



## Charnwood Exercise Referral Scheme

### CHARNWOOD EXERCISE REFERRAL SCHEME

The Exercise Referral Scheme is a programme for adults (16+) and is a partnership between Public Health, Leicester-Shire and Rutland Sport, Local Authorities, GP surgeries and other Health Care Professionals.

One in three people in the UK are currently suffering from a long-term health condition, the role physical activity plays in the treatment and management of long-term conditions is significant given the prevalence of these conditions today.

Years of research has proven the enormous health benefits of physical activity for all members of the community and we know that participation in regular exercise can help to reduce the likelihood or delay the onset of disease and disability.

If you have a condition that fits the criteria below please contact your GP to discuss your eligibility and be referred onto the scheme;

- High Cholesterol levels
- Obesity
- Hypertension
- Controlled Diabetes
- Depression, Stress or Anxiety
- Rheumatoid Arthritis
- Respiratory Disease
- Back Pain
- Osteoporosis
- Neurological disorders



LEICESTER-SHIRE  
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SPORT & PHYSICAL ACTIVITY





## **WHAT DOES THE SCHEMES INVOLVE?**

The scheme runs for 12-24 weeks and allows participants to;

- Take part in exercise at Loughborough, Soar valley and South Charnwood Leisure Centre, Sileby Community Centre and Birstall Village Hall
- Exercise under the guidance of qualified exercise professionals
- Chose from a range of activities at a reduced cost

We will offer you support, encouragement and motivation in a choice of activities under the guidance of a highly qualified instructor.

You will be invited to an initial consultation where a basic health assessment will be carried out and a personal programme will be designed and tailored to your needs.

Regular reviews will be carried out throughout the 12 week programme to help and encourage your progress and the use of pre starter and end of programme questionnaires will be used to highlight the benefits you have gained.

We also have a variety of exercise referral classes that individuals can take part in both within the gym environment and in the community. Please see the class timetable for more details.



## **FAQ**

### **What if I have never exercised before?**

Don't worry, everyone has to start somewhere. The sessions are adapted to your individual needs and capabilities and programmes are designed for you to grow with. Fitness levels, health conditions and mobility issues are all considered during your programme design.

### **What should I wear?**

Anything you feel comfortable in, T-shirt, tracksuit, shorts or anything with a bit of a stretch. Footwear needs to cover the whole foot and have good grip, Trainers or plimsolls are ideal

### **What if I have to miss some weeks?**

If you are unwell or go away on holiday, we can hold your place and add the missed sessions to the end so you don't miss out

### **How do I get started?**

Just visit your GP, Practice Nurse or other Health Care Professional. They will complete a referral form for you and send it to the Active Lifestyle Development Officer who will contact you directly

### **How much does it cost?**

The cost is £3 per session

On completion of the scheme you can take part in our move on sessions or continue as a member or casual user, your instructor will give you more information about this.



## CONTACT DETAILS

If you require any further information please visit

<http://www.lrspport.org/sports/exercisereferral> or contact Tina Coles, the Active Lifestyle Development Officer:

Telephone 07730801967

Email [gp-referral-charnwood@fusion-lifestyle.com](mailto:gp-referral-charnwood@fusion-lifestyle.com)

## Leisure Centre addresses

Loughborough Leisure Centre

Browns Lane  
Loughborough  
LE11 3HE

Soar Valley Leisure Centre

Off Kingfisher Road  
Mountsorrel  
Leicester  
LE12 7FG

South Charnwood Leisure Centre

Parkstone Road  
Syston  
Leicester  
LE7 1LY



## CLASS TIMETABLE

### Loughborough Leisure Centre

| Activity            | Day       | Time                             |
|---------------------|-----------|----------------------------------|
| Tai Chi             | Monday    | 1-2pm                            |
| Gym session         | Tuesday   | 7:30am - 9am<br>10-11am<br>1-2pm |
| Gym session         | Wednesday | 10-11am                          |
| Circuit Class       | Wednesday | 1:30-2:30pm                      |
| Zumba Gold          | Thursday  | 2-3pm                            |
| Gym session         | Thursday  | 1-2pm                            |
| Gym session         | Thursday  | 5:30-6:30pm                      |
| Multisports session | Friday    | 12-1pm                           |
| Gym session         | Saturday  | 11-12pm                          |

### Soar Valley Leisure Centre, Mountsorrel

| Activity      | Day       | Time    |
|---------------|-----------|---------|
| Gym session   | Monday    | 10-11am |
| Gym session   | Tuesday   | 7-8pm   |
| Gym session   | Wednesday | 1-2pm   |
| Aqua aerobics | Friday    | 3-4pm   |



**South Charnwood Leisure Centre, Syston**

| Activity      | Day      | Time          |
|---------------|----------|---------------|
| Gym session   | Tuesday  | 11:15am       |
| Circuit class | Thursday | 10:30-11:30am |

**Community classes**

| Activity                 | Day     | Time         | Place                   |
|--------------------------|---------|--------------|-------------------------|
| Gentle exercise to music | Tuesday | 12:30-1:30pm | Sileby Community Centre |
| Gentle exercise to music | Friday  | 12:30-1:30pm | Birstall Village Hall   |

Once you have completed the exercise referral scheme you can continue to attend the centre as a casual user or member. We also have some move on sessions which include Zumba, Tai chi, Circuits and walking football, just ask your instructor for more information.