

South Lanarkshire Lifestyle - Fairhill



A Truly Inclusive Community Centre



South Lanarkshire's Objective

- n To become a truly inclusive organisation providing quality support and recreation opportunities for all residents and visitors to South Lanarkshire
- n South Lanarkshire Lifestyle – Fairhill was designed and built with disability access in mind.
- n There are now 15 'The Club' gym facilities in South Lanarkshire with Lifestyle – Fairhill the first truly inclusive for access, changing and equipment

A joint venture...

- n South Lanarkshire Leisure
 - n Gym
 - n Dance Studio
- n Community Resource
 - n Main Hall
 - n Visiting Services Rooms
 - n Dance Studio
- n Social Work
 - n Day Care Centre
- n Education
 - n Library
 - n Active IT Suite
- n Hamilton Credit Union



Community Resources

- n Community Resources operate the main hall which can be booked for functions/events, tea dances and local clubs such as Karate.
- n There is also a dining area that is used by Service Users of Social Work, centre users and local residents



Social Work

- n The day care centre can accommodate up to 70 service users per day
- n They are involved in many different activities such as arts and crafts, therapy and leisure.



Education

- n The Library also has an Active IT Suite which has 10 computers that can be used by customers from
- n the local community.



Hamilton Credit Union

- n You can save and borrow in confidence with your local Credit Union

South Lanarkshire Leisure

- n Lifestyle – Fairhill has a large spacious ‘The Club’ gym and dance studio
- n The machines have been specifically chosen so that they can be used by disabled users as well as able bodied users



Equipment

- n Equipment manufacturers
 - n Cybex
 - n Hur
 - n Fitlinxx
 - n Concept 2
 - n PowerPlate
 - n Motomed



Why...

n Cybex

- .. Highly visible handles, pedals and moving parts
- .. IFI step to help with access to Treadmills and bikes
- .. Raised iconography for visually impaired users
- .. 1 handed locking seat adjustments for wheelchair users



n Hur

- .. Air resistance weight machines
- .. Simple design
- .. Ease of use
- .. Excellent accessibility for wheelchair users
- .. Suitable for able bodied, disabled users and children



Why...

n Motomed

- Passive cycle
- Helps circulatory problems and improves flexibility of your joints.
- Suitable for multiple sclerosis, paralysis, blood circulation problems and Parkinson's disease.





What's on offer from Leisure?

- n Multiple Sclerosis classes/consultations
- n Cardiac Rehabilitation Phase IV referrals
- n Parkinson's classes/activities
- n Rebound Therapy
- n A range of fitness classes which include Body Attack, Dance Aerobics, Tums, Bums and Thighs and Youth Circuits.

Leisure Staffing

- n Recreation Officer
- n 3 Full Time Senior Fitness Staff
 - n Highly qualified and specialist trained in Multiple Sclerosis and Cardiac Rehabilitation
- n 2 Full Time Receptionists
- n Fitness Casual Staff
- n All fitness staff have a hands on approach working closely with physiotherapists and the user to improve quality of life.



Further Information can be supplied by contacting
Valerie Kemp Area Manager of South
Lanarkshire Leisure Ltd 07795 090 771



Delivering Services on behalf of South Lanarkshire Council

