

INTRODUCTION

In Scotland, people are living longer than ever before. It is the ambition of the Scottish Government and of health charities to ensure that those lives are as healthy as possible, while recognising that more people are living with one or more conditions that impact on their health and quality of life. Services must move with the times and people's circumstances; new ways must be found to reach those in need while keeping costs as low as possible.

It was against this backdrop that, in March 2012, the Scottish Government Health Department invited the partner charities to explore how more and improved generic exercise opportunities could be offered to people with long-term conditions throughout Scotland, in an integrated way. This initiative was driven by the knowledge that keeping active after a diagnosis of a cardiovascular or respiratory condition contributes importantly to both continued good health and continued well-being.

Chest Heart and Stroke Scotland (CHSS), British Lung Foundation (BLF) Scotland and British Heart Foundation (BHF) Scotland, as charities representing large numbers of people who could benefit from exercise, agreed to jointly deliver a project which would point the way ahead, having analysed current provision and ascertained how to enhance services.

This report details the work of that project and is companion to the resource pack which will be produced by the end of 2014, aimed at service planners and managers and service delivery staff, enabling them to provide the highest quality service in their area.

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The PARCS project is testament to the dedication and passion of many people working in partnership for and with communities throughout Scotland.

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