

## ACTIVE HEALTH

The Active Health project aims to support people to become more active as a way of improving health & wellbeing. This person centred project works with anyone registered with GP practices who would benefit from being more physically active. People can self-refer or be referred by a member of staff at the practices. At this time, we are working mainly by “Near Me” Video call or phone appointments.

Lisa and Jodi, our Active Health Link Workers meet with participants to discuss motivation, interests, challenges & hopes. We know that changing habits is a really hard thing to do and will support them to work out if this is the right time, and if so, then what sorts of activity would best fit with their lifestyles and be sustainable.

We help set goals & form an activity plan, if they'd like one, so that they can keep track of how they're getting on with the aims they have set themselves. We can talk about what activities they might enjoy, projects that are happening locally, active travel and “virtual” opportunities.

We will invite them to come back for on-going support and check in with how they're getting on. Usually we see people for approximately 3 appointments. The initial meeting is 1 hour with 2 x follow ups (30 minutes each). This can be adjusted to suit the needs of the participant.

For more information email: [high-uhb.activehealthproject@nhs.net](mailto:high-uhb.activehealthproject@nhs.net)

Or visit our Facebook page: [www.facebook.com/groups/668913293865840/](https://www.facebook.com/groups/668913293865840/)

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