



KA Leisure Health & Wellbeing Service Case Studies



Anne aged 72 was referred by her physiotherapist to HARP following a stroke 5 years ago. The stroke left her with left sided weakness and balance issues. Anne attended a Falls Prevention and Pilates class twice a week until more recently when she had to stop attending for a short spell due to requiring a hip replacement. Anne says, ***“the exercises in the classes really helped with my recovery after the operation and I was really glad to be able to go back to the classes following this. I already feel my general flexibility and mobility are improving and find the social aspect of the classes is really enjoyable and beneficial to my wellbeing.”***

Jessie aged 63 attended her first consultation in February 2019 after self-referring to the Weigh To Go weight management programme. Jessie also had COPD, high blood pressure, severe back pain, arthritis, joint pain and a bi-polar mental health diagnosis for which she was attending a psychiatrist. At her initial consultation, Jessie was unsure if she would have the motivation to 'get off the couch' in order to attend her sessions.



Jessie stayed motivated and completed the Weigh To Go Programme showing consistent weight loss over the 12 week period. She also attended the COPD class on a weekly basis. Her confidence has grown, and she has since also started attending other classes and the gym. At Jessie's routine 6 month follow up consultation she reported that she had dropped down from a size 22 to a size 16, her back pain had reduced significantly, and her mental health had been very positive. She also enjoys the social aspect of the classes and looks forward to attending each week. Jessie says ***“Due to the patience and diligence shown from my first meeting and thereafter not only has my physical health improved, my mental health continues to improve considerably. I am now living a much more fulfilled lifestyle”.***

Joan aged 48 joined Mind and Be Active in January 2019 after a back operation left her experiencing low mood. She felt the additional support given by the Mind and Be Active team gave her the confidence to attend the gym and classes. The structured gym programme has helped her become fitter again both mentally and physically and she has recently become a KA Leisure Volunteer. She completed the Paths For All Walk Leader training course and now assists in delivery of several community based KA Walks. She also recently completed an Emergency First Aid course. Joan enjoys the social aspect of volunteering and enjoys helping other people who also need extra support to become more active.



KA Leisure Health & Wellbeing Service Headline Points



New partnership with Scottish Fire and Rescue

Identification of potential fallers
during home visits and referral to
HARP

Direct referral for Fire Home
Safety Check at first consultation

Launch of the 12 week
Positive Steps Falls
Prevention education
programme

Additional
Strength and
Balance classes
delivered within
5 local Care
Homes

↑ In number of
supported Gym
sessions (not
included in total
class figures)

New Falls
Prevention
class within
Kilwinning
Sports Club

11 Additional
classes within the
North Ayrshire
Move More Cancer
Rehabilitation
programme

Recruitment of 27
new volunteers
across all ANA
programmes

3 new Walk n' Talk sessions
supported by staff



leisure