

Staying Active - Guidance for Public

1. Introduction

Huntingdonshire District Council (HDC) recognises the importance of people leading healthy, active lifestyles. It also recognises the unique position of the Council to enable and empower all individuals to be able to take part in positive activity through its various facilities, programmes and services offered by its in-house leisure provider arm 'One Leisure'.

2. Benefits of exercising

There are many benefits of being active. It's medically proven that people who do regular physical activity have a lower risk of developing frailty in later life.

Being more active can help you maintain muscle strength and reduce balance problems. If you are starting to need support or finding daily tasks more challenging these are risk factors of developing frailty.

Exercise can also improve your general mood by releasing endorphins, which you could think of as happy hormones. Self-confidence and sleep quality can also be improved as well as giving you more energy and reducing stress levels. It's important to remember that being active is even more beneficial if you're also making healthier food choices, not smoking, and getting enough sleep.

3. What?

We will be running group programmes of 'Staying Active' across the district.

The 'Staying Active' programme is for adults (55 years and over). You can sign up for the 'Staying Active' programme if you are at least 55 years of age and have at least two of the additional risk factors of CVD.

- starting to need support with activities of daily living.
- are finding daily tasks more challenging.
- not yet had a fall but feeling unsteady on your feet.
- are developing balance problems.
- are developing muscle weakness.
- long term health conditions including arthritis, osteoporosis and hypotension.
- adults who present for medical attention because of a fall, report recurrent falls in the past year, or have other risk factors for falls.

Anyone who takes part will be currently inactive or fairly active (doing less than 149-week minutes of activity per week).

Located at either a leisure centre or in a community space, the programme consists of 9 weeks of group activities including functional movement classes, healthy eating, wellbeing walks, exercise classes, adapted sports and team games. Activities will be suitable for the participants. and chosen by the group in consultation with the Lead Instructor.

Participants in the programmes will be offered a 9-week 'Staying Active'* membership for One Leisure to run alongside the 9-week programme. Participants will have free use of the facilities to attend activities of their choice including badminton**, indoor cycling, the gym, classes, and swimming, amongst other targeted activities delivered across One Leisure and in community venues.

At the end of the 9 weeks, depending on certain targets being met, participants will be offered a Concessionary or Undefeatables Membership.

* Additional free 9-week One Leisure offer is subject to additional eligibility criteria. Individuals who have been a pre-paid member of One Leisure in the previous 18 months from date of application, may take part in the course but will not be eligible for this secondary benefit. Memberships cannot be exchanged for the duration of the programme.

** Badminton and other racket sports will only be free at off peak times (before 4:30pm)

4. Eligibility Criteria

Participants will be aged at least 55 years of age and meet at least two of the following eligibility criteria:

- starting exercise for the first time or after a sustained period of inactivity.
- starting to need support with activities of daily living.
- are finding daily tasks more challenging.
- not yet had a fall but feeling unsteady on their feet.
- are developing balance problems.
- are developing muscle weakness.
- long term health conditions including: arthritis, osteoporosis and hypotension.
- adults who present for medical attention because of a fall, report recurrent falls in the past year, or have other risk factors for falls.

AND

- residents of Huntingdonshire District
- Customers will only be 'eligible' for one 'Staying Active' offer or similar (for example Let's Get Moving, Active for Health and Active for Health Xtra')

4.1 Allocation of 'Staying Active' Place

Eligibility will be the final decision of the Scheme Manager.

4.2 Proof of eligibility

Proof of eligibility will be required from all applicants.

- Self-certified two or more risk factors of frailty.

5. How to apply

Sign up for the programme through completion of an electronic form. The form will be available on-line only.

Applicants will be informed within 10 working days if you have been accepted onto the scheme.

Individuals who require additional support to complete the form:

- Is there someone else you can ask to help you to complete it?
- One Leisure Receptions – if you have no one else to ask then One Leisure Receptions may be able to assist; you may need to wait for assistance.
- Customer Services at Pathfinder House - if you have no one else to ask then Customer Services at Pathfinder House, St Mary's Street Huntingdon may be able to assist; you may need to wait for assistance.

6. Cost

The Scheme is free of charge for the customer. (Funded by Cambridgeshire & Peterborough Integrated Care System)

7. Duration

The initial programmes will be for 9 weeks.

8. Existing Pre-Paid One Leisure Members

Existing pre-paid members who are otherwise eligible, can take part in the 9-week course. They are not eligible for the additional 9-week free One Leisure pass.

The additional incentive offer applies to NEW members only as we are targeting those who are currently inactive (undertaking less than 30 minutes of exercise per week). Existing Pre-Paid Members are NOT eligible for this additional incentive but can still take part in the 9-week programme. Eligibility will be subject to a 10-day application and verification period.

9-week. Centre Regulations

All 'Staying Active' card holders will be subject to the standard [One Leisure Regulations](#)

10. Summary

Eligibility will be the final decision of the Scheme Manager. HDC reserve the right to withdraw the 'Staying Active' offer if false declaration is given or in the event of misuse. Membership is not transferable. Information is correct at the time of publication but as this is a new scheme terms and conditions are subject to change.