



Live Active Service

Dear Referring Medical Professional,

Live Active is a service that has been commissioned through Public Health budget. The aim of the service is to improve health inequalities within Tameside by increasing the physical activity levels of Tameside residents.

Enclosed is some further information about the service including the patient pathway, referral form and inclusion criteria. Upon referral the user will be triaged to determine the most appropriate pathway for them. Users with a long term health condition will be triaged onto the Specialist Service. For those users that do not have any co morbidities but are inactive we will still accept referrals for, however, they will be triaged and guided onto the Lifestyle Advisors within the gyms.

We have set up specialised classes for those referred that may need more in depth guidance on exercising safely with their health condition e.g. those with cardiac history or copd. They will only be moved onto further exercise once we are confident that they can self-pace and are aware of the intensities that are appropriate for them to safely work at. Every exercise session will be prescribed through a suitably qualified Specialist Lifestyle Advisor.

Those with long term health conditions will have subsidised use of the leisure facilities if this is the choice they make but there will also be options of free activities such as home exercise or health walks. Every pathway will be individualised to the user based on how they have progressed within the previous exercise sessions and their medical history.

Users must be registered with a Tameside GP and be aged 16 or over.

Kind regards....Kimberly Roberts

If you require any further information regarding the service please do not hesitate to contact me on

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