

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: 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.

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

Orkney Dance & Fitness Ltd

Active Movers – 📍 **In-person** 🪑 **Chair-based** 👥 **Social** 🚶 **Low impact - £5 pay as you go**

Birsay Community Centre - 09:30 on Tuesday's

Holm Community Centre - 10:30 on Tuesday's

Harray Community Centre - 09:30 on Wednesday's (also available online)

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 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

Bookings: www.orkneydanceandfitness.com

Orkney Dance & Fitness Ltd

Active Movers Plus – Monday's 09:30 in Harray

📍 **In-person** 👥 **Social** 🚶 **Low impact**

MEMBERSHIP ONLY (Please contact for details)

This circuit class is aimed at those over 50 and is designed for building and maintaining muscle strength, cardio, balance and flexibility. Helping to reduce the risk of falls, injuries and age-related decline.

Contact: info@orkneydanceandfitness.com | 07935 553383

Bookings: www.orkneydanceandfitness.com

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.

Website: www.ohb.scot.nhs.uk/our-services/aging-well-service/



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Classes at the Pickaquoy 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, phone: 01856 879 900 or visit <https://pickaquoy.co.uk/>.



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Classes with Orkney Islands Council

In-person Social Low impact

The Orkney Islands Council deliver a variety of exercises classes for all abilities.

For updates and current timetables, visit the KGS Sports Centre Facebook page or visit: <https://www.orkney.gov.uk/our-services/leisure-and-culture/sport-and-leisure/>



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For further community learning courses and exercise classes, visit <https://www.orkney.gov.uk/our-services/community-learning-and-development/adult-learning/community-learning-courses/> and select 'Find a course'.



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NHS Inform – Keeping Active

Information page

Advice on staying active safely at any age.

Website: www.nhsinform.scot/healthy-living/keeping-active



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NHS Inform – Strength & Balance Exercises

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

Simple exercises to improve stability, confidence and mobility.

Visit: www.nhsinform.scot/healthy-living/preventing-falls/keeping-well/strength-and-balance-exercises/



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Jog Scotland

 **Information page**

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

Visit: jogscotland.org.uk



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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.

Visit: couchtofitness.com



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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.

Visit: everybodymoves.org.uk/inclusive-home-workout-zone



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PARKINSON'S

Orkney Dance & Fitness Ltd

Parkinson's Active Fitness – Harray Community Centre Monday's at 11:00

Social cafe 12:00 (All welcome, you don't need to have attended the class)

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

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

Contact: info@orkneydanceandfitness.com | 07935 553383

Bookings: www.orkneydanceandfitness.com

Orkney Dance & Fitness Ltd

Parkinson's Beats - Stenness Community Centre on the LAST Monday of every month at 11:00

📍 In-person 🧑🧑 Social 🚶 Low impact - FUNDED

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

Contact: info@orkneydanceandfitness.com | 07935 553383

Bookings: www.orkneydanceandfitness.com

Parkinson's Community Cafés – Kirkwall & Harray

📍 In-person 🧑🧑 Social

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

Visit: www.parkinsons.org.uk/community/groups

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

Visit: scottishballet.co.uk/move-with-us/dance-classes/dance-for-parkinsons/



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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: www.youtube.com/playlist?list=PL1ixQpbHed3ZS0iZKlb4RKmtM2JjMadv



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MULTIPLE SCLEROSIS (MS)

Orkney Move 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.

Visit: www.mssociety.org.uk/living-with-ms/physical-and-mental-health/staying-active/ms-and-exercise



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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.

Visit: ms-uk.org/multiple-sclerosis-online-activities/



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MS Trust – Exercise Resources

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

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

Visit: mstrust.org.uk/information-support/exercise-ms



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ARTHRITIS

Arthritis UK – Exercises for Healthy Joints

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

Follow-along videos and exercises for specific joint groups.



Visit: www.arthritis-uk.org/information-and-support/living-with-arthritis/health-and-wellbeing/exercising-with-arthritis/exercises-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.

Visit: www.arthritis-uk.org/information-and-support/living-with-arthritis/health-and-wellbeing/exercising-with-arthritis/lets-move-with-leon/



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CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

NHS Inform – Exercising With COPD

 **Information page**

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

Visit: www.nhsinform.scot/illnesses-and-conditions/lungs-and-airways/copd/exercising-with-copd

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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.

Visit: shop.asthmaandlung.org.uk/collections/copd



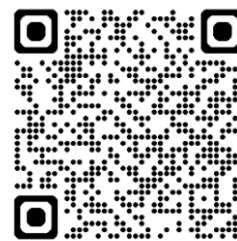
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My Lungs My Life – COPD Information Page

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.

Visit: <https://www.mylungsmylife.org/>



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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.

Visit: www.diabetes.org.uk/living-with-diabetes/exercise



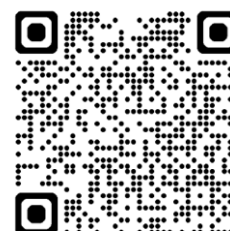
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CARDIAC CONDITIONS

Cardiac Rehabilitation

If you have had a recent cardiac event (e.g. a heart attack or heart surgery) you should be referred to cardiac rehabilitation. Information is available here:

Visit: <https://www.ohb.scot.nhs.uk/our-services/cardiology/>



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British Heart Foundation – Chair-based Exercises

At home Online Low impact Chair-based

Gentle routines suitable for people with limited mobility.

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



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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.

Visit: www.youtube.com/watch?v=O5YX5xg8Seg



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Chest, Heart & Stroke Scotland – Physical Activity Booklet

 **Information page**

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

Visit:

www.chss.org.uk/documents/2013/08/e5_physical_activity.pdf



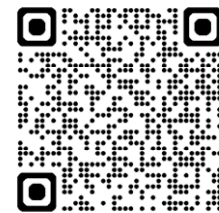
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Pumping Marvellous – Heart Failure Charity

 **Information page**

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

Visit: <https://pumpingmarvellous.org/>



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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.

Visit: www.asthmaandlung.org.uk/groups-support/feel-good-fridays



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Keep Active Programme

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

A supportive programme designed to help people with lung conditions stay active.

Visit: www.asthmaandlung.org.uk/living-with/keeping-active/keep-active-programme



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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.

Visit: <https://www.mylungsmylife.org/>



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MENTAL WELLBEING

NHS - Better Health, Every Mind Matters

 **Information page**

Information on being active for your mental health.

Visit: www.nhs.uk/every-mind-matters/mental-wellbeing-tips/be-active-for-your-mental-health/



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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.

Visit: www.nhs.uk/better-health/get-active/get-running-with-couch-to-5k/



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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.

Visit: couchtofitness.com



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Mind: Ideas for Getting Active Page

 **Information page**  **Online**

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

Visit: www.mind.org.uk/about-us/our-policy-work/sport-physical-activity-and-mental-health/get-active-feel-good/



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ISLES PHYSICAL ACTIVITY OPPERTUNITIES

Rousay

Rousay Wellbeing Chair Based Yoga - Coordinated by the Island Wellbeing Coordinator

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

A free, chair-based yoga class available for residents of Rousay, Egilsay & Wyre

Six- to eight-week blocks run throughout the year on Wednesday mornings with volunteer yoga instructor Lisa Croft. No previous yoga experience is needed, and there is no need to book — just come along when a session is running.

Sessions take place at The Crafhub at The Space, with yoga mats and blocks provided. Each class is followed by tea, coffee, biscuits and time to chat.

To find out more, including when the next session is taking place, please contact Nicky Jacques, Island Wellbeing Coordinator, at Nicky@rewdt.org.