

# Ageing Well Midlothian

Ageing Well Midlothian provides a range of opportunities to encourage the over 50's in Midlothian to increase their physical activity levels as well as enhance their social and wellbeing support by offering weekly activities throughout Midlothian.

The Be Active programme includes singing, dancing, various walking groups, badminton, table tennis, pickleball, new age kurling as well as walking football, walking rugby, tai chi and indoor bowling.

Ageing Well also provides volunteering opportunities for you to help make a difference to your peers by inspiring them to adopt a more active lifestyle while enhancing your skills and knowledge as well as having fun! Lead walks, run activity sessions or help with our various events.



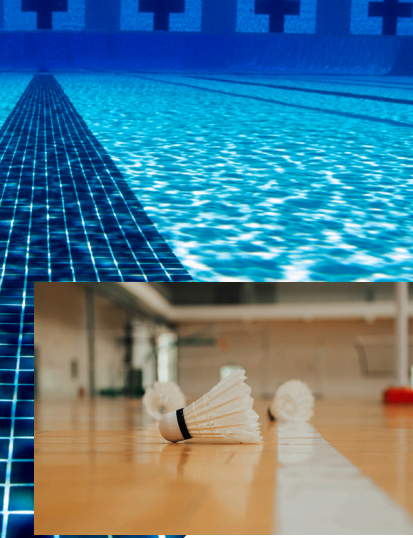
For more information contact Ageing Well on 07825 356 478 or email [ageingwell@midlothian.gov.uk](mailto:ageingwell@midlothian.gov.uk)



Scan the code below for more information



MIDLOTHIAN COUNCIL  
SPORT & LEISURE SERVICE



# MIDLOTHIAN WELLBEING SERVICE



Midlothian Active Choices

Best Step Forward

Ageing Well

## Midlothian Active Choices (MAC)

MAC is Midlothian Sport & Leisure's physical activity referral programme. It aims to help participants become more active by providing a wide range of supported activities to suit their ability level. Participants are also given reduced rate access to all Midlothian Council's leisure facilities.

### Who is MAC for?

The MAC referral scheme is for adults who are inactive and experience at least one of the following health conditions:

- Mild / Moderate mental health conditions
- Obesity (BMI >30)
- Stroke
- Cancer
- Diabetes
- COPD or other chronic lung conditions
- Other Long-Term Conditions



MAC classes are designed to help participants carry out daily activities more easily and hopefully make daily life more manageable. We can also write a suitable gym programme and help support you at one of our gym sessions.

### How much will it cost?

As a MAC member you will be able to access the MAC supported activities and leisure centre mainstream activities at a reduced rate. You have the option of paying as you go or taking out a direct debit membership.

### How do I get started?

Accessing the programme is by referral from a Health Professional such as your GP, Practice Nurse, Physiotherapist etc.

#### Our Staff:

Exercise classes and gym sessions are delivered by our Wellbeing Instructors who all are level 4 accredited specialists.

**For more information:** please contact our Midlothian Wellbeing Officer on 07785 696 029 or email [mac@midlothian.gov.uk](mailto:mac@midlothian.gov.uk)

## Best Step Forward Programme

**Strength & Balance Sessions** – These free 45 minute sessions are suitable for adults who wish to improve their strength and balance as they get older or if recovering from injury. They are based on the [Otago exercise programme](#) and comprise of both seated and standing exercises. Anyone can come along to the sessions, there is no need to be referred. Participants are encouraged to also exercise at home using the same techniques taught in class. Instructors are Otago qualified.



## Falls Prevention Programme - Step Into Balance

**Step Into Balance Sessions** – Taken by qualified Specialist Postural Stability Instructors (Level 4) The classes work to improve muscle endurance, balance, strength and stability when individuals are standing, walking or carrying out other functional movements. Sessions run for 12 consecutive weeks for up to 1 hour.

**Access to the classes** are via referral only from a health profession.

Referrals are processed as part of the Midlothian Active Choices (MAC) referral programme.

### Wellbeing TaiChi

Shibashi- Tai Chi Qigong Shibashi is known for its flowing movements and emphasis on breath control, encouraging relaxation and the release of stress. Participants often find that practicing Shibashi improves their physical balance and flexibility, it also nurtures a greater sense of mental clarity and emotional well-being.

**For more information:** please contact our Health Walk & Mobility Officer on 07768 554 378 or email [Mark.mccafferty@midlothian.gov.uk](mailto:Mark.mccafferty@midlothian.gov.uk)