

Active Steps

If you or someone you know is affected by a life-limiting illness and would like information or advice please contact the project co-ordinator Fiona Davidson:

Fiona will then:

Meet with you at The Haven

Help you decide what you would like to try out

Find suitable activities in your area

Offer continued support in accessing activities

Telephone: 01698 727884

or

E-mail:

Fiona.Davidson@lanarkshire.scot.nhs.uk



The Haven provides a range of supportive services for people affected by life-limiting illness. If you require further information, or are interested in becoming a volunteer or fundraiser, please contact:

The Haven
Blantyre Health Centre
Victoria Street, Blantyre
G72 0BS
Tel: 01698 727884

Open: Mon - Fri: 10am - 4pm
Tues: 5pm - 8pm

Supported by:



www.thehavencentre.com

"The Haven is a place of emotional and spiritual calm; a healing sanctuary for the body, mind and soul. The Haven, its staff and volunteers all contribute to make it these things and more. They are



Let's Get Active

..... for health and wellbeing



Reg. Charity Number: SC032130

Company Number: 222783

Active Steps

Would you like to take more exercise or become involved in an activity but don't know where to start?

Would you like to try something new but are unsure of the suitability of exercise activities for your health or level of mobility?

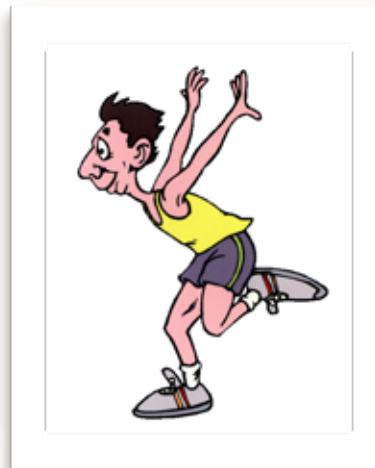
Active Steps provides guidance and support in accessing suitable community based activities for those who are affected by a life-limiting illness such as cancer, multiple sclerosis, Parkinson's disease and motor neurone disease.

By meeting with the project co-ordinator you can sit down and discuss what type of exercise or activity you would like to try and decide what would suit you best.

It might be that all you need is a little help finding a suitable class in your area, or maybe you need moral support in taking the first steps into the gym or new exercise class. Whatever it is, **Active Steps** can provide support in taking that first step towards your goal.

Benefits of an Active Lifestyle

Regular exercise can improve your health and mobility and help maintain your current level of independence. Exercise is also very good for your self confidence and can promote a sense of well being.



Taking part in a new activity not only benefits your physical and mental health, it can also provide opportunities to meet new people, make new friends and become involved in your community.

What Could You Try?

Walking Groups

Tai Chi

Men's exercise class

Pilates

Swimming

Wheelchair Curling

Yoga

Gardening groups

Aquafit

Vibration therapy

Horse riding

... and lots more!!

