**Active Kent Mini Doc Audio Description Transcript**

Slow music begins

[2 x Shots of a cold, winter and empty outdoor sports facilities]

Music turns upbeat

[Shot of a sunny beach in Margate with people sitting with their backs to camera]

[Shot of the highstreet in Margate and beach with a man walking towards camera]

[Shot of a woman pruning flowers in a garden]

[Shot of a man and a woman sitting down talking]

**Voice of** **Dr Anjan Ghosh:** Kent has, like two thirds of our adults are overweight and obese.

Long term conditions have increased, people are ageing.

**Shot of Dr Anjan Ghosh:** So all of that is basically creating a perfect storm for what's to come in the future.

[Aerial shot of the countryside, with green fields on a sunny day]

**Text on screen:** We must act now to tackle the growing health challenges and work together to help everyone benefit from moving more in their every day lives.

**Andrea Murphy:** Moving more in our everyday lives can help prevent a wide range of diseases, it can help us manage long term health conditions and it's really important for our mental health.

[Shot of Everyday Active pamphlets and posters laid out on a table]

**Voice of Andrea Murphy continued:** Everyday Active is a county wide campaign.

[Shot of a computer screen with the Everyday Active website on]

**Voice of Andrea Murphy continued:** Central to it is a website packed full of resources,

[Closeup shot of someone’s hands scrolling on mousepad]

**Voice of Andrea Murphy continued:** training opportunities, a wealth of information,

[Closeup shot of Everyday Active website, scrolling through the different activities on offer]

**Andrea Murphy:** and many local, accessible, low cost activities.

[Shot of Dr C Norwood, GP, office door]

**Voice of Dr Catherine Norwood:** Active Kent and Medway have encouraged us,

[Shot of Dr Catherine Norwood working at her computer]

**Voice of Dr Catherine Norwood continued:** giving us some resources,

**Dr Catherine Norwood:** signposting us to what activities are available for our patients locally.

[Shot of Everyday Active website on a computer]

[Closeup shot of hands typing on keyboard]

**Voice of Dr Catherine Norwood continued:** As a practice, we have targeted groups of patients to invite them along to some of the, exercise initiatives that we run.

[Shot of Dr Catherine Norwood at the GP surgery talking with a nurse]

**Dr Catherine Norwood:** For example, we, identified patients, perhaps with high blood pressure, pre-diabetes, or mental health challenges.

[Shot of garden with lots of plants, flowers and trees and a group of people standing in the middle of the garden talking]

[Shot of a woman with a spade digging in some flower beds]

[Shot of a sign in the garden *‘The Gardening Group at Charing Surgery*’]

**Yvonne:** Sometimes the GP's refer patients to the gardening group, and sometimes people have seen posters and leaflets and what we call self-refer.

[Shot of Yvonne and a man doing gardening]

[Shot of a man raking the leaves on the grass of the garden]

**Voice of Yvonne continued:** People do different things digging and bending down. And so there's a lot of physicality.

[Wide shot of the man who was raking, collecting all of the leaves into a big bucket]

**Voice of Yvonne continued:** We always encourage people to obviously

do what they can and what they want to do.

[Shot a woman bending down and weeding a flower bed]

[Close up of a man called Joe looking thoughtful whilst gardening]

**Voice of Joe:** I came down after my wife passed away. I went into the surgery to register with the doctor and I saw a notice that said gardening is good for your health.

**Joe:** So I thought, well why not? And, I’ve been here ever since.

[Shot of a woman called Sue gardening on her hands and knees and working hard]

**Voice of Sue:** Physically, it keeps everything moving,

**Sue:** so I stay mobile.

[Shot of all the gardeners sitting on benches and camp chairs in the middle of the garden having a chat and drinking tea]

**Voice of Sue continued:** It's just a lovely atmosphere.

[Shot of a sign *‘Prescribed by the Doctor… Gardening is good for your health! Come & Join us Tuesdays 9-12’*]

**Voice of Joe:** My health has improved. It's the fresh air and and the company.

[Shot of some of the gardeners laughing together]

**Voice of Joe continued:** Because since I lost my wife, I've been very lonely.

**Joe:** I came down here, but they welcomed me with open arms.

[Close up shot of sign *‘The Gardening Group at Charing Surgery. Come & Join Us’*]

**Andrea Murphy:** Everyday Active can help health care professionals, social prescribers and other front line workers

[Shot of group of men and women doing a Qigong exercise class]

**Voice of** **Andrea Murphy continued:** find the right activity for their patients and service users.

[Shot of the outside of a GP Surgery]

**Voice of** **Julie Calder:** I’m the Everyday Active Champion.

[Shot of people turning up to an exercise class]

[Shot of Julie talking to a woman doing the class]

**Julie Calder:** I want people to be able to do something in their area, for places to be more inclusive.

[Shot of a woman talking to Julie in the exercise room]

[Shot of Julie talking to another woman]

[Shot of a woman called Karen Dyson, who is the QiGong teacher, teaching the class QiGong]

**Voice of Karen Dyson:** So I do QiGong, which is a really gentle class, based on moving the energy levels around the body.

[Shot of men and women doing the QiGong exercise class]

**Karen Dyson:** People that have limited mobility, struggle to attend classes as they always think that it’s going to be too difficult.

**Voice of Karen Dyson continued:** So, in the spaces that we teach, there are seating areas where people can join in for half the class. And just to build confidence really.

[Shot of the group doing the QiGong exercise class, with one woman sitting down on a chair and doing the exercises]

[Shot of a man in the exercise class standing up at the end and clapping with everyone]

**Tina:** I've got a few conditions some days I walk and some days I can’t.

[Shot of Tina sitting down in the class talking with other people]

**Voice of Tina continued:** I've got ME, quite bad arthritis and a heart condition.

**Karen Dyson:** When Tina first started the class, she wasn’t able to always finish the class,

[Shot of Karen leading the class]

**Voice of Karen Dyson:** So she would sit down and just take breaks. And so now we've got her doing the full class.

**Tina:** The improvement in me in the last year, two years is amazing.

[Shot of Tina in the class doing the exercises]

**Voice of Tina continued:** I've managed to walk, dance and interact with lots of people, whereas I'd just be stuck indoors otherwise doing nothing.

[Montage of shots of Tina in the class, standing up doing the exercises, talking with the other women in the class, laughing closely with another woman]

**Tina:** And that's not good for anybody. I don't think.

[Shot of the QiGong class]

**Voice of** **Julie Calder:** There is so many people that desperately need to do something like this.

**Julie Calder:** They need to move more.

**Voice of** **Julie Calder continued:** And this is just a gentle first step. It takes away that fear of ‘being active isn't for me’.

[Shot of a man in the QiGong class]

[Shot of the group smiling and looking comfortable whilst doing the exercises]

Text comes up on a blue screen: *Discover ways to move more in everyday life.* [www.everydayactivekent.org.uk](http://www.everydayactive.org.uk)*'*

Logos appear of: Everyday Active, Active Kent & Medway, NHS & Kent County Council