

GOOD MOVE

Supporting the people of Glasgow to become more active



GOOD MOVE

At Good Move, we recognise that being physically active is one of the single most important things you can do for your health. It can reduce the risk of conditions like cancer, improve mental health, increase mobility and independence, help control weight, reduce isolation and improve physical literacy. It can also make you feel great because it's fun, sociable and a great way of meeting friends.

We support the vision of Scottish Government and want everyone to be more active in their leisure time. We aspire to play a role in reducing health inequalities in Glasgow and want those furthest from ever taking part in activity to experience the many benefits to be gained from this. At Good Move this is why we focus our efforts on enabling the inactive to become active.

We understand the barriers many people face in becoming active and have developed a range of targeted programmes with these challenges in mind. This brochure provides information of these in more detail and tells the stories of some of our inspirational participants. We're friendly, well qualified and supportive and we don't just deliver activity in traditional leisure venues. Our activities can be found in church halls, schools, community centres, sheltered housing complexes and parks. Our fantastic and passionate army of volunteers provide valuable peer support to those who need it most and really are the life blood of Good Move. We really couldn't deliver the number of activities or reach the people we do without them and for that we would like to say a heartfelt thank you.

Although we deliver hundreds of activities every week across Glasgow, we also recognise when we're not best placed to reach some of our most disengaged communities. That's why we work closely with many trusted community groups and organisations. We build social capital by training and supporting local people to deliver Good Move activities at a time, day and setting that's right for their community.

We are proud of our work and the impact we make but we couldn't do any of this without the strong partnerships we have with our funders. They support, guide and help us to deliver the best service we can to the people of Glasgow. So thank you to our funders at NHS Greater Glasgow and Clyde, Glasgow Health and Social Care Partnership, Wheatley Group and Paths for All. We look forward to many more years of working together to increase physical activity levels across the city!

Regards,
From all at Good Move

“National Health Service Greater Glasgow & Clyde (NHSGGC) have worked in close partnership with Glasgow Life over a great number of years. This partnership has greatly supported effective development and delivery of interventions supporting the physical activity agenda. Both organisations have managed to make effective and efficient use of resources and added value where possible resulting in a strong relationship and an enhanced understanding of possibilities. The organisational culture and expertise of Glasgow Life has been invaluable to the success of both partners achieving shared outcomes.”
Anne Gebbie-Diben, NHS Health Improvement Lead

“Paths for All have worked with Glasgow Life for almost 10 years. During that time the programme has become one of the most successful, thriving and well managed Walking for Health projects in Scotland. This success is in no small part to the fact that Glasgow Life was one of the first leisure trusts to embrace walking as the single most effective and accessible way to increase physical activity levels across the city. Strong strategic leadership around the importance of physical activity and effective partnership working across the public and third sectors has resulted in a programme that is viewed as exemplar across Scotland. Glasgow Life's willingness to share learning and best practice across the national Walking for Health network, as well as its commitment to providing a high quality volunteer experience, has been key in their success securing continued grant funding from us. We value our partnership with them highly and look forward to building on this success in the future to get Scotland more active.”
Frances Bain, Paths For All Manager

“Partnerships are all about teamwork and we feel part of a really great team!”
Diane Cunningham, Good Move Manager



“Good Move is a range of programmes that incorporates best practice in terms of the promotion of physical activity for health. A dedicated team of staff and volunteers work to support those who are inactive begin to find ways to build activity into their lives.



Good Move offers a choice of activities, taster sessions in local leisure and community centres, and most importantly, a chance for those who take part to find activities they enjoy and to build up at a pace that suits them. In this regard Good Move is helping achieve Scotland’s goal of helping the inactive become more active and thus improve the nation’s health.

Even small changes in everyday levels of activity such as walking or doing a weekly session at the swimming pool or attending an easy exercise class will have a positive impact on that person’s physical and mental health. The Good Move approach has clearly won the support of many people and organisations already as this brochure demonstrates.

As a citizen of Glasgow I am really pleased to have the Good Move programme on my home turf and congratulate Glasgow Life for creating it.”

Professor Nanette Mutrie
MBE CPsychol FBASES FHEPA-Europe
 Director of Physical Activity for Health Research Centre
 University of Edinburgh
 Institute for Sport, Physical Education
 and Health Sciences



GOOD MOVE

Wee Play

Get active together with Wee Play classes, for families just like yours!



Being physically active during the early years provides a strong indicator of future behaviours, including educational attainment, health and happiness. We also know that parents are role models for their child and their attitude to physical activity can make a big impact on their little one's impression of getting active. That's why we've developed Wee play, our parent and pre-5 activity programme.

Our programme is designed for families who are unlikely to take part in sporty activities and aims to give parents the confidence to play more at home with their child. As parent and child interaction is at the heart of our programme, we worked closely with families to ensure the activities we designed were fun and comfortable for all.

Our fun, multi activity sessions take our wee participants to the jungle, the beach and even to space as their favourite super hero, whilst parents gain confidence to play with and support their child on their adventure.

We also work with nurseries and community organisations across the city to skill them up in the delivery of Wee Play. We train them in fundamental movement skills, developmental stages of the child and health behaviours to enable them to support their parent and child groups locally.

Wee Play is a great class incorporating play with exercise. It teaches kids about sport, gets them exercising and helps them become more mobile. Much better than sitting at home on TVs and iPads!

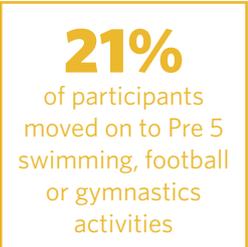
Darcey enjoys learning new skills and loves playing catch and running around in the garden using her Wee Play take-home pack.

Please put Wee Play on in other areas!

Gemma Cannon and daughter Darcey



Our Reach



“ Fun, learning, nurturing, social interaction. Low cost is a good idea for low income families. ”
Arlene Cassidy, Parent, Gorbals

GOOD MOVE

Thrive

Getting active is fun and easy with our Thrive classes for girls aged from 12-18.

Our Girls Experience

100%

Would recommend to their friends

80%

Feel more confident

60%

Feel healthier

According to the most recent Glasgow City Schools Health and Wellbeing survey, only 9% of girls aged 12-18 years meet the physical activity guidelines. At Good Move we know that healthy active children are more likely to become healthy active adults, which is why we've developed Thrive, our new girls only dance and fitness programme.

We worked closely with teenage girls to gain a real understanding of the barriers they face in becoming active and co-designed our sessions to overcome these. Our activities are informal, local, non-competitive, encouraging and fun. They give young people choice over what they would like to do and are supported by peer mentor volunteers as positive role models.

Our girls love having a place to catch up with friends and enjoy trying new activities like power hooping, Zumba, skipping and dance offs. They also have the opportunity to become dance leader assistants to support our new Thrive recruits through our in house delivery of nationally recognised Dance Leader training programmes.

To increase our reach, we also work with youth organisations across the city to skill them up in the delivery of Thrive. We support them to achieve Dance Leader, Jog Scotland and Zumba qualifications to deliver a tailored range of activities for their existing female groups.

Rayna aged 13 years from the East End of Glasgow has been attending Thrive for over a year and has encouraged many of her friends to come along and join our sessions.

"I started coming to Thrive because I wanted to stay healthy and have fun doing it. I liked all the different activities we tried. My favourite activity was Zumba because it was something new I had never tried before and I really enjoyed it. Thrive keeps me healthy and active but allows me to have fun doing it. It also has a fun and encouraging atmosphere."

Her mum was also keen to share her experiences and highlight the impact Thrive had on her family.

"I found out about Thrive whilst attending my exercise class for people living with cancer and introduced my two girls age 13 and 15 to the programme. I had a desire to get back some of the fitness I had lost due to my illness and wanted my girls to look at me fighting and take positive steps to take charge of their own wellbeing. Thrive for us is a positive step made from a negative time in our lives. I would like to take this opportunity to thank the Good Move Team and especially Jen for making exercise fun, inviting and healthy. My family need this programme to prove that exercise plays a huge part in creating and restoring healthy minds, body and spirit."

Our Reach



483

Unique annual participants

9

Organisations supported to deliver Thrive

11% Community participants have joined Glasgow Club

60%

Participants live in a SIMD 1 or 2 area.

881

Annual Thrive attendances

9%

of participants meet PA guideline on 1st attendance



GOOD MOVE

LIVE Active

Get the most out of life! With the help of our specialist advisors we'll give you the support you need to get active.



Getting started in activity can be tough, particularly for those who've never been active before or have been away from it for a long time. We understand that getting the right support at the right time can make the world of difference in enabling people to build the confidence and skills to take action and make positive changes to their lifestyle!

At Live Active, we offer advice on various lifestyle topics, goal setting and relapse prevention through personalised 1:1 and group support for up to 1 year. Our friendly and knowledgeable advisors are fully trained in Level 3 Exercise Referral and are qualified to deliver health behaviour change through motivational interviewing and solution focussed approaches.

With the support of their advisor and our specially trained peer mentors, participants are given the opportunity to try out activities such as gym sessions, functional training sessions and health walks to build up their confidence to move into mainstream activity.

In order to be truly person centred and inclusive, our advisors also hold a BACPR specialist exercise instructor level 4 cardiac qualification and are trained in mental health awareness/ first aid, disability awareness and can demonstrate competence in using a tailored consultation pack for people with a learning disability.

Live Active has been in operation for over 15 years and is a successful and well utilised service part funded and supported by NHS Greater Glasgow and Clyde.

When John started attending Live Active he was obese and sedentary. At 69 years old he had never really led an active life and needed a lot of support and encouragement to take part in activity.

After his first consultation he was supported to attend his local supervised gym session where he was gently introduced to exercise. At his follow up 1:1, as part of his goal setting the advisor suggested he try the new Live Active Functional Training class to introduce him to different types of suitable activity.

8 months on and John is now attending the gym and functional training classes 3 times per week and his weight has reduced from 104kg to 87kg (16.7stone - 13.10stone). His blood sugar is now normal and he is no longer taking Metformin for his type 2 diabetes.

"Without the Live Active scheme I would never have lost weight and achieved my goal of getting fit"
John, Bellahouston

Our Reach



7,053
Annual attendances



12
Venues citywide

2,253
Annual referrals



GOOD MOVE

Walking

Everyone can enjoy walking! Our walks are easy, fun and free. What's more with over 50 walks taking place each week there's bound to be one near you.



Walking is described by many as a near perfect exercise and the most likely way of meeting the recommended levels of physical activity for good health. It can be done almost everywhere, costs nothing, requires little equipment and is a great way of socialising. Almost everyone can walk and there are very few people whom walking would not be suitable for, therefore making it accessible to a wide range of people from toddlers to very older adults and everyone in between!

The Good Move team embrace these benefits and are committed to getting Glasgow walking! This is why we deliver the largest network of Health Walks in the country. Our walks are delivered by over 100 passionate volunteer walk leaders in communities all across the city. Walks are easy, around a mile or two long, and can be tailored for almost all abilities, but most importantly they are fun, friendly and free!

For those who like a bit more of a competitive edge, we also deliver walking football sessions - a slower, but no less competitive, version of our national sport! You might not be allowed to run or slide tackle but it doesn't stop the slick passes, wonder goals and jersey over the head celebrations. The dressing room banter and reminiscing of "when I was a player..." over an after match cuppa is a big winner too, regardless of the result.

Our walking programme is a well-established partnership programme funded and supported by NHS Greater Glasgow and Clyde, Glasgow Health and Social Care Partnership and Paths for All. A recent Social Return on Investment Study concluded that for every £1 invested in health walks, £8 of social investment was returned.

Our Reach

322

Annual walking football attendances

1,691

Annual led walks

20,004

Annual walking attendances

89%

of walkers achieve recommended PA levels after 6 months

7%

Participants from a BAME background

62%

Participants live in a SIMD 1 or 2 area

12%

Participants report having a disability

35

Venues citywide

Our Volunteers

99%

of volunteers are satisfied or very satisfied with the support they receive

100%

Feel appreciated or very appreciated

71%

of volunteers have been leading walks for more than 2 years.

101
Walk Leaders

“ Janie joined the Botanic and Maryhill health walks in January 2016 after the friend she walked with could no longer walk. Janie has a visual impairment and requires help in certain situations on a walk.

“Finding the walking groups information online was great for me as I love the company of others and I was not keen to walk in certain places on my own. I love being out in the fresh air, no matter the weather and have discovered some places I didn't even know existed in my local area. The walk leaders and the other walkers have been very helpful, informative and considerate. I would recommend the groups to anyone, it's great company and you find new places all the time” Janie, Maryhill

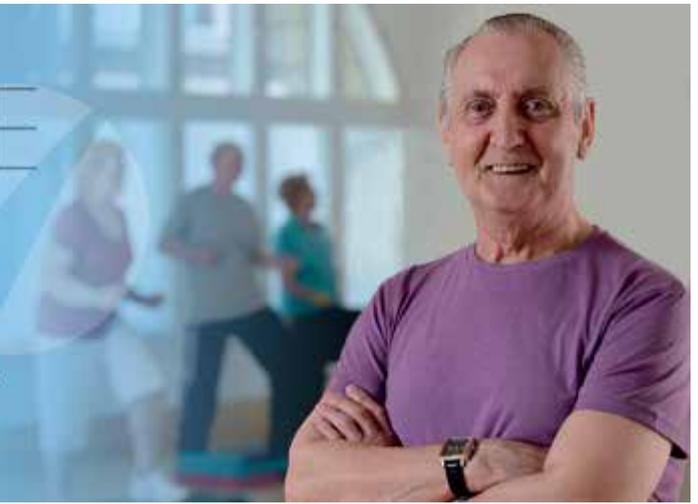


“ It's been a great experience as I thought my footballing days were behind me. I've not missed a week and love meeting guys with a similar outlook Jim, Walking Football Participant

GOOD MOVE

Vitality

People with medical conditions can have fun getting active with the support of our specially trained Vitality instructors.



In Glasgow, around 30% of adults live with a long term or limiting condition. We understand that people in this situation can face many barriers in becoming active such as feeling that exercise is not for them or that they're not fit enough, and many simply worry that exercise could harm them. That's why the Good Move team developed Vitality, a range of exercise classes for people with long term conditions such as heart disease, osteoporosis, COPD, Parkinson's disease and stroke.

Our programme consists of 4 types of classes co-designed with lead NHS physios, academics, fitness and health professionals. The ongoing development and involvement of these professionals allows us to hold NHSGGC Quality Assurance standards for safe practice. Our instructors are trained to nationally recognised standards and hold both Postural Stability and BACPR Specialist Exercise Instructor Level 4 Cardiac qualifications. This enables us to deliver safe and effective classes for a wide range of mobilities and medical conditions.

Our participants are supported to safely challenge their capabilities, gradually building up their strength, co-ordination, endurance and flexibility, giving many the confidence to progress into mainstream exercise or to maintain an increased level of independence.

Vitality is a highly evaluated and successful partnership programme funded and supported by NHS Greater Glasgow and Clyde.

Margaret, 62, had a by-pass when she was 47 and also suffers from arthritis. 2 years ago she was referred from her GP to Live Active as it was highlighted that her inactive lifestyle was putting her at risk of a future cardiac event.

At her consultation the Live Active Advisor recommended she should try Vitality as the instructors were qualified to deal with her conditions. She decided to give it a go and after noticing the benefits of the exercise class she encouraged her relatives to come along. For the past 2 years Margaret and her sister Francis, who is living with cancer, and her sister in law Sarah, diagnosed with Alzheimer's, have all been attending the Vitality classes at Glasgow Club Easterhouse.

Margaret has seen improvements in her mood, feels stronger and doesn't need to hold onto the chair or table when trying to stand up anymore.

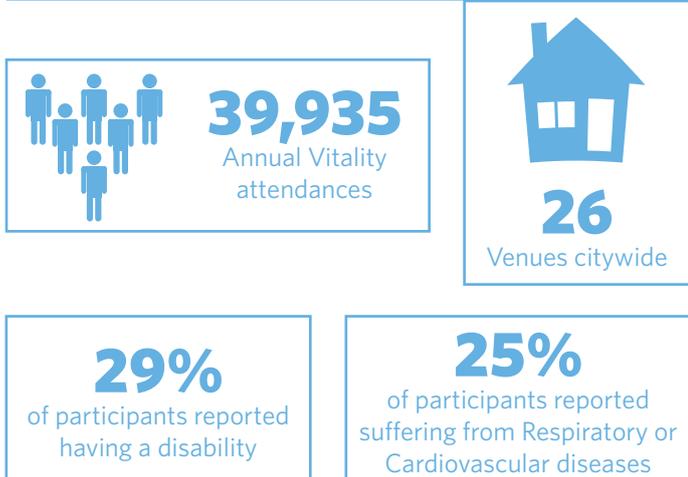
“Vitality is great for meeting new friends and getting together with the family, I really don't know where me or my sisters would be without it”. *Margaret, Easterhouse*

Our Referrers

We support NHS Pulmonary Rehab, Cardiac Rehab and Falls Prevention teams to deliver over 30 classes per week across Glasgow. This allows for a smoother transition from rehab services into community based physical activity.

“It's good to be able to suggest exercises which you know will be good for them and which are delivered by people who know about patients' health conditions, so they won't push them too hard”. *Practice Nurse, Drumchapel*

Our Reach



GOOD MOVE

Revitalise

Come along and find out why so many people are giving our Revitalise classes the thumbs up.



We understand the importance of independence and social connection as we age. That's why our Revitalise programme has been designed to support older people aged 60+ to connect with their local community and make new friends through a range of fun, local activities including dance, easy exercise and arts.

The majority of our participants are aged over 75 and so we recognise the key role we can play in supporting them to live independently and well for as long as possible. Our highly experienced exercise instructors are qualified in Postural Stability which means they can deliver exercises that improve strength and balance which is proven to reduce falls, the main cause of disability among people of this age. Health by stealth really is the key to this programme - reducing the risk of falls whilst having a dance and sing-a-long at the same time!

We also offer a diverse programme of arts activity, such as photography, painting and singing which are delivered by a range of highly skilled local artists. Activities are designed to connect older people from hard to reach communities to wider arts opportunities and events such as displaying their work in local galleries or experiencing cultural events such as Mela, Merchant City Festival and Aye Write!

Revitalise is an award winning partnership programme funded and supported by Wheatley Group and Glasgow Health and Social Care Partnership.

Our Reach



1,450
Annual unique participants

24,750
Annual attendances



55
Venues citywide

58%
of participants are aged 75 years or over

17%
Live in supported housing complexes

“Four years ago I was suffering from severe depression and found it really hard to go out of the house. I attended Parkview Psychiatric Unit for 3 years where I was assigned a Community Psychiatric Nurse to visit me at home every week. About a year ago she told me about an Easy Exercise Class at Budhill and suggested I should try it.

It was frightening for me to get the courage to go along as doing anything by myself was an ordeal, but as soon as I entered I was made so welcome and the ladies “adopted” me. When I met the instructor Stephanie she was an inspiration and encouraged me to join in and have fun. I began to look forward to going along every week to find out what Stephanie had planned for us.

After a short time attending Revitalise my doctors at Parkview saw such an improvement in my co-ordination and my frame of mind that they discharged me. They said I was indeed one of their success stories.

I owe such a lot to Revitalise for how I am feeling now and the huge impact Stephanie and the classes have made to my life. Thank you all so much for helping me through such a dark time and making life worth living again.”
May, Budhill



GOOD MOVE

Support

We realise that we're not always best placed to reach some of our most disengaged communities, that's why we work closely with many trusted community groups and organisations. We build social capital by training and supporting local people to deliver Good Move activities at a time, day and setting that's right for their community.



Last year, the Good Move team supported Community Lifestyles, an organisation supporting adults with learning disabilities, to set up health walks for their service users. It was identified early on in the process that the existing Health Walk Leader training was not suitable and that candidates would not get the most out of their training experience. The teams at Good Move and Community Lifestyles worked together to adapt the training and devise a new resource to ensure it was fit for purpose for individuals with a learning disability.

3 service users, along with their support workers, completed the course in June and wasted no time in establishing walks for their groups. One new walk leader Catherine has really embraced her new role and is doing a fabulous job. As well as supporting her fellow service users to get out and enjoy the outdoors, she has lost 13lbs in just five weeks.

When asked how she feels about the walks she leads Catherine says "Good, it gets me healthy. I think I'm helping people to lose weight and I like going to different places". "I thought it was going to be all about climbing hills. It's easier than I thought. I would like to climb hills as well."

There are also a couple of areas she feels she could improve on such as finding new routes and also practicing her introduction. "I want to find places that are nice to walk and can have wheelchairs" *Catherine, Community Lifestyles*

"A number of 3D Drumchapel staff were able to access Wee Play training as part of the wider Drumchapel Early Years Network. The training was both interactive and informative and we have been able to utilise the materials within our targeted parent and child play session.

Wee Play provided a taster session for 3D Drumchapel during a week of different play methods called the BIG Play to encourage parents and children to play together in creative accessible ways. The taster was very well received and the variety of interactive games were enjoyed by parents and children alike.

3D Drumchapel is delighted to be able to work in partnership with Good Move to continue to provide families with enriching opportunities to play and learn alongside their children." *Gillian, 3D Drumchapel*

28

Courses delivered to community organisations

41

Different organisations received training

181

Local people trained

"I work within a young housing project within the North/West of Glasgow supporting individuals aged 16-25 years who are in their own tenancies or facing homelessness. Many of the young people, although keen to do some form of exercise, do not have the confidence or self-esteem to access leisure facilities on their own as they felt they would stand out.

When I heard about Thrive it sounded ideal as it meant I could be trained to deliver Zumba to the young people in an environment they were already comfortable and with a person they already knew. The training was excellent as well as the follow up support. It is good to know you have

someone at Good Move you can speak to about any aspect of delivery.

Since starting to deliver Zumba we have had many females participate with most coming more than once. By delivering this the young people are more open to discussions around fitness, body shape etc. It also has a positive impact on individuals' mental health, as many young people are quite isolated in their tenancies and Thrive allows them to get out and meet other young people in a safe environment." *Nicola, Quarriers*



GOOD MOVE

Volunteers

All across Glasgow we deliver hundreds of activities every week but this reach into local communities would not be possible without our dedicated and passionate volunteers.

172
Active
Good
Move
Volunteers

They kindly donate their time to deliver activities, offer peer support, undertake research, act as ambassadors and promote activities in their community. And as many Good Move volunteers started out as participants, they understand first hand the barriers people may face when starting out in something new and are always on hand to pour a cuppa and have a friendly chat.

For us volunteering is not an additional service, volunteers are at the heart of what we do so we want to ensure they enjoy their time at Good Move. This means we offer a comprehensive package of training, some of which is core to their role and some of which supports their personal development and interests. We also provide ongoing day to day support, updates, newsletters and a calendar of social events to show our appreciation for all they do.

6,612
Volunteer hours
donated annually
by Good Move
volunteers



“ The walk leaders were very supportive and walked with me at the back letting me go at my own pace and have a seat if I needed a rest. Over time I got stronger and can now walk faster, further and have less rests. I have even managed to get back to my bowls - something I thought I would never be able to do! I really look forward to the walk and have met some lovely people and enjoy the company”
Participant about Good Move Volunteer

“ “I am constantly blown away by their enthusiasm, commitment and dedication to the programme. Despite juggling busy personal lives, they always arrive with welcoming smiles and are 100% focused on the participants and delivering an enjoyable session for everyone”
Good Move Volunteering Development Officer



“ I was very impressed with the volunteer training programmes. There are lots of resources and support available to help you in your volunteer role so you are not left on your own. The staff are very good at providing ongoing support and there are regular meetings, training and weekly newsletters. *Good Move Volunteer*

Volunteering with Wee Play was an extremely rewarding role and allowed me to feel like I was giving something back to the community. It taught me valuable skills and was crucial in granting me the sufficient experience necessary in successfully securing my career.
Liam Burns, Wee Play Volunteer

This role has had a hugely positive impact on me...I have been supported and mentored by Good Move staff with their knowledge from years within the industry which has been wonderful. *Amy, Thrive Volunteer*

“ “Being a Good Move Motivator attending a stand or by visiting organisation’s I feel I am increasing the awareness of local exercise and increasing the number of participant’s getting help. Volunteering has given me a positive focus in my life and a useful way of using my spare time. Being able to direct people to the services available does make you feel you are doing something worthwhile. Volunteering is a great and enjoyable way to meet a lot of fantastic people. Try it!” *Good Move Volunteer*

“ “The training was very informative and delivered in a fashion that wasn’t overwhelming and encouraged me to get involved” *Good Move Volunteer*



GOOD MOVE

To make your Good Move please call **0300 343 0400**
or visit our website **www.goodmoveglasgow.com**

Find us on facebook

 Good Move Glasgow

For further information on our work in Glasgow, please call
0141 287 3836

