

# Active Seniors

ISCA – SANTE  
PRESENTATION  
16<sup>th</sup> MARCH 2010

# ACTIVE SENIORS MEMBERSHIP

- Activeage programme
- Age 60 years and over
- Resident in South Lanarkshire
- Free use
- Free swim, fitness classes and gym use
- Members to date 14,500

# SENIOR FEST 2010

- In partnership with Seniors Together
- Come and try activity and health sessions
- Friday 1<sup>st</sup> October
- Hamilton Palace Sports Grounds facility
- Managed to attract 400 seniors (poor weather)
- Coverage in the Local/National press

# ACTIVE HEALTH

- Long Term conditions programme (2 yr Pilot)
- Funded by NHS Lanarkshire, hosted & delivered by South Lanarkshire Leisure
- Referrals received via hospitals, physiotherapists & specialist nurses
- 10 weeks free access to exercise specific classes
- Launched in Sep 09, approx 400 referrals to date
- Evaluated via NHS Lanarkshire

# ACTIVE COMMUNITIES

- Partnership pilot initiative between SL Community Health Partnership & South Lanarkshire Leisure Trust
- Increasing awareness & knowledge of health benefits of physical activity, active living & the risk of sedentary lifestyle.
  - Increase physical activity & active living opportunities & uptake
  - Targeting priority groups within the adult & older adult populations
- Working In line with local & national health improvement priorities

# Highlights & Challenges

## ■ Activeage:-

- The only LA providing free access across Scotland
- Current economic climate challenges the future of this initiative.

## ■ Senior Fest:-

- Secured £10k funding to run the one off event
- Meeting the further future demand of an ageing population

# Highlights & Challenges

## ■ Active Health:-

- Partnership working
  - NHS & Leisure staff working synergistically
- Highly trained leisure staff
- Focus group feedback:
  - “Mental health & wellbeing has greatly improved”
  - “Every day jobs are made easier”
  - “Lovely to exercise with people who suffer the same difficulties as yourself”
- Challenge- Continual NHS funding in current climate

# Highlights & Challenges

## ■ Active Communities:-

- Innovative approach
  - Community led.
  - Non traditional/Non core service activities e.g. Gardening, cycling
- Income generation through sustainable approach
- **Challenges:-**
  - Sustainability
  - Volunteer lead
  - Future of project in current financial climate



# SENIORS SPORTS PROJECTS

- Senior golf
- Senior Bowls
- Disabled sports activity
- International exchanges
- SALSC senior area events
- Facility activity programmes