

Midlothian Active Choices

Patient Briefing Sheet

You have been referred to take part in a physical activity programme which aims to help you to improve your mental health and/or weight management.

What happens next?

The MAC Coordinator will contact you to discuss your referral and to arrange a 1-2-1 meeting at the venue of your choice.

At this meeting you and the coordinator will discuss any goals you may have and the best way to achieve them.

You will also have the chance to find out what activities are available that you might like to take part in and also what other help and support there is.

Together you will create a 12 week Activity Action Plan that will help you to achieve your goals, become more active and improve your health and wellbeing.

What kind of activities can I do?

The coordinator will be able to put you in contact with a wide variety of activities from walking (on your own or in a group), gym, swimming, cycling, fitness classes, gardening and many more.

What will it cost?

To support you to become more active you will receive an access card for Midlothian leisure centres that will give you access to any of the activities for the 12 week programme for £1.

For more information contact;

MAC Coordinator
Penicuik Town Hall
33 High Street
Penicuik
EH26 8HS
01968 664 080