

# UPDATE

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## **BRAG Enterprises, Fife Council and Fife SEN have organised a visit to Healthy Options**

The date for the visit to Healthy Options has now been changed for the 07<sup>th</sup> of October 2015. We can accommodate up to 8 organisations, or individuals interested in learning more about Healthy Options and the possibilities to replicate a similar project within their local authority.

You can see more information on the projects here <http://www.lornhealthyoptions.co.uk> ; <http://www.atlantisleisure.co.uk/>

This is a brief summary:

Healthy Options is a community health initiative which encourages people to get healthier and fitter through participation in a flexible programme of activity designed to meet individual needs. Healthy Options work with local health professionals to help those who would benefit from having a healthier active lifestyle. Here are some of the benefits Healthy Options clients have gained;

### **Outline of the day:**

- 08.15 Depart From Fife (Local TBA)
- 11.30 am arrive at Atlantis Leisure
- 11.40 Tour of Atlantis
- 12.30 Lunch
- 13.30 Presentation and Q&A on Healthy Options
- 14.30 Participative Group Discussion
- 16.00 Depart
- 19.00 Arrive at Fife

They have been introducing the project to other localities to explore the possibility to extend it to those areas. Members of Dundee social enterprise network were there last June. They are looking for potential organisations to replicate the concept. They will provide support in the transition stage.

The visit will happen on the 07<sup>th</sup> of October, is a full day with transport and lunch being provided. If you feel this is something of interest to you, your organisation or other organisations you know, please pass the email on.

Since there is a limit of 8 participants they will be allocated on a first come first served basis.

Reply by phone or email to BRAG by the 30<sup>th</sup> of September the latest.

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