



LIVE ACTIVE

improve your
physical and
mental health
through becoming
more physically
active.

ACTIVE
TAMESIDE



[activetameside.com](https://www.activetameside.com)

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BE WELL
TAMESIDE



foreword

The way in which we approach health and wellbeing is changing. It is incredibly important that alongside thinking about the health and care services that are there for all of us when we need them that we also think about how we, as the Tameside population, alongside services work together to create good health and wellbeing.

We know that the vast majority of things that affect our health exist outside the structures of formal health and care with the majority in our homes, within our families and within our communities. It is critically important therefore that statutory agencies work alongside our partners rooted in our communities to work to create good health and wellbeing.

Physical activity is one of the major things that influences our health trajectory. It can help us avoid future illness or to manage long term health conditions more effectively.

In Active Tameside we have a partner locally committed to ensuring that as many people as possible across Tameside can access the benefits of physical activity. These shared goals of health creation and a population that experiences good wellbeing brings us together and is only possible when we have a leisure provider that thinks beyond the provision of facilities (although we are lucky to have some fabulous facilities in Tameside), is connected to communities and understands the vital role it plays in creating good health.

Chris Easton
Health & Wellbeing Industry Lead

introduction

The Live Active service is an exercise & health referral service operating throughout Tameside and embedded in Active Tameside centres. Supporting and guiding people with acute and chronic health conditions to become more physically active to assist in improving their physical and mental health.

The service works with clients on a one-to-one basis to discuss their relevant health conditions and medications, whilst also setting personal goals and a plan of action for each client, providing a bespoke service, and taking a person-centred approach. Examples include raising their day-to-day activity at home, attending community-based sessions, specialist classes or structured sessions in the gym.

The service provision can offer subsidised use of the Active Tameside facilities as well as sign posting to access free community sessions.

The outcomes we aim to achieve are reducing social isolation and improving physical and mental health while assisting people to become more independent and confident in progressing with their own wellbeing plan. Participants in our scheme have achieved weight loss, improved mental health, reduction in pain and increased physical fitness.



our vision

To ensure that every resident of Tameside has the opportunity to 'live their best life'

staff statement



Physical activity can have such a huge positive impact on our day to day lives and on a wide range of medical health conditions. Increasing your physical activity even just a small amount can help lower blood pressure, aid weight loss and improve your general health and wellbeing. We provide a person-centred approach, tailoring your exercise pathway through a service to suit your needs and ensure we are supporting you every step of the way. We ultimately want to make the people of Tameside healthier, fitter and happier.

Chelsea Mears-Graham



background

Live Active was established in 2015 as a health improvement service for people with long term medical conditions in Tameside.

We receive an annual average of **1,500** referrals from medical professionals throughout Tameside. With an average uptake of **81%** of those referred, **86.6%** of participants experienced an improvement in their quality of life.

By week 6 of the programme **77.6%** of people said they were doing at least 30 minutes of physical activity per week. **57.3%** of participants experienced a noticeable improvement in their fitness from engaging in the service.

40.6% of participants reported a better sense of wellbeing;

31.4% reported improved confidence;

29.3% reported weight loss;

21.9% reported making social connections and new friendships;

19.5% reported a reduction in pain.

*Statistics based on services provided 2015-2020.

exercise referral scheme

The Live Active service supports individuals for up to 12 months, to help improve their health & wellbeing.

However, depending on the level of support an individual feels they require the length of the service may vary. All individuals referred into the service will be triaged over the phone to be assigned an initial consultation with the correct specialist exercise professional for their needs.



Referrals

Referrals are accepted from any medical or health and wellbeing professionals or providers. This can range from GP surgeries to physiotherapists to health consultants. We will only accept referrals that are clinically and medically stable for exercise.

Referrals are obtained from outreach events, established relationships with other services and partners and networking events.

How to refer

Referrals can be made by completing the Live Active Service Referral form. To obtain a healthcare professional referral form, please email liveactive@activetameside.com.

Who is eligible?

The service works with individuals who may have an injury or long-term health condition and feel they may need support with safely increasing their physical activity levels. The scheme’s inclusion criteria is:

- The client must have an acute or chronic health condition (mental health, OA, chronic pain, joint conditions, diabetes, obesity, COPD, stable heart conditions, long COVID etc.).
- The client must be currently inactive
- The client cannot have been a member of an Active Tameside gym or facility in the past 6 months

Self-Referrals

We also accept self-referrals on a case-by-case basis, however, for some self-referrals we may require additional information from a medical professional.

For more information or to self refer:

Visit [activetameside.com/live-active](https://www.activetameside.com/live-active)

Email liveactive@activetameside.com

Call 0161 366 4860

Scan the QR code below



the supported exercise pathway

The scheme will give clients access to a wide range of activities from Tai Chi to supported gym sessions and every person referred is assigned bespoke guidance for their exercise levels.

Referrals will also have access to a reduced rate gym membership across centres in Tameside as well as access to community sessions.

specialist classes



Supported Gym Sessions

Once the client has been prescribed a personalised gym programme they will have access to specialist gym sessions where the Live Active Team will be available to offer support and guidance.



Strength and Balance Class

A chair based exercise class for falls prevention. Designed to improve postural stability for people with mobility and balance issues. Using a variety of seated and standing exercises using resistance bands to improve muscular strength.



Water Wellness Class

A relaxed, non-structured water-based session designed to help clients complete exercises recommended by their physio at their own pace. Out team is also on hand to offer guidance and support where needed, helping clients build confidence, improve movement and feel more comfortable in the water.



Low Intensity Circuit Class

A structured low intensity, no impact standing class, using light hand weights, resistance bands and bodyweight exercises. This class follows the cardiac pathway of Cardiovascular and active recovery exercises.



Tai Chi for Arthritis and Falls Prevention

A class containing gentle, graceful movements to improve balance, strength, and flexibility. We perform a series of movements in a slow, focused manner, accompanied by deep breathing.



Water Workout Class

A mixture of low level aqua aerobic exercises and hydrotherapy exercises in water. No swimming is required. Exercises are structured, using slow, controlled movements to improve mobility and reduce joint pain.



Stay Steady Class

Stay Steady is a falls prevention class for older adults, focussing on improving balance, strength & confidence to reduce the risk of falls and enhance daily mobility. Through targeted exercises, participants will build key muscle strength, practice balance skills and learn safe techniques from getting up from the fall if a fall occurs.



Breathe Better, Get Together

A structured, low intensity class, incorporating both chair-based and seated exercises, using body weight exercises and light to moderate intensity cardio. This class is appropriate for all Pulmonary conditions that are stable or at risk of developing.

our centres

Our specialist of exercise instructors work out of all the Active Tameside centres.

Through accessing the service all clients will have access to:



Walker Lane,
Hyde,
SK14 5PL
Tel. 0161 368 4057



Pottinger Street,
Ashton-under-Lyne,
OL7 0PW
Tel. 0161 830 0508



Hattersley Road East,
Hattersley,
SK14 3NL
Tel. 0161 366 5545



Huddersfield Road,
Stalybridge,
SK15 3ET
Tel. 0161 303 8118



Gardenfold Way,
Droylsden,
M43 7XU
Tel. 0161 370 3070



Lance Corporal Andrew Breeze Way,
Denton,
M34 3RD
Tel. 0161 260 1190



the team

The Live Active service has a team of highly experienced and skilled Level 4 exercise professionals, with expertise in many aspects of exercise referral in:

- Cardiac Rehab
- Cancer Rehab
- Pulmonary Rehab
- Mental Health
- Lower Back Pain
- Weight Management (Obesity & Diabetes)
- PSI (Postural Stability, Falls Prevention)



commission services

The Live Active service is commissioned to deliver a wide range of physical activity programmes within the community and in Active Tameside centres.

Prehab4Cancer

The Prehab4Cancer programme is a rehabilitation and recovery programme for newly diagnosed cancer patients within Greater Manchester. It is a free programme which aims to support patients with exercise, nutrition and wellbeing support.

The programme works to prepare and optimise patients for the planned surgery or treatment and then also works with patients for 3 months in a rehabilitation phase. The aim is to help patients (and their loved ones) to cope with cancer treatment and feel better physically and mentally. Prehab4Cancer is designed to help people take an active role in their cancer care and live as well as possible with and beyond cancer.

The programme works across all 10 boroughs of Greater Manchester. In Tameside the Live Active service supports the delivery of the programme and welcomes referrals on to the programmes they offer to provide patients with a variety of exercise offers and help to find the best fit for them.

Cardiac Rehab Phase 4

The Cardiac Rehab Phase 4, is the final rehabilitation phase for a person that has had a cardiac event and has completed Phase 3 at the Ashton Primary Care centre.

The phase 4 pathway starts by attending Phase 4 cardiac sessions at an Active Tameside centre for 12 weeks. These classes are a follow-on from Phase 3 sessions that they would have completed at Ashton Primary Care Centre to help them on their journey to exercising independently. The sessions are led by a qualified BACPR instructor and can be a gym-based session or a class circuit session. The sessions are 1 hour in duration for all patients referred to Phase 4 from Phase 3.

After 12 weeks in the Phase 4 sessions all patients will be given the opportunity to move onto the Live Active service for further support and guidance with their exercise.

community sessions

Active Tameside’s Live Active service offers an inclusion community activity programme to help the people of Tameside become more active by accessing activity sessions in community settings.

Active mornings are also available where residents of Tameside can meet for a chat over a hot drink and then take part in some physical activity. Sessions range from kurling to tai chi, resistance bands and seated dance.



Green Space Activities

We offer free health walks in various locations throughout Tameside in parks and green spaces.

For more information and details this please visit the [activetameside.com/live-active](https://www.activetameside.com/live-active)



Tameside Cycle Circuit

Tameside Cycle Circuit is a purpose built, traffic free cycling environment located in Ashton-under-Lyne. It provides a safe environment for all ages to learn to ride a bike. It is a 1km fully enclosed tarmac circuit. Bikes and helmets can be provided, or users can bring their own.

The Cycle Circuit is open 6 days a week.

For further information visit:
[activetameside.com/activity/cycle-circuit](https://www.activetameside.com/activity/cycle-circuit)

positive effects

“

I feel the need to put it into writing how grateful I am that Jenny made me feel so welcome when I joined her Tai chi class approximately 2 years ago. I had lost my confidence in doing any form of physical exercise and felt very anxious and hesitant going to class and meeting new people, but that soon diminished when Jenny spoke to me and explained the structure of the session. She introduced me to the other students and week by week my confidence grew. I no longer felt anxious and really looked forward to class and that gave me confidence for low level circuit sessions too. It is my opinion that Jenny’s approach to teaching Tai chi is professional yet friendly and extremely patient, especially as newcomers can arrive quite frequently and most of us are senior citizens.

I really missed Tai chi and Jenny and the camaraderie of my fellow students, who I can now call friends, during the lockdown period and felt relieved and pleased to get back to class. Tai chi has defiantly helped my body and mind and I will not want to go back to that feeling of being isolated and worried about exercising again.

Margaret Lyons

“

I joined the Live Active Service a couple of years ago through a recommendation from the Physiotherapy Clinic having had several serious heart operations and ongoing conditions. It was a bit of a leap of faith as prior to ill health I was an enthusiastic swimmer but never a gym-goer.

However, I was made to feel very welcome and reassured by the team who checked my conditions and with the cardiologist’s permission designed a tailored program of gentle rehabilitation.

Its a great feeling doing the rehabilitation work with experts there to help and supervise every step of the way, which is very reassuring with the added fun of meeting new people.

If you’re unsure about joining I can only tell you how welcomed you will be and it feels like an expensive Health Spa without the expensive bit.

The levels of help and service are extraordinary.

Exercise is recognised as essential for your general wellbeing and especially your mental health. I know this by how much I missed being at the gym throughout the pandemic.

Adrian Brown



LIVE ACTIVE

For further information contact the team:

Tel: 0161 366 4860

Email: liveactive@activetameside.com

activetameside.com/live-active

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