active♥
lifestyles

Healthy & Active Communities	
Training Courses	
Paths for All Walk Leader Training	33
Paths for All Strength and Balance	53
Boccia Leaders Award (for Bon Accord Care)	14
Technogym	3
Seated Yoga	1
Indoor Cycling	1
Level 3 Exercise Referral	6
Level 4 Postural Stability Instructor	1
Walk Aberdeen	
Number of Social Walking Groups	14
Number of sessions	530
Number of participations	7137
Average number of walkers per session	13.5
Move More Aberdeen	
Number of Long-Term Conditions with specific activity programmes	7
Number of referrals received	283
Number of opportunities	21
Number of sessions	878
Number of participations	6188
Average participations per session	7
Active Lifestyles Participation (including Active Ageing)	
Number of opportunities	77
Number of sessions	3032
Number of participations	27812
Average participations per session	9
Healthy Communities Total	
Number of opportunities	112
Number of sessions	4440
Number of participations	41137
Average number of participations per session	9.25

Awards

Enterprising Communities Award, Elevator Awards

External Funding

Paths for All, Walking for Health Fund	£4000 to deliver First Steps Programme
NHS Grampian	£15000 to increase no of instructors trained to L3 Exercise Referral
Macmillan Cancer Support	£26000 final year of Move More funding

LOIP Project Charter Groups

Lead Role (JF) Representation (AC + FT): 11.1 Increase uptake of a range of activities that enable people with long term conditions to manage their health and wellbeing by 10% by March 2021; & Increase the number of groups with people with long term conditions which are co-produced with service users by 2021.

Representation (FT): 11.4 Encourage adoption of healthier lifestyles. Reduce the % of men and women who are obese to 20% by 2021.

Supporting Material

Active Lifestyles - It's Never Too Late! video Oct 2020
Carers Stable & Able Case Study Oct 2020
Patient or Participant? Marion's Journey (Case Study Oct 2020)

Golden Games 2019 saw 80 activities taking place over 10 days in June with 925 participations.