



leisure Health & Wellbeing Service



# Active North Ayrshire

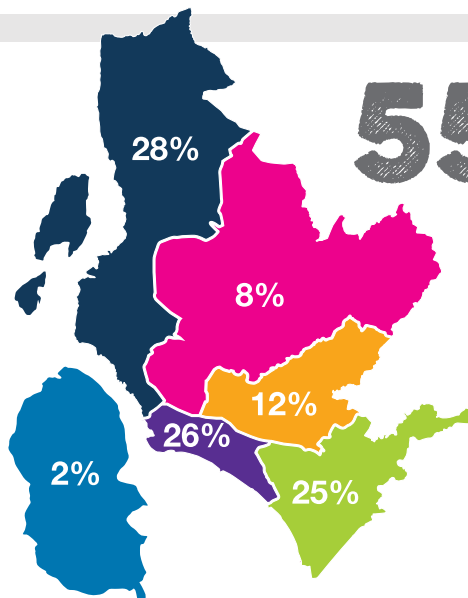
## EXERCISE REFERRAL PROGRAMME

Active  
lifestyles team



### North Ayrshire

- North Coast
- Three Towns
- Irvine
- Kilwinning
- Garnock Valley
- Arran



**553 FIRST CONSULTATIONS**



**537**

supported follow up contacts for behaviour change

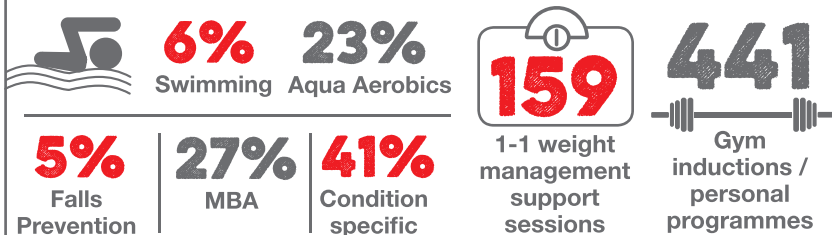
**165** **MISSED APPOINTMENTS**



**58 WEEKLY CLASSES**



**16,811 ATTENDANCES** at physical activity sessions



**3** Strength and balance classes within community hubs

**15** Condition specific classes

**12** Falls/Strength and balance classes

**6** SPECIFIC MIND AND BE ACTIVE CLASSES

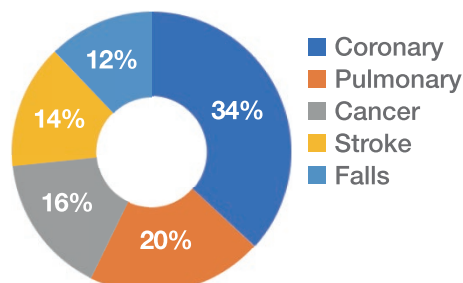
**22** HARP multi condition classes

**33**

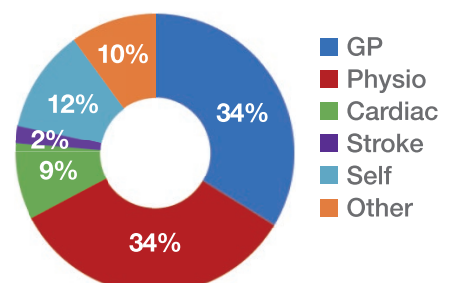
**PARTICIPANTS**

were found to be contraindicated for exercise at first consultation

### REASON FOR REFERRAL



### REFERRED BY



# Active North Ayrshire

Active  
lifestyles team

# EXERCISE REFERRAL PROGRAMME

# HEALTHY ACTIVE REHABILITATION PROGRAMME

Support for participants who are referred with a history of CHD, Stroke, Falls Risk, Cancer or Pulmonary Condition plus one other long term condition.

# 85%

## ATTENDED FIRST CONSULTATIONS

**22 WEEKLY CLASSES**



# ONE WEEKLY CLASS

co-delivered with  
physiotherapy

# 55%

## ELEVATED BLOOD PRESSURE

# 220 NEW CONSULTATIONS



**45%**  
MALE

**55%**  
FEMALE



overweight  
or obese



Additional support for participants who want to improve their mental health and wellbeing through participation in physical activity.

# 55%

adherence at  
**6 MONTHS**

**18% SELF REFERRALS**

## SELF REFERRALS

# 138 NEW CONSULTATIONS



**4526**  
**ATTENDANCES**

81%

are of  
working  
age



overweight  
or obese

## 2

COMMUNITY WALKS

