up and go. It makes me want to do other things. I feel it’s up to you to keep yourself mentally, physically and emotionally well and these classes help you to do that.”

“The volunteers are enthusiastic and encouraging. I feel I have become more confident and I enjoy being out with the group. I was advised by my GP to cycle and certainly feel that it has helped.”

“It motivates me to get out. I can walk in places I wouldn’t go on my own and the company is a bonus!”

“I have realised that being active makes you feel generally more energetic.”

“I have more knowledge of my condition and how to cope with it.”

“When I’ve been to the gym I feel better and sleep better.”

“Following a long term diagnoses, some people feel vulnerable and without help. These classes encourage a positive recovery and provide optimism for the future as opposed to worry.”

Contents

Foreword	4
Active Lives	6
Ageing Well	7
Cystic Fibrosis Exercise Service	8
Exercise After Stroke Programme	9
Fit for Health	10
Get Moving	11
Healthy Active Minds	12
Macmillan Move More Edinburgh	14
Steady Steps	15
Programmes for children and young people	
Get Going	16
Youth Exercise Referral Programme	18

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Forward

Introduction to our Edinburgh Leisure health and physical activity programmes.

Physical inactivity causes the same number of deaths per annum around the world as smoking does. Lack of sufficient physical activity has become a serious health issue. The evidence of the detrimental effects of too little activity on our health has never been stronger and the need for us all to find ways to be active in everyday life has never been greater. It is also clear from this booklet that the services offered follow a definition of physical activity that does not limit it to sport but includes any movement of the body that uses energy such as sport, exercise, play, dance, physical education, walking, cycling, and even gardening.

Physical activity has sometimes been described as a magic pill - not only does it help us feel better and function better, it can prevent and treat the leading health challenges of our time such as heart disease, stroke, diabetes, cancers and mental health. Inactivity also contributes to the rising obesity levels noted around the world, something which Get Going is tackling through it's Child Healthy Lifestyle programme. The evidence suggests that we need expert guidance when faced with the idea of exercising after a diagnosis of a particular condition - even when we know that exercise might help.



The expert supervision in ‘Exercise After Stroke’, ‘Steady Steps’ and ‘Fit for Health’ provide new exercisers with the confidence to undertake exercise safely and will also teach them about any kind of exercise that should be avoided.

This brochure sets out some of the options that are available; please contact the project lead should you require any further information.



Professor Nanette Mutrie CPsychol FBASES
Chair of Physical Activity for Health
University of Edinburgh

Enabling Edinburgh to Live Well

Edinburgh Leisure is a health and wellbeing charity dedicated to creating opportunities for EVERYONE to get active, stay active and achieve more. They do this by running over 31 leisure and sport venues across the city that offer a range of physical activities and sports.

With citywide coverage, Edinburgh Leisure is uniquely placed to use their expertise to tackle the city’s health and social inequalities head on by running health projects that use physical activity to improve the lives of people affected by poverty, disabilities or health conditions. None of these projects would happen without funding from partners, corporate supporters, donors and fundraisers.



TOP TIP

You may think physical activity tires you out, but it can actually make you feel like you have more energy.

ALL PARTICIPANTS WILL RECEIVE A GET ACTIVE CARD, GIVING SUBSIDISED ACCESS TO PHYSICAL ACTIVITY.

Active Lives

We all know that being active is good for us but sometimes it's hard to get started. Active Lives is an Edinburgh Leisure referral project that offers opportunities for adults (45+) to be more active in their local Edinburgh Leisure venue. Individuals can be referred to Active Lives by health professionals and local agencies, or they can complete a self-referral form.

To help you get started, an initial consultation is arranged with one of the Active Lives team. They will welcome you to the programme and let you know about all the great activities that are offered through an Active Lives membership.

You can go at your own pace and get involved in the activities that you most enjoy. Sessions include supported gym sessions, a range of fitness classes, swimming, badminton and our Active Lives Socials.

To be eligible for the programme you must meet the criteria below:

- **Aged 45+**
- **Motivated to engage in physical activity**
- **Live within specific areas of Edinburgh, see webpage or contact the team for more information**
- **Cannot have been an Edinburgh Leisure member in the last 12 months**

For more information about the programme contact:

The Active Lives Team

☎ 0131 458 2157

✉ activelives@edinburghleisure.co.uk



Ageing Well



The Ageing Well Project promotes healthy lifestyles for inactive people aged over 50 in Edinburgh. This project is a partnership between NHS Lothian, Edinburgh Leisure and Pilmeny Development Project and is part of the UK Ageing Well network, which aims to increase the expectation of good health in later life.

The Ageing Well project has a wide range of activities available, all of which are offered at no-cost or a very low cost.

The emphasis is on meeting new people and making physical activity accessible and enjoyable.

Our current programme includes health walks, COPD health walks, dancing, chair-based exercise, singing, a swim buddy programme, cycling skills and Velo-city free bike loan, a photography group, an allotment project and indoor new age kurling. There's a lot to choose from!

Ageing Well activities are either led or supported by our friendly, trained volunteers, who are all aged over 50 themselves.

For more information about the programme or to find out about our flexible, varied and rewarding volunteer opportunities please contact:

Ageing Well Team

☎ 0131 458 2183

✉ ageingwell@edinburghleisure.co.uk



TOP TIP

Physical activity is good for the body in many ways; it keeps muscles, ligaments and other soft tissues supple helping build stronger muscles, joints and bones.

Cystic Fibrosis Exercise Service

Being active is an important element of the overall management of Cystic Fibrosis.

This exercise opportunity is for existing Cystic Fibrosis Service (CFS) patients, aiming to improve their health and wellbeing. The CFS health professionals at the Western General Hospital refer patients to Edinburgh Leisure.

Participants are issued with a leisure card by Edinburgh Leisure, giving access to gym and swim facilities across all venues. The cost of the leisure card is covered by the CFS. The exercise programme is tailored to the interest of the participant, taking into account their fitness abilities and goals they wish to achieve.

For more information about the programme contact:

Health Development Officer

☎ 0131 458 2130

✉ healthdevelopment@edinburghleisure.co.uk



TOP TIP

Physical activity can help by building strength, mobility and fitness level which may have been lost as a result of a stroke.

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Exercise After Stroke Programme

Aiming to encourage people to become physically active, this programme offers participants a great opportunity to have an individual goal-based exercise programme or take part in group circuit session depending on ability level. Physical activity can assist in the rehabilitation of people who have experienced a stroke.

Edinburgh Leisure, in partnership with stroke health professionals, have designed physical activity sessions to encourage participants to exercise safely and lead a more active and healthy lifestyle following a stroke.

Specialist stroke instructors offer and design individual gym programmes and circuit based group sessions within selected Edinburgh Leisure venues.

For more information about the programme contact:

Health Development Officer

☎ 0131 458 2130

✉ healthdevelopment@edinburghleisure.co.uk



Fit for Health

Fit for Health is a 12 week physical activity referral programme delivered by Edinburgh Leisure in partnership with NHS Lothian for people with long term health conditions. Classes are delivered across various Edinburgh Leisure venues.

This physical activity programme is for those aged 16+ who have a long term health condition (e.g. cardiovascular disease, respiratory disease, heart failure or diabetes).

Your health professional will be able to decide whether or not you are suitable for Fit for Health. If they think you are, they will complete a referral form and send it to the development officer at

Edinburgh Leisure. You will be contacted to invite you to your nearest class.

Weekly classes last for 1 hour and participants can attend these at no cost for the 12 weeks.

On completion of your programme, Edinburgh Leisure will provide a range of options for you to continue your physical activity journey.

For more information about this programme contact:

Fit for Health Development Officer

☎ 0131 458 2146

✉ fitforhealth@edinburghleisure.co.uk



Get Moving

Get Moving with Counterweight is a 12 month group programme which supports you to make small changes to your diet and lifestyle to help you manage your weight and become more active. It is a new healthy lifestyle programme funded by NHS Lothian in partnership with local authorities.

We are a team of dieticians, exercise specialists, psychologists and support staff. To qualify for this programme your GP will refer you to the weight management team and we will send you a letter asking you to call us to arrange a suitable time to attend the most convenient group for you.

Alongside the dietary and behaviour change sessions there will be physical activity classes on offer to help you become more active. These vary in duration but will last for maximum 1 hour.

Groups are small with a maximum of 12 people in each session to allow us to monitor your progress and provide individual support if required.

For more information about this programme contact:

The Get Moving Team

 0131 458 2147

 weightmanagement@edinburghleisure.co.uk



TOP TIP

Physical activity can also help to relax the body, which results in less stress and improved mood, energy and increase the wellbeing and feel-good factor.

Healthy Active Minds

It is estimated that 1 in 4 people will experience a mental health problem at some point in their life. Mental health affects us all with the most commonly experienced mental health problem being depression.

Healthy Active Minds is a physical activity referral project for inactive adults aged 18 years and over with mild to moderate depression, stress, anxiety or low mood.

This project aims to introduce individuals with mild to moderate depression, stress or anxiety to regular physical activity, to accompany or act as an alternative form of treatment.

The project offers adults (referred by their GP) the following:

- **Specialist support on lifestyle changes and motivational support.**
- **Advice to help create a unique physical activity plan, which includes a number of options including swimming, walking, yoga and gym.**
- **Participants' progress will be reviewed at interval stages throughout their journey.**
- **Participants will be encouraged to remain active once they have completed the programme.**



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Physical activity can benefit mental health & wellbeing in a variety of ways;

- **Raising confidence, improving self-esteem and gaining control.**
- **Improving thinking skills.**
- **Improving self worth and personal control by mastering an activity.**
- **Distracting from more stressful parts of life.**
- **Giving a sense of belonging, having fun, being active as a group.**
- **Exercise decreases the stress hormones such as cortisol and increases endorphins.***

If you are a GP making a referral please complete a referral form available from the development officer and return to the address below.

Healthy Active Minds,
Edinburgh Leisure,
Vantage Point,
3 Cultins Road,
Edinburgh EH11 4DF.

For more information about the programme please contact:

**Healthy Active Minds
Development Officer**
☎ 0131 458 2188
✉ healthyactiveminds@edinburghleisure.co.uk

** Endorphins are the body's natural feel good chemicals, and when they are released through exercise, your mood is boosted naturally. As well endorphins, exercise also releases adrenaline, serotonin, and dopamine. These chemicals work together to make you feel good.*



Macmillan Move More Edinburgh

A cancer diagnosis and treatment can make you feel isolated and alone, it can also leave you with little energy and feeling low. The advice used to be that rest was best, however research shows that moving more can actually help recovery and make you feel better.

It's not about running marathons, it's just small steps to get you out and active. Move More Edinburgh is a programme of activity specifically designed for people affected by cancer. We offer various activities including gentle movement classes, walking and group activity sessions, there is something for everyone. All the activities are free of charge and you'll be with others that know exactly what you are going through.

For more information about the programme please contact:

Move More Edinburgh Team

☎ 0131 458 2190

✉ movemore@edinburghleisure.co.uk





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Steady Steps

Steady Steps is a community-based health referral programme which delivers group exercise sessions to adults who have had or are at risk of having a fall with the aim of preventing future falls and injury.

The programme runs for 16 weeks with one session each week. Each 1 hour 30 minute session is delivered by a Specialist Instructor who will help you identify your goals and show you exercises to improve your balance in a safe and supported environment.

Sessions consist of some physical activity tailored to your ability, followed by 30 minutes of social time with refreshments.

Carers are also welcome to attend.

As well as attending the once weekly session, you are expected to complete home exercises twice weekly for the duration of the programme.

A relevant Health Professional will decide whether or not you are appropriate for Steady Steps and if you are, they will make a referral to the Steady Steps team.

Individuals must be referred to be part of the 16 week physical activity programme.

For a list of referring Health Professionals please contact the Steady Steps Development Officer:

Steady Steps Development Officer

☎ 0131 458 2176

✉ steadysteps@edinburghleisure.co.uk



TOP TIP

Adults can encourage children to lead a healthy lifestyle by setting a good example themselves.

Get Going



Worried about your child's weight? Want to help them lead a healthy, happy, active life? Then let's Get Going! Get Going is a new family healthy lifestyle programme funded by NHS Lothian. It offers support to help children get active, eat well and achieve and maintain a healthy weight.

The emphasis is on fun and feeling good. It's about getting active as a family and working together to make small lifestyle changes. Children, aged 5 – 17, get the opportunity to make friends and take part in fun, active games.

Parents have the chance to share ideas with support and guidance from a Child Healthy Lifestyle Coach. The free sessions take place in Edinburgh Leisure or community venues, once a week over nine weeks. Each session between 60-90 minutes.

After the nine weeks, families receive ongoing support from our team, and there's a follow up after three and six months to review progress.



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Tips for achieving a healthy weight:

- Take time to sit down and enjoy meals without distractions like the TV or computer.
- Children should aim for at least an hour of physical activity a day – this can be built up in 10 minute chunks.
- A healthy lifestyle is all about balance - there's lots of ideas and tips for healthy eating at www.eatwell.gov.uk
- Involve children in decisions about food and physical activity. Better still, get them involved in cooking.
- Think about portion sizes – children need smaller amounts of food than adults – try using smaller plates.

For more information about the programme contact:

Weight Management Team

☎ 0131 458 2147

✉ weightmanagement@edinburghleisure.co.uk



Youth Exercise Referral Programme

Developed in partnership with Edinburgh Leisure and the Royal Hospital for Sick Children (RHSC), the Youth Exercise Referral Programme offers young people with various medical conditions the opportunity to access a specialised programme of physical activity, to aid the treatment of their medical condition.

The programme, which is by physiotherapist referral, invites young people between the ages of 11-17 years who are being treated for one of the following conditions to take part in the programme:

- **Cystic fibrosis**
- **Cerebral palsy**
- **Chronic illness resulting in de-conditioning**
- **Coordination difficulties**
- **Musculoskeletal conditions requiring ongoing rehabilitation**



TOP TIP

Regular activity can help improve cholesterol levels, lower your blood pressure and reduce the risk of diabetes and help maintain a healthy weight.

Aiming to get young people active long term, the programme offers participants an individual, goal-based gym programme at a concessionary rate at any of Edinburgh Leisure's facilities.

For more information about the programme please contact:

Youth Development Officer

☎ 0131 458 2186

✉ youthexercisereferral@edinburghleisure.co.uk

The pricing structure, below, aims to promote initial involvement in the programme and encourage participants to sustain their involvement.

Stage 1 Month 1- 6

Gym & Swim - free*

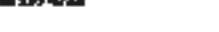
Stage 2 Month 7 – 12

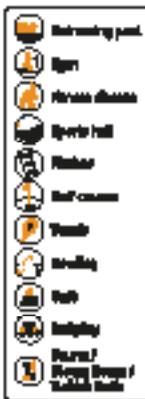
Gym & Swim - £1.00*

Stage 3 Months 12+

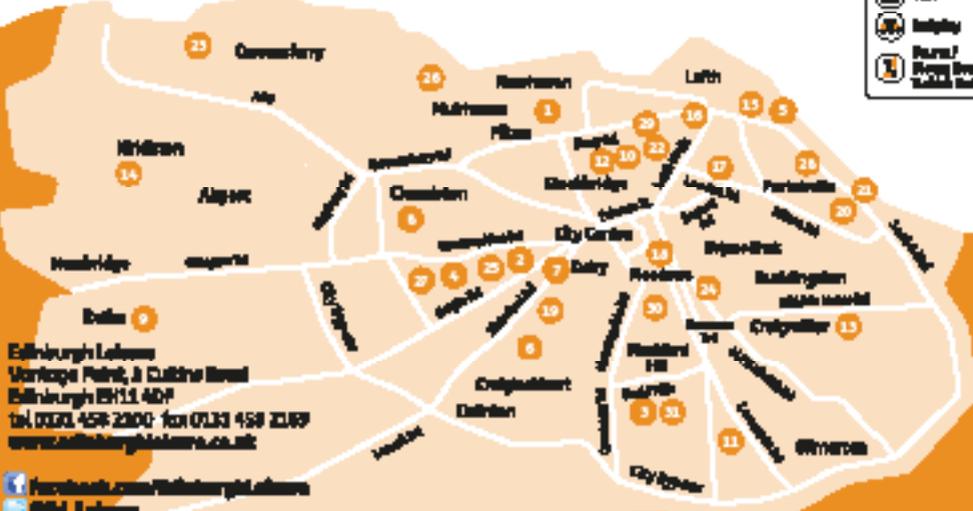
Young person issued with a standard Get Active Card for free.

**Leisure Card prices for other activities*

- 1 **Shelfie Post Leisure Centre**  **501 3428**
51 Fifea Caves, Edinburgh Tel: 501 3428
- 2 **Belgreen Bowling**  **513 5097**
Penny Walk, Edinburgh Tel: 513 5097
- 3 **Braid Hills Golf Course**  **447 8828**
Braid Hills Approach Tel: 447 8828
- 4 **Cardick House Golf Course**  **507 9298**
Glasgow Park, Edinburgh Tel: 507 9298
- 5 **Crugshill Golf Course**  **536 7921**
Fifehead Road, Edinburgh Tel: 536 7921
- 6 **Crugshill Leisure & Tennis Centre**  **443 8181**
177 Colinton Road, Edinburgh Tel: 443 8181
- 7 **Balby Water Centre**  **512 3984**
Colinton Crescent, Edinburgh Tel: 512 3984
- 8 **Summerhall Leisure Centre**  **512 9879**
50 Drummae Terrace, Edinburgh Tel: 512 9879
- 9 **Edinburgh International Climbing Centre**  **535 8518**
South Field Hill, Musselburgh, Edinburgh Tel: 535 8518
- 10 **Edinburgh Water Centre**  **548 8278**
Edinburgh Road, Edinburgh Tel: 548 8278
- 11 **Greenwinds Leisure Centre**  **858 3948**
Greenwinds Drive, Edinburgh Tel: 858 3948
- 12 **Imperial Park**  **443 8281**
Archerburn Place, Edinburgh Tel: 443 8281
- 13 **Jack Ross Sports Centre**  **693 8989**
224 Middle Rdna Road, Edinburgh Tel: 693 8989
- 14 **Winton Leisure Centre**  **302 4738**
Winton Park Street, Winton Tel: 302 4738
- 15 **Leith Leisure**  **693 8878**
John's Place, Edinburgh Tel: 693 8878
- 16 **Leith Water Sports Centre**  **535 4728**
Jervis Place, Edinburgh Tel: 535 4728
- 17 **Musselburgh Sports Centre**  **881 3331**
Larsson Road, Edinburgh Tel: 881 3331
- 18 **Northside Tennis Complex**  **449 8128**
East Northside, Edinburgh Tel: 449 8128
- 19 **Northside Sports Complex**  **455 8375**
Edinburgh Road, Edinburgh Tel: 455 8375
- 20 **Perthshire Golf Course (St Innes)**  **863 4261**
Perthshire, Kinross St, Perthshire Tel: 863 4261
- 21 **Perthshire Water Centre**  **459 8688**
57 The Parade, Perthshire Tel: 459 8688
- 22 **Football Bowling**  **459 8676**
Broughton Road, Edinburgh Tel: 459 8676
- 23 **Queensway High Recreation Centre**  **319 3221**
Auldscroft Road, South Queensferry Tel: 319 3221
- 24 **The Royal Commonwealth Pool**  **467 7211**
Delfin Road, Edinburgh Tel: 467 7211
- 25 **Perthshire Sports Complex**  **444 8422**
Broomhall Drive, Edinburgh Tel: 444 8422
- 26 **Northside Water Centre**  **346 2943**
Northside Park, Edinburgh Tel: 346 2943
- 27 **St Marys Park, Bowling, Tennis**  **459 8476**
Cannockburn High Street, Edinburgh Tel: 459 8476
- 28 **Tennis at Perthshire**  **359 8976**
29 Whitham Road, Edinburgh Tel: 359 8976
- 29 **Waterle Park Bowling**  **689 8976**
Rushmore Road, Edinburgh Tel: 689 8976
- 30 **Wharfedale Water Centre**  **447 8552**
Thorncliffe Road, Edinburgh Tel: 447 8552
- 31 **The Braidie Golf Course (St Innes)**  **645 2219**
Braid Hills Drive Tel: 645 2219



-  Swimming pool
-  Gym
-  Horse dance
-  Sports hall
-  Pitch
-  Soft games
-  Tennis
-  Badminton
-  Table tennis
-  Bowls
-  Darts
-  Billiards
-  Snooker
-  Pool
-  Other sports



Edinburgh Leisure
 Winton Park, 3 Colinton Road
 Edinburgh EH11 4DP
 Tel: 0131 458 2300 Fax: 0131 458 2189
 www.edinburghleisure.co.uk