

Active Seniors

ISCA – SANTE
PRESENTATION
31ST AUGUST 2010

QuickTime™ and a
YUV420 codec decompressor
are needed to see this picture.

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

Seniorfest 2010

- In partnership with Seniors Together
- Come and try activity and health sessions
- Friday 1st October
- Hamilton Palace Sports Grounds facility
- Hoping to attract 4000 seniors
- 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

