



**Exercise
Referral**



Blaby Heartsmart Referral Scheme



**LEICESTER-SHIRE
& RUTLAND SPORT**
SPORT & PHYSICAL ACTIVITY



**Leicestershire
County Council**



Heart Smart Cardiac Rehab Scheme

The scheme targets people who either are recovering from heart problems or heart surgery. The scheme is a partnership between Public Health, Leicester-Shire and Rutland Sport, Local Authorities, GP practices and other Health Care professionals.

One in three people in the UK are currently living with a long term health condition. Long-term conditions are now the most common cause of death in more industrialised nations and in many developing countries. The role physical activity can play in the treatment and management of long term conditions is significant given the prevalence of these conditions in society today.

The aim of the 16 week scheme is to enable individuals to achieve and maintain better health and lifestyle. The programme is designed to promote and support individuals to engage in an exercise programme which will assist them in their daily lives.

Participants are offered safe and effective exercise:

- Under the guidance of a qualified B.A.C.P.R Exercise professional (British Association of Cardiac Prevention and Rehabilitation)
- Attend specific gym sessions at The Pavilion, Huncote
- At a reduced rate

There are 2 ways you can be referred onto the Heart Smart Scheme:

Hospital Referral: Individuals who have completed their Phase 3 Cardiac Rehabilitation programme at the hospital. If you are eligible, the cardiac rehab team will complete the Phase IV referral form which will be sent to the district exercise referral coordinator to process and contact you to arrange a consultation.

Referral from your GP: If you have been diagnosed with CHD and meet the eligibility criteria mentioned in this leaflet please contact your GP/Practice Nurse. If you are eligible and they feel it is appropriate they will complete the relevant paperwork which will be sent to the district coordinator who will contact you to arrange a consultation.

Consultation- This consultation session is an opportunity to meet with the heart smart instructor and make sure you understand what is involved. You can ask any questions and they can address any concerns you may have. During this session you will be asked to complete some pre-exercise paperwork and carry out some initial assessments including your weight, waist circumference and blood pressure.

Induction/First Session - Following on from the consultation this will be your gym induction and the first chance to take part in a gym session and to try your exercise programme.

Mid programme review – At 8 weeks you will meet with the instructor to discuss how you are getting on with your programme. Your blood pressure and weight will be also be measured. It will also be a chance for you to address any concerns you have with the programme.

16 week: Final Session- The final week of your programme will give the instructor a chance to discuss how you feel the programme has gone and discuss opportunities for you to continue being active. Initial assessments during your first consultation will be repeated to see if any improvements have been made. You will also be asked to complete questionnaires and given your certificate of suitability for independent physical activity if suitable or further recommendations.

Heart Smart – The Pavilion, Huncote LE9 3BN

Heart Smart Programme			
Monday	Gym	11am- 1pm	£5
Thursday	Gym	3.30pm-5.30pm	£5

Gym	Cost
16 weeks	£50
Pay as you go	£5

After Heart Smart

On completing the Heart Smart Scheme participants have the opportunity to join the Exercise Referral scheme and receive an additional 12 weeks support along with reduced rates for gym provision at The Pavilion as well as community classes. Or take up the following offer. We are also able to provide information on other activities suitable for you.

Post Scheme Gym and Classes Rate	The Pavilion, Huncote
Monthly (on completion)	£22 (12 month contract)
Monthly (flexible)	£26.40 (one month cancellation allowed)
Pay as you go gym only	£4.60

For more information please contact:

Tom Bodle Phase IV Instructor 07789941654- (only contactable on this number during the four hours allocated above)

OR Full time Physical Activity Development Officer- Exercise Referral: Neesha Memetovic

Email: exercise.referral@blaby.gov.uk

Tel: 0116 272 7694

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