

**LOHO GRADUATES
AT ATLANTIS....
WHAT HAPPENS
NEXT?**

- ◇ Atlantis Leisure are offering LOHO graduates access to their 'Stay Active' Membership'
- ◇ For the first year this will remain a monthly £15 Direct Debit with Atlantis.
- ◇ If preferred you can pay as you go at £3.90 per session.
- ◇ Stay Active Membership includes Gym/ Swim and all Atlantis Active for Life Classes.



LOHO's Exercise Professionals: Katie Galbraith, April Barron, Ian Milarvie, Rob Graham.

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REGISTERED CHARITY: SCO41998

Please consider supporting us as your local charity.

Donations can be made as monthly direct debits, one off payments to our online banking or by cheque, payable to Lorn and Oban Healthy Options Ltd



Lorn and Oban Healthy options is
funded by the above
organisations.



**Lorn & Oban
Healthy Options
Ltd (LOHO)**

**Partnership with
Atlantis Leisure**

Information Leaflet





Lorn & Oban Healthy Options Ltd (LOHO)

- A community health organisation established in 2011 to support people and communities to lead healthier more active lives.
- Designed to support people in the prevention and/or management of long term conditions.
- Tailored health and wellbeing programmes jointly created between clients and our specialist exercise professionals.
- Leaders in supporting people learn and integrate positive health behaviours.
- Advocates for social prescribing.
- Founding ethos, and continued collaboration with GP practices and Community Health Professionals.

LOHO PARTNERSHIP WITH ATLANTIS LEISURE

Atlantis Leisure plays an integral role in the foundations of LOHO. Being our primary delivery partner from the start, the venue and facilities have enabled LOHO to develop a comprehensive programme of activities designed to support clients on their journey to healthier lifestyles.

This partnership provides the ideal platform for clients to learn and practice health behaviours essential to improving their overall health and wellbeing.

As a charity we embrace the core value that cost should never be a barrier to health. We ensure that clients can access the specialist knowledge and skill our staff have, and the tailored services we offer by funding their place on the LOHO programme.

However, using the facilities at Atlantis Leisure also has a cost. As we enter a new chapter in LOHO's journey this delivery cost has been reviewed. Both organisations know the outcomes clients can achieve and both are passionate in the role they play in improving the health of the people and communities of North Argyll.

In recognition of this LOHO and Atlantis Leisure have agreed a joint membership scheme for all LOHO clients using this invaluable community resource.

The LOHO / Atlantis membership covers gym/swim and all LOHO classes. It will be implemented from 1st April 2019.

HOW DOES THE LOHO/ ATLANTIS MEMBERSHIP WORK?

- ◇ First month: **FREE** for ALL clients
- ◇ After the 1st month clients not on benefits set up a £15 monthly direct debit with Atlantis leisure.
- ◇ Clients in receipt of benefits (as listed in referral documents) are funded to complete months 2 and 3 of the programme.
- ◇ All clients receive a 3 month review with their allocated Exercise Professional.
- ◇ If the programme has been completed and the client is ready to move on to self managing their health they 'graduate' from LOHO.
- ◇ If further time on the programme will be beneficial this is agreed with the Exercise Professional and the funded/ non-funded agreement continues as stated above.
- ◇ Clients graduating from LOHO have the option of further subsidised access to Atlantis Leisure's Stay Active classes and services.