

What happens during the 12 weeks?

- After your 1st class you will be signed up to a 12-week membership with Better.
- As well as attending your weekly supervised class you will have a range of other activities that you can avail of in between your session if you feel fit.
- This gives you the opportunity to take part in independent physical activity. Increasing your physical activity sessions in line with the CMO guidelines.

What happens after the 12 weeks?

- On Completion of the 12-week MSK Pilot participants qualify for a city-wide membership at a discounted rate.
- This membership will give you a vast variety of different opportunities to take part in regular physical activity including



Where are the classes being held?

The specific classes are held in the following Better facilities:

- Grove Wellbeing Centre
- Falls Leisure Centre
- Templemore Baths
- Olympia Leisure Centre



For more information contact:

BelfastMSKReferrals@GLL.ORG



Musculoskeletal Physical Activity Pilot



What is the Musculoskeletal Pathway?

- The musculoskeletal (MSK) pathway is a pilot that has been created to support people living with a musculoskeletal condition.
- It is a 12-week physical activity intervention programme that encourages you to take part in regular physical activity.
- It is a 12-week group exercise programme that helps you manage and rehabilitate your condition.
- You have a choice of a land studio-based exercise class designed specifically to different MSK conditions.
- Or you can take part in our pool aquatics-based rehabilitation classes. This class has tailored water exercises to support your condition.
- Both style of classes are 45 minutes.



Why should you take part in the Musculoskeletal Pathway?

- Good MSK health is an important component of maintaining a person's functional abilities throughout the life course.
- Physical Activity will help:
 - ◇ improve flexibility
 - ◇ build muscular strength
 - ◇ improve your balance
 - ◇ help you sleep better
 - ◇ Improve posture
 - ◇ improve or maintain the density of your bones
- Regular physical activity will reduce your symptoms, increase self-efficacy, and restore confidence to be more independently physically active.
- The 12-week group exercise classes will provide you with a safe, friendly environment to get you back to regular physical activity.

How do I get referred onto this pathway?

A referral can be made with your consent by:

- A Healthcare Professional
- A social prescriber- Versus Arthritis NI

What happens if I decide to take part in the pathway?

- A referral form will be completed with relevant health information and sent to **BelfastMSKReferrals@GLL.ORG**.
- Once received your referral is screened by a member of the Healthwise team.
- Before you start the programme, you will have an informal meeting with your coach. This can either be done over the phone or in person. This will include:
 - ◇ An introduction to your coach
 - ◇ A discussion on your MSK history and why you have been referred
 - ◇ Information on the structure of the classes you will be attending
 - ◇ Advice on how you book into your class and what to wear/bring
 - ◇ A chance to ask any questions
- You will then choose a class from the timetable, which you will attend on the next possible session.