

# BOROUGHLOCH MEDICAL PRACTICE

## MEDICS ON THE MEADOWS

*Social prescribing - linking patients to non-medical support in their community.*

### Exercise



We believe it's important to offer to wide range of membership options to cover all ages, shapes, sizes and wallets! This includes a wide range of memberships aimed specifically at older adults, juniors and low income individuals. If you have any queries about the options listed below, speak to a member of staff at your local centre, or contact us by email at [mail@edinburghleisure.co.uk](mailto:mail@edinburghleisure.co.uk)

[www.about.edinburghleisure.co.uk/what-we-do/physical-activity-health/](http://www.about.edinburghleisure.co.uk/what-we-do/physical-activity-health/)

GP referral offerings for Edinburgh Leisure;

- ❖ Health active minds – low mood over age 18 (Referral form on REFhelp)
- ❖ SteadySteps is a community based health referral programme which delivers group physical activity sessions to people who have had, or are at risk of having, a fall (AFX checking referral process)
- ❖ Get Moving – age + 18 BMI >30 (Referral via Adult weight management SCI-gateway referral)
- ❖ Fit for Health – age 16 and a long term condition. (Referral form on REFhelp)
- ❖ Move More at the Edinburgh Cancer Centre (Drop-In sessions Thursdays 2-4pm – Macmillan POD in ECC outpatients waiting area)
- ❖ Get active pass - designed specifically to help people on very low income. (apply direct to leisure centre) To apply, you will need to provide proof of one of the following
  - Universal Credit
  - Guaranteed Pension Credit
  - Income Support
  - Income Based Job Seekers Allowance
  - Income Related Employment Support Allowance (ESA)

Royal Commonwealth / The Crags

Gyms can be intimidating places, but our gym is different. It's a welcoming environment where you can meet new people and exercise at your own pace.

- ❖ Well-equipped with everything from cross trainers to treadmills, exercise bikes to free weights
- ❖ Specialist equipment for people who use wheelchairs or have limited mobility
- ❖ Subsidised membership fee of just £25 per year
- ❖ Drop in whenever we are open, and wear whatever you like

To find out more or to arrange a meeting please contact Emma Hollands on 0131 656 7346 or [Emma.Hollands@thistle.org.uk](mailto:Emma.Hollands@thistle.org.uk). [www.thistle.org.uk/looking-for-support/get-more-active](http://www.thistle.org.uk/looking-for-support/get-more-active)

