



HEALTH PROGRAMMES

Active Leeds

Lockdown Newsletter



HELLO FROM HEALTH PROGRAMMES

Unfortunately all face to face activities and programmes will be suspended until the lockdown ends and the government guidelines say we can return. However programmes will continue remotely with various methods of keeping people moving during this difficult time. We are accepting referrals for all programmes and the team are here to give support. If you have any questions or enquiries, please send these to health.programmes@leeds.gov.uk or call: 0113 3783680

TOPS TIPS FROM OUR TEAM

- **Move more when you can!**

Simple things such as walking round your home or using stairs, all provides benefits to your health. If you can increase your movement, you will improve your health!

- **Start low, start slow...**

A car doesn't set off in 5th gear, and your body is the same! Warming up and starting small helps your body adapt to exercise. Over time, you will see and feel the benefits!

- **Use the outdoors if you can**

A breath of fresh air is a cheap and easy way to boost your immune system and lift the spirits! A walk outdoors, however short will be a change of scenery, and will also help improve sleeping patterns.

Telephone:

0113 3783680

Email:

health.programmes@leeds.gov.uk

ACTIVE
LEEDS

**WE ARE
UNDEFEATABLE**

REMOTE SUPPORT PROGRAMME

Active Leeds have a range of remote delivery options to support people with health conditions to become or remain active during the COVID pandemic and beyond.

HEALTH PROGRAMMES TIMETABLE: LIVE APP SESSIONS

- Monday 9.15am Tai Chi for Health
- Thursday 9.00am Keep Moving

HOW TO ACCESS THE ACTIVE LEEDS APP

- 1 Download the 'Active Leeds' app from your app store.
- 2 Open the app and select your Active Leeds centre.
- 3 From the homepage select 'Active Leeds Live' from the menu and view our timetable of live sessions.
- 4 Simply select the class, and click on 'LIVESTREAM' – enjoy!
- 5 The app also gives you access to the home workout video library 24 hours a day including replays of Health Circuits & Tai Chi.

WE ARE UNDEFEATABLE

"We Are Undeatable" is a movement supporting people with a range of long term health conditions. Please check out a range of resources in support of the movement:

- Facebook: @weareundefeatable
- Twitter: @undefeatable
- www.weareundefeatable.co.uk

• Stay connected

Now more than ever, we need to have support networks. This could be phoning a friend for a chat, or messaging friends on social media. Remember, the Active Leeds website is full of resources to help everyone get through this challenging time.

• Aim to do positive things

Most people will have times when they are down, but this can become a problem if it carries on for too long. Think of the things that you CAN do right now, and what makes you happy. It could be listening to uplifting music, or watching a comedy show. If you need extra support, please contact Active Leeds.

ACTIVE LEEDS – HEALTHY AT HOME WEBPAGES

There are plenty of ideas for you and your family to keep active while in lockdown.

These online resources have been collated to give a wide range of activity options for these three groups:

- Family and Children
- Adults
- Older Adults

<https://active.leeds.gov.uk/healthy-at-home/be-active>



Facebook: @LeedsLetsGetActive

Twitter: @LeedsGetActive

REMOTE SUPPORT PROGRAMME CONTINUED

KEEPING WELL AT HOME RESOURCES

Active Leeds and Public Health have created the Keeping Well at Home resources that supports people that are staying at home or have reduced mobility. There is a printed booklet and supporting online resources held on the older adult pages of the Healthy at Home webpages. Healthcare and community partners can order copies of the booklets by contacting the Health Programmes Team. For people that need more support, Active Leeds is accepting referrals to deliver individualised activities for people with low mobility.

STRENGTH AND BALANCE PROGRAMME FOR FRAILER OLDER PEOPLE

There is remote support available for frailer adults or those that have become deconditioned. Active Leeds offers support by phone or online using the “Keeping Healthy at Home” booklet/DVD and other strength and balance resources. A physical printed copy with a resistance band is available on request. There are YouTube videos available to support the programme and even a DVD for those that have DVD players. There will be contact with all participants to motivate them and keep them moving.

HEALTH REFERRAL PROGRAMME

Active Leeds are still accepting referrals and self referrals onto their programmes. Healthcare Professionals, Healthy Living Services, community groups, and individuals can apply via the online enquiry form, email, or by phone. Healthcare Professionals with access to Sytemone can refer directly to Active Leeds by using the Healthy Living Template.

Self-referrals can use the online portal. <https://surveys.leeds.gov.uk/s/SLNH3/>.

If you're feeling a little more energetic, Active Leeds has a range of activities to suit all abilities:

- [Run Leeds](#)
- [Leeds Girls Can](#)
- [Table Tennis](#)

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