

Active Lives Referral Form

The Active Lives project is open to adults aged 45 years or older, who live in certain areas of Edinburgh. Participants will receive a "Get Active" card, which allows free and reduced cost access to gym, swim and fitness classes at Edinburgh Leisure venues.

Please return this form by email to avrilmckenzie@edinburghleisure.co.uk or by post to **Active Lives, Edinburgh Leisure, Vantage Point, 3 Cultins Road, EH11 4DF** or phone **0131 458 2100** for more information.

1. Contact Details (please print) of person to be referred

Name: (Mr Mrs Miss Ms) _____

Date of Birth: _____

Address: _____

Postcode: _____

Telephone: _____

Email: _____

2. Referer Details

Name: (Mr Mrs Miss Ms) _____

Organisation: _____

Telephone: _____

Email: _____

Referral date: _____

Signature: _____

3. Suitability for referral

<input type="checkbox"/> Aged over 45 years old	<input type="checkbox"/> Medically stable
<input type="checkbox"/> Motivated to engage in activity	<input type="checkbox"/> Not been an Edinburgh Leisure member within the last 12 mths

4. Any exercises that should be avoided or cause difficulty?

Preferred venue (circle one)

Gracemount	Ainslie Park	Leith Victoria	Drumbrae	Meadowbank	Jack Kane
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I declare to the best of my knowledge I know of no reason why I should not participate in Active Lives activities. I take part in any activity entirely at my own risk and waive any legal recourse to damages or property arising from my participation.

Signature of person being referred: _____

Date: _____

tel 0131 458 2100

Edinburgh Leisure



Over 45? Want to be more active?

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Active Lives

The project is shaped by local consultation and aims to encourage and support adults living in areas of health inequalities to live well by being more physically active.

Individuals can be referred to the programme by health professionals and local organisations. Once referred, a welcome meeting is arranged with one of the Active Lives team who will discuss all the great activities that are offered through an Active Lives membership. Activities are tailored to suit different fitness levels and include supported gym sessions on at various venues.

Individuals can go at their own pace and get involved in the activities that they most enjoy from relaxation classes to football sessions.

The sessions run throughout the week in various Edinburgh Leisure venues. With an Active Lives membership participants can access Edinburgh Leisure for free or very low cost.

To be eligible for the programme individuals must be 45 or older, motivated to exercise and living within certain areas of Edinburgh. They must not have been an Edinburgh Leisure member for 12 months.

For more information or to request a referral form please contact the Active Lives team on **0131 458 2100** or email avrilmckenzie@edinburghleisure.co.uk

Alternatively, fill out the referral form at the back of this leaflet and send it to **Active Lives, Edinburgh Leisure, 3 Cultins Road, EH11 4DF.**

tel **0131 458 2100**

Active lives participants have told us:

“...I’m really enjoying the relaxation sessions; I don’t relax at all usually, in fact this is the only time all week that I get to relax...”

“...I feel fitter since starting with Active lives, it’s great!...”

“...It has made a big difference to my life, all my family are down south and I like the social side of it...”

edinburghleisure.co.uk