

Request No: ELIR00407	Received: 08.05.24	Resolved: 14.05.24
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Subject / Request:

Dear Edinburgh Leisure,

“Edinburgh Leisure, a body funded by local government manages and develops sport & leisure services on behalf of the City of Edinburgh Council”.

1. Please can you provide the total number of people at Edinburgh Leisure who are trained to support Attendees of Healthy Active Minds?
2. Please can you provide the total number of people at Edinburgh Leisure who attend Healthy Active Minds programme (s)

In 2022
In 2023
In 2024

Our Response – Full Release

- 1. Please can you provide the total number of people at Edinburgh Leisure who are trained to support Attendees of Healthy Active Minds?**

We have 5 instructors who support our Healthy Active Minds participants.

- All instructors have a Level 2 Gym Instructor Qualification alongside (or working towards) their Level 3 Exercise Referral qualification or equivalent.
- 4 Instructors have a Mental Health First Aid qualification or equivalent with the other to complete.

- 2. Please can you provide the total number of people at Edinburgh Leisure who attend Healthy Active Minds programme (s)**

In 2021/22 – 739 people received support through Healthy Active Minds

Our Response – Full Release

In 2022/23 – 1,237 people received support through Healthy Active Minds

In 2023/24 – 1,272 people received support through Healthy Active Minds

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Edinburgh Leisure

The Biggest Club in Town