

MIDLOTHIAN'S AGEING WELL BE-ACTIVE MEMBERSHIP PACK



Membership Information

What is Be-Active Membership?

It is a free membership offered to participants after completing four weeks of any of the activities in the Ageing Well Be-Active programme in Midlothian.

What are the benefits?

1. Opportunity to improve your mental health and well being by keeping active.
2. Regular contact with updated information on special events and programme changes as well as an opportunity to assist in planning new activities to further expand our Be-Active programme.
3. Option to train as an Ageing Well volunteer and encourage others to stay active.
4. Save £29 on joining Active Golden 65+
5. Discounts and special offers available from various businesses.
6. Meeting other people with similar interests.

How do I activate my membership card?

On completion of the enclosed questionnaires participants should return them by post to the Ageing Well Coordinator. A membership card will then be sent out.

Members should complete the reverse of the card and for health and safety reasons carry it with them to each activity. Cards are not transferable as discounts/offers are only available to the named person on the card. If for any reason you do not wish to continue with the project, please return the card.

What if my card goes missing?

Lost and stolen cards should be reported to the Ageing Well Coordinator as soon as possible. An administration fee of £1 will be payable for the replacement of lost or stolen cards.

Can I join in any of the activities?

The Ageing Well programme is updated regularly and members will be notified by email or post of any changes. As a member you can attend any of the classes/groups advertised as part of the Ageing Well project but you are advised to book onto some of our classes which have limited spaces. Contact details for leisure centres are included in this pack. All walks are free and everyone is welcome. Most classes charge a fee of £2 on entry.

Suitable footwear and clothing is required to be worn when participating in activities.

Remember you are the best person to monitor your own physical condition throughout any exercise programme and should any unusual symptoms occur you should immediately stop what you are doing and inform the fitness instructor or trained volunteer of the nature of the symptoms experienced. You may be advised to stop exercising and consult with your Doctor before continuing in the Be-Active programme.

Members enter into an exercise programme entirely at their own risk.

CURRENT MEMBERSHIP

Midlothian Physiotherapy – 30% discount

Hardengreen Business Park, Eskbank Tel No. 0131 5619787



DISCOUNTS

Mountain Warehouse – 10% discount

Kinnaird Park, Newcraighall Rd, Edinburgh

Fishers – 10% discount on all purchases over £50

10 John St, Penicuik

Motavation – 5% discount on cycles/10% on servicing/repairs/parts and accessories

26 Edinburgh Road, Penicuik

Scottish Mining Museum – 10% discount on adult entry

Brown Optometrists – 15% discount - Offering a wide range of Frames as well as prescription swimming goggles and why not try our range of contact lenses free. 41 High St, Bonnyrigg Tel No 0131 6638818

Cairton Complementary Massage Therapy – 33% discount

Full body massage and 20 min massage . Fully mobile service offering treatments from your home or treatment room in Carrington. www.cairtoncomplementary.co.uk Call Alex Ewing on 01875 830276

Weesweep Ltd – 30% Parts, 15% labour discount. Free drop-in seasonal check. Also discounts on MOT's and services. Unit 2/3 Butlerfield Ind Est, Bonnyrigg Tel 01875 825560 (bookings)

Port Brae Wealth Management is a partner practice of St James Place Wealth Management and service clients across Edinburgh, Lothians and the Borders. They are offering a free consultation either at home or at their office to help with:

- Maximising returns from savings and disposable income in retirement
- Savings for children/grandchildren
- Inheritance tax planning, Long-term care planning

Meetings are completely free of charge and without obligation. If anyone is interested please contact Mark McGonigle on 01289332272 or email mark.mcgonigle@sjpg.co.uk



Esk Valley Table Table are offering **25% discount** to members when ordering from the main menu. Daytime deals and snacks menus are not included in this offer. Available Monday to Friday 3pm-7pm and Saturdays 12noon-3pm only. Photo ID, (bus pass) and your Be Active membership card must be shown. It's on Melville Dykes Rd, between Lasswade and Eskbank EH18 1AN If you wish to book a table call 0131 561 9000