

## Other local services

There are a variety of other ways to get more active with and without support. The following groups are available in some areas:

### 'Walk on Hebrides' walks

Contact: Walk on Hebrides Coordinator

Tel: (01851) 762015

Email: [jeanne.mackay@nhs.scot](mailto:jeanne.mackay@nhs.scot)

### mPower Western Isles

Contact: Community Navigator

Tel: 0796 6259060

Email: [wi-hb.mpower@nhs.net](mailto:wi-hb.mpower@nhs.net)

### Befriending Lewis

Tel: (01851) 702632

Email: [info@befriendinglewis.org.uk](mailto:info@befriendinglewis.org.uk)

### The Embark Community Cycling Project

Tel: (01851) 707217

Email: [info@embark.org.uk](mailto:info@embark.org.uk)

### Caraidean Uibhist

Tel: (01870) 603233

Email: [admin@caraideanuibhist.org](mailto:admin@caraideanuibhist.org)

### Penumbra Garden Project

Tel: (01851) 706360

## Sports Facilities

Ionad Spòrs Leòdhais (ISL) (01851) 822800

Isle of Harris Sports Centre (01859) 502970

Lionacleit Sports Centre (01870) 603693

Castlebay Sports Centre (01871) 810129

## Further Information

For information on the Move More Western Isles project, please contact the Move More Activity Officer for your area:

### Lewis & Harris

Kirsty Wade

Tel: (01851) 822 761 / 822 800

Email: [kirsty.wade@cne-siar.gov.uk](mailto:kirsty.wade@cne-siar.gov.uk)

### Uists

Kevin Morrison

Tel: 07527 253323

Email: [kevin.morrison@cne-siar.gov.uk](mailto:kevin.morrison@cne-siar.gov.uk)

### Barra

Lisanne Macinnes

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Email: [lisanne.macinnes@cne-siar.gov.uk](mailto:lisanne.macinnes@cne-siar.gov.uk)



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# Move More Western Isles

## Information for everyone



## About us

The **Move More Western Isles** project offers support to help you to become more active and improve your health and wellbeing.

It does this by offering you a range of **FREE** physical activity opportunities.

Move More Western Isles is aimed at people aged over 16 years who are living with one or more long-term conditions (including cancer), and who would like to benefit from support to improve their health by increasing their physical activity.



## What do we offer?

We offer a variety of programmes (one-to-one, online and group exercise programmes) uniquely tailored to improve your strength, balance and cardiovascular health.

Activities on offer include: Gentle Movement classes, Easy Aqua aerobics, group 'Move More' circuits, gardening, an introduction to fitness equipment and group walking.

Working with you, the Move More Activity Officer will create a personalised programme of activity suited to your individual needs and ability.

The programme can last 12 weeks with ongoing support offered after your programme has ended.

Classes are **FREE** during the programme and are available in a variety of locations across the Western Isles including local authority sports centres.

## Getting involved

Simply discuss your interest with your healthcare professional (e.g. doctor, nurse, physiotherapist, occupational therapist). They will then discuss the benefits of exercise with you and whether you meet the criteria for inclusion.

Criteria for inclusion includes (but is not limited to) the following:

- cancer (before, during and after treatment)
- cardiovascular disease
- obesity
- osteoarthritis
- rheumatoid arthritis
- asthma
- COPD
- stress
- anxiety
- depression

- back pain
- diabetes

If your condition is not stable or does not fall into any of these categories, your healthcare professional can still discuss exercise with the Move More Activity Officer and see what other options can be offered. There are a variety of other ways to get more activity with or without support.