

Edinburgh Leisure steps up with Movement for Memories



Edinburgh Leisure's Movement for Memories project launched at the Royal Commonwealth Pool

Edinburgh Leisure has begun new classes to help those diagnosed with dementia and their carers to stay active.

Anyone who is living with dementia, or is caring for someone with dementia can register with the project or be referred by a doctor or health professional.



Sam Scott, Health Development Officer (Dementia) at Edinburgh Leisure explained how the project will work: “When someone with dementia is referred to Movement for Memories, they will be invited to a welcome consultation where, through motivational interviewing, we will identify the individual needs, interest and abilities and provide a tailored physical activity programme incorporating a range of Edinburgh Leisure activities.

“To further support them to be active, each participant will be provided with an Edinburgh Leisure access card offering 12 weeks of fully subsidised access to a range of Edinburgh Leisure activities followed by discounted access for a further nine months.

“We understand the importance of carers’ wellbeing too so when a carer of someone with dementia is referred to Movement for Memories, they will be provided with a Carer’s Access Card, which provides a discount to encourage them to protect their health and wellbeing through regular physical activity.”

Movement for Memories

**Supporting people
living with dementia
and carers to be
physically active.**

Activities include:



Swimming



Gym



Golf



Tennis



Low Level
Activity Classes

... and much more!

Contact Us

For more information or to refer
yourself or someone you know:



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active@lifechange.org.uk

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The Rt Hon Lord Provost of the City of Edinburgh Frank Ross addresses those at the launch Photo Chris Watt

The Lord Provost of Edinburgh, Frank Ross said: "Edinburgh was declared Scotland's first dementia-friendly city in 2014 and over this time we have been working in communities to end the stigma around memory loss. Edinburgh Leisure's new Movement for Memories Project will help to contribute towards the city's efforts in mitigating the effects of dementia.

"In a brilliant example of the kind of caring Capital Edinburgh is, the staff and volunteers involved in the programme will go above and beyond to understand the varied needs of individuals experiencing dementia and their carers. In response, they will provide a flexible programme of physical activity, helping citizens from all over the city to age well."

Public Health, Sport and Wellbeing Minister Joe FitzPatrick said: "Being physically active is one of the best things we can do to improve our physical and mental health. The Movement for Memories project has the potential to make a real difference to the lives of many people living with dementia, and their carers. I am particularly impressed with the focus on the individual needs of participants, the opportunity to participate and socialise, and the wider steps Edinburgh Leisure is taking to make physical activity accessible for people living with dementia."



Photo Chris Watt

If you would like more information on how to refer onto the project or are interested in volunteering, contact: Sam Scott. Health Development Officer (Dementia)

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The project, Movement for Memories, is supported by funding from the Life Changes Trust.