



**Move More Western Isles– COVID 19**

Despite current temporary closures of our services and facilities, the Move More Westerns Isles team are continuing to deliver support, advice and opportunities to keep you healthy and well. We have specialist staff to offer guidance and support via telephone, email and VC. There are a variety of resources to help you get active or maintain your activity levels.

Our team have created a pack to support you to keep as active as you can in the current situation. The pack includes a variety of resources to support you in getting or staying active. We can also signpost to various online resources and links.

We would like to trial online exercise classes in the near future if this is of interest to you please email your Move More Western Isles contact:

[kirsty.wade@cne-siar.gov.uk](mailto:kirsty.wade@cne-siar.gov.uk) – Lewis and Harris

[kevin.morrison@cne-siar.gov.uk](mailto:kevin.morrison@cne-siar.gov.uk)- Uists and Barra



**The Comhairle would urges anyone in need of help or support to contact our  
Customer Services team on 01851 600 501.**



### **Support for Keeping Active at Home:**

If you are just scoping opportunities for exercises that you can do at home, the 'Move More Western Isles' team have identified a wide variety of resources suitable for all abilities. See Information below.

*If you have been referred on to the Move More programme by a health professional we advise that you check with staff via e mail that any new physical activity that you identify online is appropriate.*

Currently staff are endeavouring to contact as many people on the 12 week Move More programme as possible to support them with their health and wellbeing. Please contact us on the email address above if you require further guidance and support straight away as it will take time for us to reach everyone personally.

### **Macmillan Cancer Support**

Move More Western Isles is an activity programme supporting physical activity opportunities for people with long term conditions, including cancer.

Taking part in physical activity during and after cancer treatment can play a huge part in enabling you to take back control. Currently we have a pack containing a range of materials to help you keep active during your cancer treatment.

These are particularly worrying times for people with a cancer diagnosis and their families.

If you are someone currently living with or beyond a cancer diagnosis or a friend or relative, then our free cancer information is available from <https://www.macmillan.org.uk/> or by calling the

**Macmillan helpline 0808 808 00 00.**

Western Isles Cancer Care Initiative is operating as usual. Please contact Helen Sandison [helen@wicci.org.uk](mailto:helen@wicci.org.uk) - 707219 (01851) for assistance.

If you would like a hard copy of the Macmillan booklet on Physical Activity and Cancer, please email us at [kirsty.wade@cne-siar.gov.uk](mailto:kirsty.wade@cne-siar.gov.uk) with your postal address and we can get this sent to you.

### **Walking**

Our team have a link with local walking initiative 'Walk on Hebrides' who can give you ideas of local safe walks, support on increasing your step count and many other hints and tips to support your daily walking.

Current advice is difficult to interpret but for us in the Western Isles it would appear that we should avoid hill walking, social distance at all times, walk on your own or with one household member. We are very fortunate to have plenty of beautiful, safe open unpopulated spaces to enjoy walking in. Only 1 outdoor exercise session per day is recommended.

If you would like more advice, please contact Karen Peteranna - [karen.peteranna@nhs.net](mailto:karen.peteranna@nhs.net)



### **Mental Health**

As well as keeping a healthy body, keeping our mind health is just as important. Keeping connected, staying busy and being virtually social can all help our mind. The NHS has very useful information available on its website.

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

Samaritans also offer a free helpline on 116123.

### **Home Based Physical Activity**

NHS - Physical Activity Advice and Films.

<https://www.nhs.uk/live-well/exercise/gym-free-workouts/>

To access activities appropriate for most people on the 'Move More' programme

Click on 'Fitness Guides' then 'Easy Exercise'. We recommend that the ones listed below will be most appropriate and familiar:-

[Seated Exercises/ Balance Exercises/ Strength Exercises /Flexibility Exercises](#)

### **Macmillan Cancer Support**

To give an understanding of the importance of exercise for people affected by cancer this film is helpful.

[https://www.youtube.com/watch?v=ZRP\\_hiwVfIc](https://www.youtube.com/watch?v=ZRP_hiwVfIc)

A 'Move More' cancer specific physical activity dvd that supports exercise at home can be ordered by contacting [kirsty.wade@cne-siar](mailto:kirsty.wade@cne-siar)

*The links below to the Macmillan 'Gentle Movement' activity videos are only recommended to people who have attended at least one 'Gentle Movement' session in person.*

*(Prompt cards can also be forwarded)*

<https://www.youtube.com/watch?v=aEnAKKgCr2M&feature=youtu.be>

<https://www.youtube.com/watch?v=llwf5TGtOjs&feature=youtu.be>

<https://www.youtube.com/watch?v=6DQBz3P3Rys>

<https://www.youtube.com/watch?v=FqIFDaDIKwY>



### **British Heart Foundation**

Range of resources and video –BHF homepage

Below details ones that are of specific interest:

[https://www.youtube.com/watch?v=NWRI2D\\_vb8g](https://www.youtube.com/watch?v=NWRI2D_vb8g)

<https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/strength-exercises-using-everyday-objects>

<https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/chair-based-exercises>

<https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/resistance-bands>

<https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/7-free-fitness-apps>

### **Seated Exercises**

<https://www.youtube.com/watch?v=8BcPHWGQO44> <https://www.youtube.com/watch?v=mQLzNf8VOIc> <https://www.youtube.com/watch?v=LHx3eP93Zrg>

Stay Active Stay Steady DVD which is an exercise guide for elderly people, specifically targeting frail elderly people.

<https://www.youtube.com/playlist?list=PLmuRxyztsS0Nyfsr9JjPdV1nW4Q-2hKyAi>

<http://www.phrd.scot.nhs.uk/HPAC/MoreDetailsv4.jsp?id=309&subjectId=18&sitename=www.phrd.scot.nhs.uk&referrer=http://www.phrd.scot.nhs.uk/HPAC//BrowseSearchv4.jsp?subjectId=18&typeId=DV&submit=true&sort=date&page=1>

### **Strength + Balance**

<https://www.youtube.com/watch?v=2ZplzbLmfz0>

### **Walking**

<https://www.pathsforall.org.uk/resource/12-week-walking-programme>

Walking App, Pedometers

[https://play.google.com/store/search?q=pedometer%20for%20walking%20free&c=a\\_pps&hl=en\\_GB](https://play.google.com/store/search?q=pedometer%20for%20walking%20free&c=a_pps&hl=en_GB)

<https://www.apple.com/uk/search/pedometer?src=serp>



For fitter individuals there are a series of home workouts to be found at:-

**'NHS –Live Well Exercise 'website.**

<https://www.nhs.uk/live-well/exercise/>

Many of the home workouts available on here are only 5- 10 minutes and can break up longer periods of being sedentary.

**Get Running with 'Couch to 5K'-**

*Only for people with some conditioning who have checked with a health professional that running is an appropriate activity.*

<https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/?tabname=couchto-5k>

The Strength and Flex Routine that compliments the Couch to 5km is also a useful tool for improving the all-round fitness of people with no health issues.

**Equivalent to a 1 mile walk - at home:**

If you enjoy /walking / simple aerobic moves to music try:-

**Heart Healthy -1 mile walk - at home:**

<https://www.youtube.com/watch?v=u08lo0bESJc>

**Keeping the 'Kids' Moving:**

<https://www.nhs.uk/change4life/activities>

Some excellent resources on this website to keep children active.

*Always follow the guidelines and advice re: participation provided by the NHS Exercise websites.*