Movement for Memories - update

Hey all,

Hope you are well, the forecast claims it will be nicer weather next week so fingers crossed! Sorry for the long email, so please don’t feel you need to read it all at once, but I have a few updates for Movement for Memories;

**Movement for Memories Team**

I am delighted to announce we have recruited **Michael Kerr** as supervisor of Movement for Memories, Michael has a wealth of experience and has worked for Edinburgh Leisure for 9 years. Michael has moved from our Healthy Active Minds projects which is a physical activity referral project for inactive adults with mild to moderate depression, stress, anxiety, or low mood. Michael will start 1st June. We have also recruited a part time instructor, **Fiona Dyer** who again comes with a wealth of experience having delivered on Movement for Memories outreach service as well as our Get Active and Ageing Well projects. Fiona will start 24th May. It’s great to have a full team again and can’t wait to get the project back up and running.

**Movement for Memories Current Service**

Now that we have a full team here is what Movement for Memories is currently offering;

1. **Buddy Golf**

Our golf sessions will continue, if you were previously on the project to start golf, a member of the Movement for Memories team will call in the next couple of weeks to arrange a tee time. If you are interested or would like to refer someone onto the project, then please follow the details below.

1. **Buddy Walking**

We are still supporting participants around Portobello Promenade & the Meadows. In the walk, the participant will have the support of a volunteer to guide them along the routes while providing encouragement and companionship. If you were previously on the project to start walking, a member of the Movement for Memories team will call next couple of weeks to arrange a walk. If you are interested or would like to refer someone onto the project, then please follow the details below.

1. **Online 1 to 1**

We are continuing with our Zoom online 1 to 1 support, which is delivered by the Movement for Memories team to provide companionship and motivation to do the exercises at a time and day that suits you the best. If you are interested or would like to refer someone onto the project, then please follow the details below.

1. **Online Classes**

If you would prefer to take part in activities in a group environment, we are continuing to offer our online classes that range from Active Sit to Strength and Balance. Timetables can be found [here](https://www.edinburghleisure.co.uk/venues/online-classes-hub). The costs for the classes are;

•          Buy a £10 a month Online Classes membership now

•          Pay as you go for £2.50 per class

1. **Buddy Gym, Buddy Swimming,**

Due to social distancing measures within our venues, **we feel it is still not safe be able to offer our buddy service in our venues**. While we cannot offer support inside our venues, your Movement for Memories card will still give you access to our venues. Please be aware if you are planning to use our venues you would need to book online via the Edinburgh Leisure [Website](https://www.edinburghleisure.co.uk/home) or app. As always though, the Movement for Memories team is here to support where we can and are happy to make the booking, if you find it difficult to use online bookings. **If you are a carer** and would like to take the person you care for to one of our venues you will need to book yourself and the person you care for via the website and app, we can offer support with online booking if you wish. If you are looking to access the venues by yourself, we can also offer that support with the online booking.

1. **Get Active Classes**

After 14 months out I am delighted to attach our Get Active timetable. As mentioned above we can’t provide that buddy support in the class, but you want to attend the classes independently (or with a carer) we can offer that support of making the booking, if you find it difficult to use online bookings.

**How do I access or refer someone new?**

If you are looking to self-refer yourself or refer someone you care for then please contact a member of our Active Communities team on 0131 458 2260 or [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk).

If you are planning to refer a patient, please find our **NEW Movement for Memories Editable referral form**, once completed, please send to [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk) or if you have an NHS account, please note our [Lothian.active@nhs.net](mailto:Lothian.active@nhs.net) is **NOT VALID** we are still waiting for confirmation from the NHS about our new email account. We have a temporary account you can send referrals to - [claire.craig4@nhs.scot](mailto:claire.craig4@nhs.scot)

If you were part of the Movement for Memories project and would like to restart or you would like more information, please contact the Active Communities team on **0131 458 2260** or [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)

**Funding**

I am delighted to announce **Baillie Gifford** has chosen to fund us for 2021/22 with the additional until 2024. We are really excited and grateful for the funding, particularly in the current climate. I would personally like to thank **Life Changes Trust** who have been wonderful and supportive funders to work for. We are looking forward to continuing the legacy of the project and continue to support people with dementia to be active with the same passion and values as Life Changes Trust.

Healthy regards

Sam Scott