



**Exercise  
Referral**



# Blaby Exercise Referral Scheme



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



**Leicestershire  
County Council**





### **Introduction:**

The Exercise (Health) Referral scheme is a programme of activities for adults (16+) that offers people who have a health condition that could benefit from increased physical activity the opportunity to participate in exercise, in a safe, supervised and structured environment.

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 Exercise Referral scheme runs for 12 weeks and allows participants to

- Get a special gym reduced rate at The Pavilion
- Take part in specific activity classes in the local community
- Exercise under the guidance of qualified exercise professionals.

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

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

### **The Exercise Referral Scheme:**

The Exercise Referral Scheme is a 12 week programme of physical activity designed to help get you more active and improve your health. You will meet with the Exercise Referral Coordinator throughout your time on the programme, although you are able to get in contact at any point if you have anything you would like to discuss. The programme can be broken down into four key stages:

***Consultation Session*** This consultation session is an opportunity to meet with the scheme coordinator, make sure you understand what is involved. You can ask any questions, and

we can address any concerns you may have. It will give us a chance to find the activity that is right for you, whether this be the gym and/or community sessions. You will have the option to book in your gym induction if this is what you want to do, at this induction you will also be prescribed a gym programme suitable to your medical conditions and ability. You will also get the chance to have a tour of the facility

We will also use this session to complete some pre-exercise paperwork and carry out some initial assessments including your weight, waist circumference, blood pressure and carry out a 6-minute walk test. You will

***Week 1 – Induction/First Session:*** Following on from the consultation this will be your first chance to take part in a session. If you are taking part in a gym this will be your induction whereby you will be shown the equipment and prescribed a suitable exercise programme. If you have chosen to take part in a class you will get to meet your instructor.

***Mid programme review*** – At 6 weeks we will meet to discuss how you are getting on with your programme/sessions you are attending. We will also measure your weight and blood pressure. It will also be a chance for you to address any concerns you have with the programme.

***Final Session-*** The final week of your Exercise Referral programme will give us a chance to discuss how you feel the programme has gone and discuss opportunities for you to continue being active. We will repeat the assessments completed during your first consultation to see if any improvements have been made. You will also be asked to complete questionnaires.

### Exercise Referral Activity Timetable

| <b>Monday</b>             |   |  |             |
|---------------------------|---|--|-------------|
| <b>Activity</b>           | <b>Venue</b>                                | <b>Time</b>  | <b>Cost</b> |
| Gym                       | The Pavilion, Huncote<br>LE9 3BN            | 2.30pm-4.30pm  | £4.50       |
| <b>Tuesday</b>            |   |  |             |
| Strong and Steady<br>60+  | Stoney Stanton Village<br>Hall LE9 4LQ      | 10am-11am  | £2.50       |
| Gardening                 | A Place to Grow,<br>Enderby LE19 4LX        | 10am-12noon<br><i>*occurs only last<br/>Tuesday of every<br/>month</i> | FREE        |
| Strong and Steady<br>60+  | Braunstone Civic<br>Centre LE3 2PP          | 2pm-3pm  | £2.50       |
| LEAP (maintainers)        | Brockington College:<br>LE19 4AQ            | 5.00pm-6.00pm  | £2.00       |
| Gym                       | The Pavilion, Huncote<br>LE9 3BN            | 5pm-7pm  | £4.50       |
| <b>Wednesday</b>          |   |  |             |
| LEAP (maintainers)        | Leysland High School<br>LE8 5PR             | 6.45pm-7.30pm  | £2.00       |
| <b>Thursday</b>           |   |  |             |
| Gym                       | The Pavilion, Huncote<br>LE9 3BN            | 7am-9am  | £4.50       |
| Keep Moving               | Countesthorpe Village<br>Hall LE8 5TB       | 11.00am-12.00noon  | £3.00       |
| Gym                       | The Pavilion, Huncote<br>LE9 3BN            | 11.30am-1.30pm   | £4.50       |
| Health Walk               | A Place to Grow,<br>Enderby LE19 4LX        | 1.00pm-2.00pm  | FREE        |
| <b>Friday</b>             |   |  |             |
| Volunteering- Go<br>Green | Fosse Meadows<br>Country Park LE10 3AB      | <b>9.30-12.30</b><br><i>*occurs only once a<br/>month</i>              | FREE        |
| Seated Exercise           | Blaby and District<br>Social Centre LE8 4GQ | 2.30pm-3.30pm  | £2.50       |

|             |                              |
|-------------|------------------------------|
| <b>Gym</b>  | <b>The Pavilion, Huncote</b> |
| Per session | £4.50                        |
| 12 weeks    | £41 (gym)                    |

### **After Exercise Referral**

On completing the Exercise Referral Scheme participants who have attended gym sessions are given the opportunity to join The Pavilion gym at a discounted rate. Those that have attended Community classes or the Health Walks are able to continue attending these sessions after completing the scheme. We will also be able to provide information on other local opportunities based on individual's suitability and interests.

|   |   |
|---|---|
| <b>Post Scheme Gym and Classes Rate</b> | <b>The Pavilion, Huncote</b>            |
| 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 the Physical Activity Development Officer Exercise Referral

Neesha Memetovic

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<http://www.sportblaby.org.uk/exercise-referral-scheme>

<http://www.lrsport.org/sports/exercisereferral>