

Physical Activity Opportunities for People Living with Long-term Conditions

A guide to local classes, online resources, and condition-specific support.

This document is designed to help people living with long-term conditions find safe, enjoyable ways to be active. You do not need to be ‘fit’ to take part. Always work at your own pace and speak to the activity provider or a healthcare professional if you are unsure what’s right for you.

Disclaimer: All information included in this document was correct at the time of writing. Local services, class availability and online resources may change over time, and additional opportunities may exist that are not listed here. Individuals are encouraged to contact providers directly for the most up-to-date information.

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If you’re aware of any other physical activity opportunities for people with long-term conditions, please contact ork.healthimprovement@nhs.scot.

GENERAL OPPORTUNITIES

Active Movers – Harray & Birsay

 **In-person**  **Chair-based**  **Social**  **Low impact**

A friendly, low-impact, chair-based exercise class that builds cardiovascular fitness, strength, flexibility and balance. Designed to support mobility and independence, it also helps reduce the risk of falls - ideal for active older adults. After the class, everyone is welcome to stay for a relaxed social café - a great chance to chat, connect, and enjoy a friendly community atmosphere.

Contact: info@orkneydanceandfitness.com | 07935 553383

Active Movers Plus – Harray **In-person** **Chair-based** **Social** **Low impact**

A slightly more advanced class focused on building and maintaining muscle strength helping to reduce the risk of falls, injuries and age-related decline.

Contact: info@orkneydanceandfitness.com | 07935 553383

NHS Orkney Aging Well Service

 **NHS service**  **In-person**

Local classes designed by the NHS Orkney Aging Well Team to support older adults in building strength, balance, and mobility to help reduce the risk of falls and frailty.

Link: [Aging Well Service Webpage](#)

Classes at the Pickaquooy Centre

- **Chair Based Exercise Classes:** Chair Based Exercise is a gentle class that will guide you safely through stretches, dumbbell exercises, body weight and balance to help improve your strength, mobility, suppleness and circulation. This class is suitable for beginners and those with reduced mobility.
- **Indoor Cycle:** An inclusive indoor cycling class suitable for all fitness levels. Enjoy energising music while you ride at your own pace through intervals, climbs, and sprints. Go as easy or as challenging as you like.
- **50+ Badminton:** a sociable and inclusive badminton session for people aged 50 and over.
- **50+ Bowls:** A lively and welcoming indoor bowls session for anyone aged 50+. Enjoy friendly competition, good chat, and gentle movement in a relaxed, inclusive setting.

- **Deep Water Aerobics Class:** A fun 45-minute deep-water workout set to music, using dumbbells and noodles for a powerful, low-impact challenge. Boost your cardio and strength with less strain on your body. All abilities welcome, with the option to train in shallow water.
- **Aqua Aerobics Class:** A fun, social aqua aerobics class suitable for all ages, fitness levels, and swimming abilities. Enjoy a mix of aerobic moves, strength work, and flexibility exercises using the natural resistance of the water. Go at your own pace and just let the instructor know if you have any concerns.
- **Pool-based Wellness Session:** A slower paced session that helps with recovery from illness or injury – adults only.
- **Aqua Walking:** The pool is set at 1.2 metres depth which allows a low impact exercise option. It reduces stress on joints and is great for rehabilitation.

For more information on classes, timetables and how to book, visit: [The Pickaquoy Centre](#) or phone: 01856 879 900

NHS Inform – Keeping Active

Information page

Advice on staying active safely at any age.

Link: [NHS Inform – Keeping Active Page](#)

NHS Inform – Strength & Balance Exercises

Information page Low impact At home Online

Simple exercises to improve stability, confidence and mobility.

Link: [NHS Inform – Strength and Balance Exercises](#)

Jog Scotland

Information page

Beginner-friendly programmes to help you start running or enjoy walking for fitness.

Link: [Jog Scotland Homepage](#)

Couch to Fitness

 **Follow-along exercise programme**  **At home**  **Online**

A **free** nine-week programme with expert instructors encourage you through 30-minute sessions, three times per week. The sessions are suitable for multiple fitness levels, with no equipment needed.

Link: [Couch to Fitness Homepage](#)

Everyone Body Moves

 **At home**  **Online**  **Low impact**  **Chair-based**

Accessible home workouts, ideal for wheelchair users or people with low mobility that are just getting started.

Link: [Everyone Body Moves – Inclusive Home Workout Zone](#)

PARKINSON'S

Parkinson's Active Fitness – Harray Community Centre

 **In-person**  **Social**  **Low impact**

Specialised exercise sessions tailored for people living with Parkinson's.

Contact: info@orkneydanceandfitness.com | 07935 553383

Parkinson's Beats

 **In-person**  **Social**  **Low impact**

Rhythmic, music-based exercise sessions designed to support movement and coordination.

Contact: info@orkneydanceandfitness.com | 07935 553383

Parkinson's Community Cafés – Kirkwall & Harray

 **In-person**  **Social**

Friendly, informal meet-ups offering support, conversation and community.

Link: [Parkinson's UK – Local Groups Finder](#)

Merry Dancers – Dance Classes for People Living with Parkinson’s and MS

 **In-person**  **Social**  **Low impact**

A free weekly dance session held every Thursday from 11:00am–12:30pm at the Kirkwall Community Centre (Room 2, ground floor). The class is open to anyone living with Parkinson’s or MS, and friends, family and carers are welcome to join.

After the session, participants can enjoy a relaxed social café with free tea, coffee and biscuits — a great chance to connect and chat in a supportive setting.

To find out more or join the class, please email moveorkney@hotmail.co.uk or phone 07712227093.

Dance for Parkinson’s – Scottish Ballet (Online)

 **At home**  **Online**  **Low impact**

Weekly online dance classes designed to support mobility, balance and expression.

Contact: dancehealth@scottishballet.co.uk

Link: [Scottish Ballet – Dance for Parkinson’s Scotland Homepage](#)

Parkinson’s UK YouTube Channel

 **At home**  **Online**  **Low impact**

A wide range of free home-based exercise videos, from chair workouts to higher-intensity sessions.

Link: [Parkinson’s UK Youtube Channel](#)

MULTIPLE SCLEROSIS (MS)

Orkney MoveS Yoga Class – Run by MS Society

 **In-person**  **Social**  **Low impact**

A free, weekly yoga class is available for people affected by MS and takes place every Saturday from 10:15–11:15am at the Pickaquoy Centre. The class is welcoming and supportive, suitable for all abilities, and no previous yoga experience is needed.

There is no need to book — people can simply come along on the day, and the classes are free of charge. After the session, refreshments are provided, offering a relaxed opportunity to socialise and connect with others.

Please note that the class is not chair-based, so participants need to be able to get down to and up from the floor independently.

For any questions about the class, contact George Hannah (MS Society) on 01856 872479, or by email at Georgecath@aol.com.

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MS Society – Information and Free Follow-along Exercise Videos

 **Information page**  **Low impact**  **At home**  **Online**

Helpful information on exercising with MS, plus a range of free follow-along videos for simple exercises, Pilates, yoga and football-based workouts.

Link: [MS Society – MS and Exercise](#)

MS-UK Online Activities

 **Information page**  **Low impact**  **At home**  **Online**  **Chair-based**

Free online sessions including Qigong, chair yoga, guided meditation and accessible exercise classes.

Link: [MS UK – Online Activities Homepage](#)

MS Trust – Exercise Resources

 **Information page**  **Low impact**  **At home**  **Online**  **Chair-based**

Guidance, videos and online classes tailored for people with MS.

Link: [MS Trust – Exercise and MS Homepage](#)

ARTHRITIS

Arthritis UK – Exercises for Healthy Joints

 **Low impact**  **At home**  **Online**  **Chair-based**

Follow-along videos and exercises for specific joint groups.

Link: [Arthritis UK – Exercise for Healthy Joints](#)

Let's Move with Leon – Follow-along Programme

 **Follow-along exercise programme**  **Low impact**  **At home**  **Online**

A free 12-week programme of 30-minute follow-along movement sessions led by fitness expert Leon Wormley. The sessions offer a holistic, full-body approach to improving strength, flexibility, and cardiovascular fitness, with no special equipment needed.

Leon specialises in working with people with arthritis and related musculoskeletal (MSK) conditions and delivers the programme in a fun, motivational, and inclusive way. The programme has been created for people living with MSK conditions who want to increase their movement safely and confidently.

Participants are encouraged to watch an introductory video first, where Leon shares important safety tips and guidance on getting started.

Link: [Let's Move with Leon Programme](#)

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

NHS Inform – Exercising With COPD

 **Information page**

Videos and guidance to help you stay active safely with COPD.

Link: [NHS Inform – Exercising with COPD](#)

Asthma and Lung UK – COPD Information Section

 **Information page**

Information on living a healthy life with COPD, including a downloadable booklet on living with breathlessness.

Link: [Asthma and Lung UK - COPD](#)

My Lungs My Life – COPD Information Page

 **Information page**

My Lungs My Life is a free website with clear, practical information for people living with asthma or COPD. It supports patients to better understand and manage their condition, with tips, advice and tools to help them stay well.

Link: [My Lungs My Life Webpage](#)

DIABETES

Diabetes UK – Exercise Information

 Information page  Low impact  At home  Online

Advice for staying active with Type 1 or Type 2 diabetes. Including free video workouts.

Link: [Diabetes UK – Exercise for Diabetes Homepage](#)

CARDIAC CONDITIONS

British Heart Foundation – Chair-based Exercises

 At home  Online  Low impact  Chair-based

Gentle routines suitable for people with limited mobility.

Link: [British Heart Foundation – Chair-based Exercises](#)

British Heart Foundation – 10 Minute Workout

 Low impact  At home  Online

Work up a sweat at home in just 10 minutes with the British Heart Foundation - no fancy equipment or large space needed.

Link: [BFH 10 Minute Workout](#)

Chest, Heart & Stroke Scotland – Physical Activity Booklet

 Information page

A downloadable guide to staying active with heart or lung conditions.

Link: [Chest, Heart and Stroke Scotland – Physical Activity Booklet PDF](#)

Pumping Marvellous – Heart Failure Charity

 Information page

Provides clear, patient-friendly information, practical tools, and peer support to help people understand and manage their condition.

Link: [Pumping Marvellous Webpage](#)

ASTHMA

Feel Good Friday – Chair Sessions

 At home  Online  Low impact  Chair-based

Weekly online chair-based yoga sessions, every Friday from 10:30 – 11:30.

Link: [Asthma and Lung UK – Feel Good Friday Chair-based Zumba Sessions](#)

My Lungs My Life – COPD Information Page

 **Information page**

My Lungs My Life is a free website with clear, practical information for people living with asthma or COPD. It supports patients to better understand and manage their condition, with tips, advice and tools to help them stay well.

Link: [My Lungs My Life Webpage](#)

MENTAL WELLBEING

NHS - Better Health, Every Mind Matters

 **Information page**

Information on being active for your mental health.

Link: [Be Active for your Mental Health – Every Mind Matters \(NHS\)](#)

Couch to 5K

 **Follow-along exercise programme**

A beginner-friendly running plan designed to take you from no running at all to completing a 5K in just a few weeks.

Link: [Couch to 5K Information Page](#)

Couch to Fitness

 **Follow-along exercise programme**  **At home**  **Online**

A **free** nine-week programme with expert instructors encourage you through 30-minute sessions, three times per week. The sessions are suitable for multiple fitness levels, with no equipment needed.

Link: [Couch to Fitness Homepage](#)

Mind: Ideas for Getting Active Page

 **Information page**  **Online**

A list of different ideas and examples of how you could get more active

Link: [Mind – Ideas for Getting Active](#)