

LIVE BORDERS HEALTH PROGRAMME

INFO SHEET

What is the Live Borders Health Programme?

The Live Borders Health Programme is here to support your Clients/Patients living with long-term health conditions to increase their physical activity levels, improve their health, wellbeing, quality of life, and empower them to take back some control.

There are a number of class options within the programme, including Health Conditions classes, Gentle Movement, Older Adults and Walking Groups which are delivered by our instructors and volunteers across the Borders.

Alongside our class timetable we offer a subsidised Exercise Referral Membership; this gives our participants an introduction to physical activity at a reduced cost of £24 for four weeks. The membership can be renewed up to six times, following which we offer access to mainstream Live Borders memberships at a concessionary rate. Our clients have unlimited access to all Live Borders gyms, swimming pools and exercise classes, including those on our Health Programme timetable.

Our instructors are all at least Exercise Referral qualified and are on hand to discuss participants needs and expectations, and to provide gym inductions and client centered exercise programmes where suitable.



Who is the Health Programme for?

Our programme is suitable for anyone of any age, with a long-term health condition that would benefit from increasing their physical activity levels and requires support to do so.

There are many benefits to exercise, regular physical activity can reduce the risk of a number of non-communicable diseases and chronic health conditions, it has also been shown to lower stress and boost mood and self-esteem. Our programme at Live Borders works hard to reduce the barriers to exercise that many face by providing a welcoming friendly environment, classes and groups with like-minded individuals going through similar situations which have been tailored to suit individual needs. In addition, our reduced cost membership reduces the financial burden of accessing leisure facilities and offers the opportunity to try a variety of activities so our client can find what's right for them.



Why do we have a Health Programme?

At Live Borders we have made a commitment to make those living and working in our community Healthier, Happier and Stronger. Our aim through the Health Programme is to improve the quality of life of as many of our residents as we can by increasing physical activity to improve health and wellbeing. Participating in our Health Programme can also reduce the social isolation many residents of the Borders feel, particularly our older adults and those living with long-term health conditions.

For many, engaging with our programme is a stepping stone to becoming active members of our mainstream Live Borders facilities and making long term improvements to their wellbeing.

Where can the Health Programme be accessed?

The Health Programme covers the whole of the Borders with instructors delivering classes, inductions, and support in all areas. Most of our sessions are run out of Live Borders facilities, however we also use a number of village halls and community centres allowing us to access our more remote communities.

How do you refer into this Programme?

To refer your Patient/Client into our program you must complete and submit the Live Borders Exercise Referral form and submit it to the secure NHS mailbox at:

bord-uhb.exercisereferral@borders.scot.nhs.uk

To ensure we maintain the confidentiality of your patient/client it is vital that forms are only submitted to this address, forms that have been posted or sent to a Live Borders email address will not be considered. A brief summary of health comorbidities and medical history that will impact the clients ability to safely undertake physical activity is all that is required. Please do not attach any full medical history or confidential documentation. The form should only take 2 or 3 minutes to complete.

Once you have submitted the referral form it will be processed and allocated to one of our instructors who will then contact the client to discuss their next steps. The clients do not need to do anything.

If you require any further information on our programme or have any questions, please do not hesitate to get in touch.

Many Thanks

Jen Knox

Health and Physical Activity Development Officer

T: 07458 088531

E: jknox@liveborders.org.uk