

If you would like further information
please contact us on the details below:

Contact

Alan
Health All Round
24 Westfield Avenue, Edinburgh,
EH11 2QH

0131 337 1376
alan@healthallround.org.uk

Contact

Ashley
The Health Agency
Wester Hailes Healthy
Living Centre,
30 Harvesters Way,
EH14 3JF
0131 453 9400
ashley@the
healthagency.org.uk



Really enjoyed the group. I found chatting about things game me a better understanding. Also, nice to hear other peoples stories and how they are doing and their ideas.

Been really good course - feel really motivated now to continue with healthy changes made during the course.

Active Steps

A programme to support / encourage people to lead healthier, more active lives.



April—June 2019

WHAT IS ACTIVE STEPS?

Active Steps is a programme to support and motivate people to lead healthier, more active lives. The main aim is to encourage small changes in lifestyle to positively impact an individual's health and well-being. There are various individual and group programmes available to support people to become more active and / or eat a healthier diet.

WHO CAN BENEFIT?

Being more active or eating healthier is a positive step for everyone. Making small changes in lifestyle can have a positive impact on a number of health conditions.

This means a wide range of people can benefit, in particular (not limited to):

- People looking for help with weight management
- People diagnosed with pre or type 2 diabetes
- People living with a range of long term conditions e.g COPD, hypertension, arthritis
- Anyone looking to make positive changes to their lifestyles to improve their health and well being.

HOW TO GET INVOLVED?

You can be signposted via your GP / healthcare professional, or simply get in touch via the contacts on the back of this leaflet.



Programmes and exercise classes		
Gently Does It	Engage In Movement	Ease Into Exercise
Gentle, chair based classes suitable for older adults or those with LTC's.	Classes led by specialist instructors particularly supporting those with LTC's. Classes are circuit based and suitable for all abilities.	Classes based on Tai Chi / Yoga to support patients with Chronic pain. These classes are adapted to suit those with restricted mobility.
One to One support		
Be Active vouchers	Follow up appointments	
Supported low cost access to local facilities for gym, swim and fitness classes. Vouchers can be used at Edinburgh Leisure, Wester Hailes Education Centre and Engage (Edinburgh Napier University).	Follow on appointments to further discuss supporting behaviour change relating to healthy eating or physical activity.	

In order to support our activities, some classes incur a small fee. We keep this fee as low as possible to provide access for all. Charges for classes are indicated on the timetable.

Access to facilities via the Be Active vouchers is £1.



Programmes and Exercise classes		
<p>Mind and Body</p> <p>A partnership project delivered by Healthy Active Minds (part of Edinburgh Leisure). A circuit class suitable for all abilities. The class is ideal for those looking to improve and manage their mental health.</p> <p>Free</p>	<p>Football Fans in Training</p> <p>A 90 minute session to support people to lose weight and be more active. For male and females, aged 35 – 65 with BMI 28+.</p> <p>New FFITer Families launched January '19 for men aged 25–55 with a BMI 30+ and have children aged 7–11.</p>	<p>Kicking the habit</p> <p>Programme to support those in recovery to lead healthier, more active lives. Sessions include group discussions, fitness sessions and football coaching.</p> <p>(Participants need to be registered with Turning Point or CGL).</p>
<p>Walking Football</p> <p>Exactly as it sounds, football played at a gentler pace.</p> <p>50+.</p> <p>Great social activity.</p>	<p>Healthy Living Courses</p> <p>6 week course to support people to eat healthier, be more active and lead a healthier lifestyle. Focuses on pre and type 2 diabetes however suitable for all looking to lead a healthier, more active life. These are delivered via GP surgeries.</p>	<p>The Changing Room</p> <p>Programme designed to support men aged 30 – 64 to take action about their mental health and well – being. Weekly group discussions and physical activity.</p>

HOW CAN WE HELP?

Active Steps can help by supporting you to make changes in your lifestyle. We have a range of activities to support you to be more active or eat healthier. Our activities are suitable for all levels of fitness regardless of your health and well-being. The process starts with an initial one to one chat to find out more. From there, we can look at what is best and support you to take the first step towards a healthier lifestyle. See overleaf for our timetable and further information on services and activities.

Never thought I would use a gym again but I have been really enjoying it.

It's making me feel a lot better, I am really enjoying it and its keeping me busy.

A very helpful 6 week course, was aware of unhelpful / unhealthy eating but have gained a lot more clarity.

The course was very enjoyable and started me exercising after a long absence due to medical reasons. The instructor was knowledgeable.



	AM	Mid	PM
Monday	Mind and Body Tynecastle Stadium 10am to 11am	Gently Does it Wester Hailes library 11:30am to 12:30am £2	Healthy Living Course at Whinpark 1pm to 2:30pm Starts June '19 Football Fans in Training (FFITer Families) Tynecastle Stadium 6pm to 7:30pm
Tuesday	Healthy Living Course at Sighthill Health Centre 10am to 11:30am Starts May '19	Walking Football 12pm to 1:30pm £4	Striders walking group Tynecastle Community Wing 1pm Ease into exercise 2:45pm to 3:45pm Engage Gym, Napier University, Sighthill Campus £1
Wednesday	Engage in movement 10am to 11am Engage Gym—Napier University, Sighthill Campus New block starts May '19 £1	Clinics at Sighthill and Whinpark GP's Booked via surgeries	The Changing Room 6pm to 7:30pm Tynecastle Stadium
Thursday	Wester Hailes walking group Meet at the café within the Healthy Living Centre 10:30am Ask for Julie or John.	Kicking the Habit 1pm to 3pm	Football Fans in Training—5:45pm and 7:30pm Tynecastle Stadium Walking Football / Netball 6pm Tynecastle Stadium—starts May '19 £3
Friday	Engage in Movement 10am to 11am £1 Engage Gym—Napier University, Sighthill Campus New block starts May '19 Clinic at Tollcross Medical Centre Booked via surgeries	Gently Does It at Wester Hailes library 12pm to 12:45pm £2	Gently Does It - St.Brides 1:30pm to 2:15pm £2