

July 2016 issue 2



Fife Sports and Leisure Trust, the region's leading provider of sports and leisure services, in partnership with Active Fife and NHS Fife Health Promotion, was awarded a grant from the Legacy 2014 Physical Activity Fund – a Glasgow 2014 Commonwealth Games initiative delivered by Spirit of 2012 on behalf of Scottish Government – to develop and deliver a physical activity programme to help those suffering from dementia and mental health issues.



team, in partnership with Active Fife, has launched Mind and Be Active which offers two programmes – a specially-designed physical activity class for dementia sufferers delivered at Kirkcaldy Leisure Centre, and, a referral-based one-to-one mentoring programme for those suffering from mild mental health issues.

The Trust's health and physical activity team and fitness instructors have received specialist training to allow them to deliver the programme with a view to providing flexible support to help participants get physically active.

For further information email [Craig.Salmond@fifleisure.org.uk](mailto:Craig.Salmond@fifleisure.org.uk)

referral form sent to a secure mailbox. Guidelines have now been produced to give referrers a full understanding of how to refer into the programme. If you would like a copy of the electronic referral form or the guidelines please email the Health & Wellbeing Co-ordinators.

Fife Sports and Leisure Trust's Active Option 2 programme was awarded the 'Successful Work with the Health Sector' award by Sporta UK – the national association of leisure and cultural trusts – at its 10 year anniversary celebrations held in Bournemouth recently. One of only two Scottish trusts to be recognised at the awards, the Fife Sports and Leisure Trust team was particularly pleased to be recognised in a very competitive category. Brian Leonard, Sporta chief executive, said: "We received a very high number of quality entries in the 'Successful Work with the Health Sector' from across the UK and it was very tough for the judging panel because there was terrific work shown in them all."

"I have been coming to class for 3 years. The instructors tailor the exercises to each individual person in the class. There are certain things I can't do but Jamie and Kirsty change exercises to suit me. We have great fun in the class – the psychological effects on the group are wonderful."

[www.fifeleisure.org.uk](http://www.fifeleisure.org.uk)



## Walking football

A slower version of the beautiful game. Get back into football! If you can walk, you can play.

Duloch Leisure Centre

Monday 10.00am - 11.00am

Thursday 9.00am - 10.00am

Tel: 01383 602209

Cowdenbeath Leisure Centre

Tuesday 12.45pm - 1.45pm

Tel: 01383 602305

Kirkcaldy Leisure Centre

Monday 12.00pm - 1.00pm

Tel: 01592 583306

Michael Woods Leisure Centre

Tuesday 11.00am - 12.00pm

Tel: 01592 583305

Beacon Leisure Centre

Wednesday 10.30am - 11.30am

Tel: 01592 583383

Cost: £3.40 per session. For more information please contact the centre directly.



Back to Fitness is a referral class for people suffering from back pain. The class aims to restore function to the back, improve sense of wellbeing and mood and helps people to return to their normal activities. Patients are referred by NHS Fife physiotherapists and their GPs and is suitable for people with a wide range of different physical abilities as the instructor tailors the exercises to suit each individual. The programme launched in January 2015 at Michael Woods Leisure Centre, Glenrothes and Carnegie Leisure Centre, Dunfermline. Following feedback from NHS Fife physiotherapists a new class started in January 2016 at Kirkcaldy Leisure Centre. To date the programme has received 170 referrals.

## How can your service refer to FSLT Health programmes?

**Physical Activity and Long-term Conditions – Health Improvement Training Programme 16/17**

Corporate Training Room, Cowdenbeath Leisure Centre 9.30am - 12.30pm  
21st September 2016 and 14th December 2016

### Learning Outcomes:

- Knowledge of physical activity guidelines and the risks of inactivity
- Knowledge of the importance of physical activity for clients living with a long-term condition
- Awareness of the health and inequality programmes available through FSLT that can support those living with a long-term condition to become more active
- Knowledge of how to refer into these programmes.

Contact Karen.Stirling@nhs.net for further details

## Motor Co-ordination Programme



These classes are designed to improve a child's motor co-ordination skills via a range of activities including balance, jumping and landing, swinging, throwing catching, moving in different ways on different surfaces. Children ages 3 – 10-years-old who are ambulant, have additional motor development needs and who do not regularly attend clubs and activities may be referred in by Occupational Therapists or Health Visitors.



This class is an instructor-led class which is suitable for people with little or no previous experience of exercise as well as those people living with a health condition which may be deterring them from getting active. The 60-minute class comprises of 45-minutes physical activity and an optional weigh in. Instructors encourage participants to access NHS Choices 'Live Well' website for healthy-eating advice. This class is FREE to Leisure Active Members with a Platinum or Diamond Membership, £5.90, non members. Please note this is not a referral class.



Move More Fife is a free physical activity programme for people during and after cancer treatment. Anyone with a diagnosis within the last 3 years can attend the programme. Since its launch in November 2013, there have been over 2,900 attendances. Phase 1 involves group exercise sessions where clients are given an individualised programme of physical activity to meet their specific needs. In August 2015, self-referral to the programme was introduced to make it easier for people in Fife to access the programme.

Phase 2 of the programme has seen the introduction of 2 new strands to the programme. Move More Walks are short, gentle health walks that provide a supportive and friendly environment for participants to be more active. Gentle Movement is a specially adapted form of activity designed by Macmillan. It uses gentle movements, breathing and relaxation to help participants improve their physical and mental wellbeing. Both the walks and Gentle Movement are led by specially-trained Macmillan volunteers.

Health classes are £3.40 with the exception for MMF (funded by Macmillan) which are free of charge.

### For further programme information please contact:

**Fiona Prendergast**

telephone: 07932 692362

email: Fiona.Prendergast@fifeleisure.org.uk

**Ruth Salmond**

telephone: 07944 960752

email: Ruth.Salmond@fifeleisure.org.uk

If you would like to meet and discuss opportunities for partnership working with Fife Sports and Leisure Trust, please contact:

**Jacquie Stringer -**

**Health and Physical Activity Manager**

Email: Jacquie.Stringer@fifeleisure.org.uk

## Our partners: