

Greater Glasgow Live Active Exercise Referral Scheme

Date	Summary of project and achievements
Location NHS Greater Glasgow	This scheme aims to increase levels of physical activity amongst sedentary participants within Greater Glasgow and to equip them with the skills to help them lead a regularly active life.
Key Partners Glasgow City Council East Dunbartonshire Council East Renfrewshire Council West Dunbartonshire Council South Lanarkshire Council Glasgow Caledonian University	The scheme is funded by Greater Glasgow NHS Board and is the biggest in Scotland. The Scheme was established as a pilot project in July 1997 within Glasgow City Council. An initial evaluation in 1999 showed positive results therefore support for the scheme continued and the scheme has subsequently grown to enable more patients being able to access the scheme within their local area. The scheme now employs 16 full-time exercise counsellors working within partner local authority areas (Glasgow City Council, East Dunbartonshire Council, West Dunbartonshire Council, East Renfrewshire Council and South Lanarkshire Council) and one of the cities Universities (Glasgow Caledonian).
Contact Fiona Hamilton Health Promotion Officer Tel: 0141 201 4756	A further evaluation of the scheme completed in 2002 was compiled by FMR research. This showed positive results and various recommendations were highlighted to enhance the scheme even further. This evaluation can be sent electronically by contacting Greater Glasgow NHS Board's Physical Activity Team.

Referral rates have continued to increase at a dramatic pace over the years with 6248 referrals being made during 2003. To date over 16 000 referrals have been made since the scheme first started.

Patients referred enroll onto the scheme for 12 months and receive one to one physical activity counseling. During this counseling they agree on activity goals that are suitable to their individual needs. Participants receive reduced price access to Local Authority Leisure Centers where they can take part in a variety of activities or exercise independently. Support and advice is also provided for home-based exercise. Participants are invited back for follow up appointments at six and twelve months and are contacted regularly by their exercise counsellor in-between times. Patients can be referred by GPs, Practice Nurses, Physiotherapists or Cardiac healthcare staff.

Further developments

The Scheme currently produces an annual newsletter for members of the public including news on issues such as physical activity, nutrition and smoking. Information about the scheme is also given with contact details to find out more.

The Scheme has recently translated all materials into Urdu, Cantonese and Punjabi to expand the target group for the scheme. The Scheme is also currently looking at setting up a social support programme within all centres and is currently getting piloted. This programme will consist of a 6-8week rolling programme with a health education component looking at topics such as healthy eating, weight lose and relaxation. With the Taster Exercise Session participants can get a flavour of the different activities going on locally. And it finishes with a tea and coffee so that scheme participants can get to know each other.