‘Movement for Memories’ – on behalf of Sam Scott

Hello all,

I am delighted to announce that Movement for Memories will be officially **OPENED ON** **MONDAY 16th NOVEMBER**. It is great to be back and able to provide some physical activity, it is at times like this, that highlights the importance of being active and we are looking forward to supporting you in doing this. As you can imagine with all the changes with restrictions, tiers, availability etc, the project has changed many times during the last few weeks! Here are the activities we are currently offering that will ensure the safety of our participants, carers, volunteers and staff. As with everything during this pandemic, all of our activities are subject to change.

**Buddy Golf**

We are happy to reveal we will continue with Golf sessions. There are adaptations we will be using during our golf sessions;

* Participants will be required to use their own clubs and must not share them with volunteers
* Participants will be required to wear a mask (unless there is a health condition that prevents them from doing so)
* Participants will be required to maintain social distancing

**Buddy Gym, Buddy Swimming, Buddy Fitness Class**

Due to social distancing measures within our venues **WE WILL NOT be able to offer our buddy service in our venues**. While we can not 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.

PARTICIPANTS WHO ARE CURRENTLY ON THE PROJECT OR SUBSCRIPTION LAPSED DURING LOCKDOWN ARE ELIGIBLE TO RESTART THEIR SUBSCRIPTION. THIS PROVIDES 12 WEEKS FREE ACCESS FOLLOWED BY 9 MONTHS 50% OFF ACTIVTIES. IF ELIGIBLE PLEASE GET IN CONTACT FOR THE MOVEMENT FOR MEMORIES TEAM TO SET UP YOUR NEW SUBSCRIPTION

**NEW Buddy Walking**

With so many restrictions in our venues we have decided to pilot Buddy Walking. This is one to one support walking around some of our current walks we host in our Ageing Well programme. We have chosen to start with just 2 routes (Portobello Promenade & the Meadows) and if there is demand we will look to do other routes. In the walk, the participant will have the support of volunteer to guide them along the routes while providing companionship. Routes have been assessed to ensure there are suitable seated areas and toilets available. With the current restriction;

* Participants will be required to wear a mask (unless there is a health condition that prevents them from doing so)
* Participants will be required to maintain social distancing

**Online 1 to 1**

As with everything in this “new world” we are living in, we are offering online support to be physically active. Similar to how we supported people in the gym, a participnat would go through a consulatation with the supervisor, the supverisor would then prescribe some exercises using chairs, music and a resistance band (we would provide resistance bands and send them through the post). What the project will provide is that 1 to 1 support, companionship and motivation to do the exercises at a time and day that suits you the best.

**Online Classes**

If you would prefer to take part in activities in a group environment, we will be offering a range of online classes that range from chair based exercise class to Body Boosting Bingo to Strength and Balance. These classes will be on a set day and time with timetable to be confrimed.

**Staffing**

There is also great news as Bryony Ross has returned from her career break as supervisor for the project – welcome back! A massive thanks to Roy Stewart too, who did a great job covering Bryony, even within the short time, Roy left his mark with the project and really helped it grow.

**How do I 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 Movement for Memories Editable referral form, once completed, please send to [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk) or if you have a NHS account, please send to [Lothian.active@nhs.net](mailto:Lothian.active@nhs.net)

Please do share this email to anyone you think will be interested. All the changes will be reflected on our webpage in the coming days

**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) **or the Movement for Memories Team on – (Bryony Ross – Supervisor) 07950 837425** [**bryonyross@edinburghleisure.co.uk**](mailto:bryonyross@edinburghleisure.co.uk) **or (Sam Scott - Health Development Officer) – 07974 174363** [**samscott@edinburghleisure.co.uk**](mailto:samscott@edinburghleisure.co.uk)

Healthy Regards,

Sam Scott

IF YOU DO NOT WANT TO RECEIVE EMAILS FROM MOVEMENT FOR MEMORIES PLEASE EMAIL BACK AND WE WILL REMOVE YOU FROM OUR MAILING LIST

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