



Living it Up is a new project in Lothian to help to support better health, wellbeing and active lifestyles in Scotland. It is initially for people over the age of 50 – and will be of particular interest to carers, people living with long term health and care conditions or those that just want to ensure they stay happy, healthy and safe.

Predominately a digital platform, (that can be accessed on your Laptop, Tablet Computer or Mobile Phone) Living it Up is working with Lothian, and 4 other Scottish regions – Moray, Western Isles, Highland and Forth Valley - to find out what services can be created to provide *local*, trusted health and well-being information.

Living it Up aims to make it easy for you to discover what's in your area, whether it's a social club or support for a long term condition. To do this, the team have been hosting lots of workshops and pop up events around Scotland to learn from our members how Living it Up could potentially help them. From sharing superb local services to helping choose the Living it up branding, all of the research has been key to shaping the first version of the website, which will be launched in late 2013.

However, the journey is not over, it's only just begun. Once launched, Living it Up will continue holding events across the country, listening to the feedback of our members and improving the services.

Living it Up will be of particular value to Occupational Therapists, who will be able to direct patients and clients to a 'one-stop-shop' of information on health and wellbeing and how to find out how people can get involved in their local community. It will be helpful to support relatives and carers too, with useful signposting to websites and local organisations.

To join the journey and find out more, you can register your interest and keep up to date with the project at: www.livingitup.org.uk

Lisa Stewart is the Project Manager for Living it Up in Lothian. If you would like to get in contact or request a visit to your group or team, please email: lisa.stewart@nhslothian.scot.nhs.uk