

EXERCISE OPPORTUNITIES IN MORAY FOR ADULTS, OLDER PEOPLE AND/OR THOSE IMPACTED BY LONG TERM MEDICAL CONDITIONS

Instructors below completed Level 3 GP Exercise Referral Course between July 2015-February 2016

The following individuals have successfully completed the Wright Foundation Level 3 GP exercise Referral Course. This course is approved by the Register of Exercise Professionals (REPs), awarding body is VTCT.

The content of the course covers the following conditions – obesity, musculoskeletal disorders (osteoarthritis, rheumatoid arthritis, joint replacement, osteoporosis, simple mechanical back pain), respiratory disorders (asthma and chronic obstructive pulmonary disease), mental health disorders (stress, anxiety, depression), diabetes mellitus, cardiovascular disease variants (hypertension, hypercholesterolaemia and coronary heart disease/angina pectoris).

Louise Cartmell

Level 3 Personal Trainer, Black Belt Martial Arts Instructor, Level 1 UKSA Weightlifting Accreditation, Level 3 GP Referral.

Working in Elgin and surrounding areas offering one to one training, small groups, Rise and Shine early morning classes and Ladies Bootcamps. Classes aimed at all levels of ability and are always varied to beat the monotony of exercise.

Contact No. – 07871600007 or www.personaltrainermoray.co.uk

Tracey Carrington

Freelance Fitness Instructor, Level 2 Gym and Level 3 GP Exercise Referral Consultant.

Works in Elgin, Spey Bay and Fochabers delivering a variety of group fitness classes including Spinning™, Boxercise™, HIIT, Salsa Aerobics, Killer Abs, Step Aerobics, Body Conditioning and Metafit™. Contracted Fitness/Aerobics Instructor at Gordonstoun School in Duffus. One to one - Body Composition Analysis sessions.

Mobile Tel: 07973149855 Email: peakphysique05@yahoo.co.uk

Helen Graham

Work at Moray Leisure Centre as a GP/Health Referral Counsellor. Other relevant Fitness Qualifications include: Level 2 YMCA Gym Instructor, NHS Diabetes and Obesity exercise instruction, First Aid At Work SCQF Level 6, Automated External Defibrillation SCQF Level 5, Pure Stretch Instructor, Studio Cycling.

David Powney

Level 2 Gym, Level 3 Personal Trainer, Level 3 GP Referral, Level 3 Outdoor Environment Trainer, Sports Nutritionist, Level 4 Cardiac Rehabilitation. www.powneypt.co.uk Contact No - 07738 176381

Barbara Stearn

Qualified as an Exercise to Music Instructor Level 2 in September 1993. Completed Level 3 GP Referral course with the Wright Foundation - August 2015. Contact No - 07810 870612

Currently delivering:

- Strength and Balance class in Buckie for those with a history of balance problems (since September 2012). The majority of clients are over 70.
- Easy Breathing class in Buckie for those with COPD and other respiratory conditions (since March 2013). The majority of clients are over 60.
- Active Ageing class in Keith for people with strength and balance issues as well as breathing difficulties.
- Classes (low impact aerobics/seated exercise/strength and balance) to Moray B.A.L.L. Groups on an as and when basis and tailored to their requirements.

Claire Gardiner

Level 3 Qualified in Personal Training, Mat Pilates, Ante and Post Natal Exercise and Exercise Referrals
Level 2 Qualified Gym Instructor, Exercise for Children Level 1 Qualified Swimming Instructor

All personal training and classes are held in Buckie, classes include Metafit, Boxfit, Bootcamps, Pilates and Ante and Post Natal Pilates. Personal Training on a one-to-one or small group basis.

Contact - cgpersnaltraining@hotmail.co.uk or 07793 547025

Michael McGregor

Recently retired after 16 years serving in the RAF Regiment, now operating as a Level 3 Personal Trainer and Sports Massage Practitioner based in Fochabers. I'm a full-time dad and I'm slowly establishing my own business as a fitness professional in Moray. I currently offer:

- Circuit training classes in Fochabers.
- Individual and small group physical training sessions and specific workshops such as strength and conditioning to complement running training.
- Sports Massage.
- Nutritional advice.

My qualifications include Pre & Post Natal Exercise and instructional qualifications in Suspension Training, Kettlebells and Studio Cycling. Contact No – 07875 547334

Alison Harris

Mobile Personal Trainer working across the whole of the Moray area working both in a one to one setting and in groups. Sessions are held in the privacy of the client's own homes, public places, community halls etc, or any other suitable location tailored to the wants or needs of the client/s

Level 3 Personal Trainer, Exercise Referral Level 3, Kettlebell Instructor, Boxercise Instructor & Boxercise Personal Trainer, Jog Scotland Leader (Forres group), Exercise to music Level 2, Children's Instructor Level 2 (ages 5 – 16 years), Gym instructor Level 2

Contact no; 07761545026

Email; contact@morayfitness.co.uk

Lahra Gauld

Works as part of the team at SFEAR Kickboxing, Health & Fitness Centre in Lossiemouth.

Jodie Gibb

Works within NHS Grampian Physio Team.

Laura Peden

Active Schools Co-ordinator in Elgin and Lecturer at Moray College. Her personal business is 'Life Fit' and she teaches Dance, Strength & Stretch at Moray College. Her passion is to inspire and motivate local people to live a healthier lifestyle.

Contact – 07890618208 or laura88fitness@hotmail.com

Other Personal Trainers/Fitness Professionals operating in Moray

SFEAR Kickboxing, Health & Fitness Centre – 14 Baker Street, Lossiemouth, IV31 6NX Contact Number 07900 906316 <http://sfear.scot/> Deliver a variety of classes, personal training and health camps.

Sarah Grigor kiminto@tiscali.co.uk 01343 814502

Ally Saville allysavillepersonaltraining@gmail.com 07809 368212

Shelley Addison shezza7@hotmail.com

Natalie Wright natwright26@yahoo.co.uk

Jeff Bradford, Level 2 Gym, Level 3 Personal Trainer. Contact No - 07740 493065

Scott Hamilton, Fitness Fun, Scott.fitnessfun@gmail.com 07835652235

Kath Todd, Extend Fitness Instructor (exercise to music, chair based exercise classes for older adults and disabled people) toddextend@yahoo.com 01309 674128

Be Active Life Long (B.A.L.L.) Groups (primarily for Over 60's)

The B.A.L.L. Groups promote healthy and active ageing within local communities through gentle exercise, hosting activities and speakers and also managing a coffee and chat. They meet on a weekly basis and once or twice a year they will attend day trips to locations across the North East. Contact the Older Peoples Development Team on 01343 567093 for more information.

Information on the groups operating as follows:-

Aberlour	-	Mondays	10am -12noon in Fleming Hall
Buckie	-	Tuesdays	10am -12 noon in Guide Hut Hall
Buckpool	-	Wednesdays	10am -12 noon in Fishermans Hall, Buckie
Burghead	-	Wednesdays	10am-12noon in Burghead Community Hall
Cullen	-	Thursdays	10am-12noon in Community & Residential Centre
Dufftown	-	Tuesdays	10am-12noon in Community Centre
Duffus	-	Thursdays	10am-12noon in Village Hall
Elgin	-	Wednesdays	10am-12noon in Supper Room at Elgin Town Hall
Elgin (Bishopmill)	-	Mondays	2pm-4pm in Bishopmill Hall
Findochty	-	Wednesdays	2pm-4pm in Town Hall
Forres	-	Thursdays	10am-12noon in Community Centre
Hopeman	-	Tuesdays	10am-12noon in Memorial Hall
Keith	-	Wednesdays	10:30am-1pm in St Rufus Church Hall
Lhanbryde	-	Wednesdays	10:30am-12noon in Community Hall
Lossiemouth	-	Wednesdays	10:30am-12noon in Community Centre
New Elgin	-	Tuesdays	10am-12noon in New Elgin & Ashgrove Public Hall
Roths	-	Tuesdays	10am-12noon in Kirk Hall
Spey Bay	-	Wednesdays	9:30am-12noon in Village Hall
Tomintoul	-	Wednesdays	10am-12noon (fortnightly) in Richmond Hall
Archiestown	-	Wednesdays	10am-12noon in Village Hall

Senior Exercise Group

Recreational exercise class designed for over 50's to improve mobility, circulation and co-ordination.

Forres House Community Centre Fridays 2pm-3pm

Contact: Pam Watson on 01309 672971

Friskis & Svettis Classes

Friskis and Svettis is a non-profit making organisation that has originated from Sweden. The mission of the organisation is to offer pleasurable and easily accessible high quality workout for everybody. In Swedish "frisk" means fresh or healthy and "svett" means sweat. The sessions in Moray are for fit and healthy seniors that include music and exercise at a slower pace. Classes operate in Cullen, Keith, Fochabers and Buckie. Contact info@FSAberdeen.co.uk (Aberdeen branch of the franchise)

Strength and Balance Classes

Elgin: - **Stable and Able** – Wednesdays 1:30pm-2:30pm in Holy Trinity Church Hall.

Exercises for Strength and Balance. Contact Sheila on 01340 831919

Buckie: - Mondays 1:00pm-2:30pm in Methodist Hall, North Pringle Street, Buckie.

Includes refreshments. £3 per week.

Contact: Nancy Reid on 01542 832896. Instructor: Barbara Stearn

Findhorn: **Findhorn Flyers** – Fridays 10:30am-12:15pm in James Milne Institute.

Contact: Sheila McPherson on 01309 690131. Instructor Helen Teasdale.

Rothies: Fridays 9:45am-11am in Church Hall.

Contact: Older Peoples Development Team on 01343 567093 or

OPDevelopmentTeam@moray.gov.uk Instructor: Louise MacLennan

Easy Breathe Groups

For those with respiratory conditions, COPD etc – includes gentle exercise.

Buckie: Mondays 11am-12noon in North Church Hall, Cluny Square, Buckie.

Instructor: Barbara Stearn.

Keith: Wednesdays 1pm-2pm in St Rufus Church Hall. Instructor: Barbara Stearn.

Forres: Mondays 1pm-2pm – small COPD group at Leancoil Hospital.

Instructor – Helen Teasdale

Walking Groups (Health Walks) www.walkjogrunmoray.org.uk

Health walks are short walks (less than one hour) led by trained volunteers and are low level, fun, social, safe and accessible. Anyone can come along on a health walk – new faces are always welcome. All Walking Groups are led by qualified Paths for All Walk Leaders.

Lossiemouth	Mondays	1:30pm	Meet at Lossie Library
Dufftown	Wednesdays	10:00am	Meet at Whisky Museum & Heritage Centre
Elgin	Thursdays	10:00am	Meet at Moray Leisure Centre
Elgin	Wednesdays	1:00pm	Meet at Elgin Library
Rothies	Thursdays	10:00am	Meet at Seafield Square
Buckie	Wed	6:30pm	Meet at Buckie Leisure Centre
Forres	Mondays	1:30pm	Meet at Forres House Community Centre
Tomintoul	Fridays	10:00am	Meet at Smugglers Hostel, Tomintoul
Glenlivet	Tuesdays	9:45am	Meet at Public Hall, Glenlivet
Hopeman	Thursdays	6:30pm	Meet at Hopeman Pavilion

Buggy Walks

Forres	Tuesdays	10:30am	Meet at Forres House Community Centre
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Moray Ramblers – 2 programmes of walks July-Dec 2015

Short Walks (4-6 miles) 2-3 hours every 2 weeks approx. Tues & Sat

Long Walks (8-10 miles) all day every 3 weeks approx. alternate Sat/Sun

Secretary Linda Wallace 01343 842373

www.morayramblers.org.uk

Walking Football (for over 50's)

These sessions are delivered by Scottish Football Association qualified coaches that have also attended First Aid and Dementia Friendly training.

Elgin Community Centre Tuesdays 9:30-11:00am through Moray Council Sports Development & Aberdeen Football Club Community Trust. £2.50 per session, includes refreshment.

Buckie Community High School Tuesdays 6:30-7:30pm through Moray Council Sports Development & Aberdeen Football Club Community Trust. £2.50 per session

Jog Scotland Groups (JS) www.walkjogrunmoray.org.uk

The Jog Scotland groups that operate across Moray cater for all ages and abilities. Multiple ability groups operate at all sessions from walk/joggers to experienced joggers. The beginners programme starts with a 30 second walk. 30 second jog session which builds from there throughout the programme. All Jog Scotland groups are led by qualified Jog Leaders that have attended training through Jog Scotland/Scottish Athletics.

JS Buckie: Tuesdays 6:30 outside Swimming Pool £1.00 per session.

Contact Eileen on 07966 257628

JS Keith: Mondays 6:30pm outside Community Centre. £1.00 per session

Contact Barbara on 07810 870612

JS Elgin: Thursdays, Elgin Library (Nov-Mar) or Cooper Park Pavillion (Apr-Oct)

£5.00 per 10 week block Contact Sharon on jsselgin@walkjogrunmoray.org.uk

JS Forres: Mondays 6:30pm Grant Park (Apr-Oct) or Roysvale Park (Nov-Mar) - Free

JS Fochabers: Thursdays 6:30pm Milne's High School £15 annually

Contact Rachel on 07772 317587

JS Speyside: Mondays 6:30pm Speyside Community Centre Car Park, Aberlour - Free

Contact Marie Third on 07801 541422

JS Lossiemouth: Mondays 6:40pm Lossiemouth Medical Centre Car Park £10 per block

Contact Carol on clar.larch@talktalk.net

JS Dufftown: Tuesdays 7pm Dufftown Memorial Back Hall (Oct-Apr) or Westburn Football

Park, Hill St (Apr-Oct) £1 per session, Contact Alex Benvie on 01340 820351

JS Seniors: Thursdays 2pm - Alternate weeks at Buckie/Keith.

Contact Barbara on 07810 870612

JS Moray Council: Thursdays 5:30pm Cedarwood, 20 Edgar Road, Elgin £1.00 per session

(for Moray Council Staff) Contact Denise Whitworth on 01343 563061

JS Hopeman: Thursdays 6:30pm Hopeman Pavillion £2.50 per session

Contact Carmen on 07966 041296

Existing Referral Schemes

Moray Leisure Centre (MLC) - Health referral Programme

MLC deliver specialist cardiac, diabetic and physio supported classes which are all run in conjunction with Dr Gray's Hospital in Elgin. For further details contact referral staff on:- 01343 562742;

Diabetes Referral programme – every Wednesday from 9:15am – 10:15am.

Cardiac Rehabilitation programme – twice weekly Tuesdays and Thursdays 11:15am-12:15pm.

The AIM (Active in Moray) programme – patients are invited, after physio, to the centre and can then take part in an exercise programme specific to their needs.

Weight and See Class – Fun 1 hour machine based session on Fridays from 11:30am – 12:30pm with general advice on exercise and healthy eating.

Rhona Ash, Health Referral Co-ordinator, is a Reps Level 4 Specialist Exercise Instructor, and has been delivering exercise programmes for over 20 years. MLC deliver many specialist classes to the Moray Community via the Gp Referral Scheme, and also in partnership with various specialities within Dr Grays Hospital and the Community Physios. Rhona is currently undertaking the Exercise Prescription for Neurological conditions course, at Oxford Brookes University and deliver exercise prescription to these clients, via the Parkinson's, MS and Stroke nurses. MLC are also part of the Cardiac Rehabilitation team and provide Phase 4 Cardiac Rehab classes.

Helen Graham, GP/Health Referral Counsellor. Helen obtained the Level 3 GP Referral qualification with the Wright Foundation in September 2016.

Current up-to-date leaflets of Health Referral programmes can be picked up directly from main reception or viewed on: www.mlc-elgin.co.uk

Ardach Health Centre, Buckie - Exercise referral scheme

Patients referred by doctors for exercise programme supervised by Health Trainer, Caroline Van Der Heiden.

Life & Sole – Health & Fitness Facility (Unit 8, Enterprise Park, Forres, IV36 1AB)

Includes GP Referral, cardiac rehabilitation, private physiotherapy, sports and remedial massage.
www.lifesoлеforres.co.uk Tel No – 01309 676632

Moray Council Sport and Leisure Facilities

There are a range of Moray Council Sport and Leisure facilities available that people can access to help improve their fitness and health.

- Buckie Swimming Pool & Fitness Centre – swimming, fitness room and a range of exercise classes
- Forres House Community Centre – spinning classes, access to sports hall for activities such as recreational badminton
- Keith Sports and Community Centre – swimming, fitness room and a range of exercise classes, access to sports hall for activities such as recreational badminton
- Lossiemouth Sports and Community Centre – swimming, fitness room and a range of exercise classes
- Speyside Sports and Community Centre – swimming, fitness room, climbing wall, access to sports hall for activities such as recreational badminton
- Milnes Fitness Room, Fochabers – fitness room and a range of exercise classes
- The Shand Centre, Dufftown – fitness room and spinning classes

Other Sports and Leisure Facilities

Moray College operate a gym with a range of exercise machines and weights. Opening times are restricted due to the facility being used as a lecturing location for students and due to staffing limitations. Contact Moray College on 01343 576000 for further information.

Planned Opening in 2018 – Moray Sports Centre in Elgin. Operating as an independent charity this facility plans to include a sports hall, fitness room and studios, grass and synthetic pitches. Comments/Information on the facility to Hello@moraysportscentre.co.uk or Feedback@moraysportscentre.co.uk or 01343 552550 www.moraysportscentre.co.uk

Motion Fitness Gym in Buckie, 01542 834115 or email info@motion-fitness.co.uk Website – www.motion-fitness.co.uk/ on the High Street in Buckie, includes state of the art fitness equipment, protein/juice bar, flexible opening.

Anytime Fitness Gym in Elgin, 01343 590247, Unit 4 Elgin Retail Park on Edgar Road. Open 24hrs, <https://www.anytimefitness.co.uk/gyms/UK-0123/gym-Elgin-Scotland-fitness-center> Cardio and strength equipment, personal training.

Register of Exercise Professionals (REPS)

REPs is an independent, public register which recognises the qualifications and expertise of health-enhancing exercise instructors in the UK. It is optional whether instructors/trainers choose to become a member on this register as it costs an annual fee. The following individuals are REPs qualified in Moray:

IV30 postcode:

Mark Russell - Level 3

Categories: Gym; Advanced Fitness Instructor; Personal Trainer.

Louse Cartmell	-	Level 3
Categories:		Gym; Advanced Fitness Instructor; Personal Trainer; Exercise Referral.
Tracey Carrington	-	Level 3
Category:		Gym; GP Exercise Referral.
Rhona Ash	-	Level 4
Categories		Group Exercise; Advanced Fitness Instructor; Cardiac Disease; Neurological conditions (pending)
Helen Graham	-	Level 3
Category:		Gym; GP Exercise Referral.
<u>IV31 postcode:</u>		
Craig Thain	-	Level 3
Category:		Personal Trainer
Cheryl Duncan	-	Level 2
Category:		Group Exercise.
Jason Fletcher	-	Level 3
Category:		Gym; Personal Trainer
<u>IV32 postcode:</u>		
Michael McGregor	-	Level 3
Categories:		Ante/Post Natal; Gym; Personal Trainer.
<u>AB38 postcode:</u>		
Caroline Van der Heiden	-	Level 4
Categories:		Gym; Physical Activity for Children; Group Exercise; Exercise Referral; Pilates Teacher; Lower Back Pain; Falls Prevention.
Sean Cattanach	-	Level 2
Category:		Gym.
Vivienne Addison	-	Level 2
Categories:		Gym; Group Exercise.
<u>IV36 postcode:</u>		
Dawn Rolfe	-	Level 3

Categories: Exercise; Movement & Dance; Advanced Fitness Instructor.

Helen Janousek - Level 3

Categories: Gym; Personal Trainer; Advanced Fitness Instructor.

Jill Morgan - Level 4

Categories: Group Exercise; Exercise; Movement & Dance; Exercise Referral; Cardiac Disease.

Sarah Hunt - Level 4

Categories: Pilates Teacher; Lower Back Pain.

Alison Harris - Level 3

Categories: Group Exercise; Gym; Personal Trainer.

Kerry Cleaver - Level 3

Categories: Gym; Personal Trainer.

Katie Hughes - Level 3

Categories: Gym; Personal Trainer; Advanced Fitness Instructor.

Jo Smithson - Level 3

Categories: Gym; Personal Trainer.

AB55 postcode:

Fiona Anthony - Level 3

Categories: Gym; Personal trainer; Advances Fitness Instructor.

Martyn Smith - Level 3

Categories: Gym; Personal Trainer.

Heather Stephen - Level 2

Category: Gym