



**Exercise
Referral**



North West Leicestershire Exercise Referral Scheme



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



**Leicestershire
County Council**

**North West
LEICESTERSHIRE**
DISTRICT COUNCIL



Introduction:

The Exercise (Health) Referral scheme is a programme for adults (16+) and is a partnership between Public Health, Leicester-Shire and Rutland Sport, Local Authorities, GP practices and other Health Care professionals. It offers people who have a health condition that could benefit from increased physical activity the opportunity to participate in exercise. The purpose of the scheme is to allow individuals the opportunity to exercise in a safe, supervised and structured environment when you are faced with a health condition.

One in three people in the UK is currently living with a long term 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 scheme usually run from between 12-24 weeks and allows participants to;

- Get a special reduced rate
- Take part in exercise at a convenient venue in the local community
- Exercise under the guidance of qualified exercise professionals.

The Exercise Referral scheme also includes a Heart Smart Cardiac Rehab Scheme. This is targeted at people who are either recovering from heart problems or heart surgery. The aim of this 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)
- At a venue in North West Leicestershire.
- At a reduced rate.

How you can be referred onto both schemes:

1. We only receive referrals for the LRS Countywide Referral scheme for Harborough District.
2. We are not able to refer anyone to city leisure centres e.g. Evington Leisure Centre as the city referral scheme is operated differently compared to other districts.
3. Post completed forms to: Exercise Referral Coordinator, Council Offices, Whitwick Road, Coalville, Leicestershire, LE67 3FJ and we will do the rest, or alternatively email Mark Elliott at mark.elliott@nwleicestershire.gov.uk with the attached referral form. Please always send referral forms straight to the Council rather than Leisure Centres directly.

Exercise referral scheme:

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.

Heart Smart Scheme:

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

Hospital Referral:

Individuals must 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 the individual 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 designated district coordinator who will contact the individual to arrange a consultation

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Individuals will be invited to an initial consultation with a level 3 exercise referral instructor who will design a programme tailored to the individual's needs. Individuals will then work with this instructor for 12-16 weeks and will be asked to keep a weekly diary which will log daily activity levels. This will be used by instructors to monitor the progress of each referral throughout the 12 week programme with the use of a pre starter questionnaire and an end of programme questionnaire to capture the impact. We also have a wider variety of exercise referral classes that take place that individuals can take part within both a gym environment and out in the community. Please see the class timetable for more details.

In North West we offer a wide range of exercise referral and cardiac sessions for individuals to attend. Our sessions are located in various locations around the district to provide individuals with plenty of choice.

Day	Time	Activity	Location	Cost
Monday	9am-11.30am	50+ Aerobics / Gym session	Hermitage Leisure Centre LE67 5EU	£2.80
	10am - 11am	T'ai Chi	Swannington Village Hall LE67 8QL	£2.40
	11.30am - 12.30pm	Health Aerobics	Measham Leisure Centre DE12 7HR	£2.70
	1pm -2pm	Active Bingo	St Marys Court LE67 2HR	FREE
	2.15pm -3.15pm	Easy Movers Class	Spital Pavillion Castle Donington DE74 2NQ	£3.75
	2.30pm -3.30pm	Rock and Roll Mobility	St Marys Court LE67 2HR	FREE
	2.30pm -3.30pm	Gym Session	Hermitage Leisure Centre LE67 5EU	£4.30
	2.30pm -3.30pm	Shibashi T'ai Chi	Hood Park Leisure Centre	£3.90

Day	Time	Activity	Location	Cost
Tuesday	10am - 11am	Falls Prevention	Park View Sheltered Housing, LE67 5DJ	FREE
	10am - 11am	Gym Session	Physique Fitness Gym The Scotlands LE67 3JJ	£3
	2pm - 2.45pm	Cardiac Session	Hood Park Leisure Centre LE65 1HU	£3
	2pm - 3pm	Gym Session	Hood Park Leisure Centre LE65 1HU	£4.30
	2.30pm - 3.30pm	Aqua Aerobics	Hermitage Leisure Centre LE67 5EU	£3.90
	2.30pm - 3.30pm	Gym Session	Hermitage Leisure Centre LE67 5EU	£4.30

Day	Time	Activity	Location	Cost
Wednesday	9am - 10am	Health Walk	St Davids Church Broomleys, LE67 4RL	FREE
	9.10am - 10.10am	Aqua Aerobics	Hood Park Leisure Centre LE65 1HU	£3.90
	2pm - 3pm	Circuit Training	Hugglescote Community Centre LE67 2BR	£2.50
	6pm - 7pm	Circuit Training	Newbridge High School	£2.50

Day	Time	Activity	Location	Cost
Thursday	9am - 11.30am	50+ Aerobics / Gym session	Hermitage Leisure Centre LE67 5EU	£2.80
	11.30am - 12.30pm	Health Pilates	Measham Leisure Centre DE12 7HR	£2.70

	12.15pm - 1.15pm	Body Balance	The Brass House LE67 3FA	£2
	2pm - 3pm	Gym Session	Hood Park Leisure Centre LE65 1HU	£3.90
	2.30pm -3.30pm	Rock and Roll Mobility	St Marys Court LE67 2HR	FREE
	2.30pm - 3.3pm	Gym Session	Hermitage Leisure Centre LE67 5EU	£3.90

Day	Time	Activity	Location	Cost
Friday	9.30am - 10.30am	Health Pilates	Hugglescote Community Centre LE67 2BR	£2.50
	10am - 11am	Gym Session	Physique Fitness Gym The Scotlands LE67 3JJ	£3
	10.30am	Health Walk (first Friday of month)	Hermitage Leisure Centre LE67 5EU	FREE
	1pm - 2pm	Cardiac Circuits	Hood Park Leisure Centre LE65 1HU	£3.90
	2pm - 3pm	Gym Session	Hood Park Leisure Centre LE65 1HU	£4.30
	2.30pm -3.30pm	Rock and Roll Mobility	Fairfield Court Sheltered Housing, LE67 2HB	FREE
	6pm - 7pm	Nordic Walking	Moira Furnace DE12 6AT	£2.50

Day	Time	Activity	Location	Cost
Saturday	9am - 10am	Nordic Walking	Moira Furnace DE12 6AT	£2.50

Please see below examples of some of the exit route classes we provide:

- Walking for Health Walks
- LEAP (Lifestyle, Eating and Activity Programme)
- Walking Football
- General exercise sessions (gym usage and over 140 fitness classes per week)

FAQ's

How do I get referred onto to the exercise referral scheme?

If you are currently physically inactive and would like to be referred onto the scheme, please go to your GP surgery and ask them to make a referral to us on your behalf.

Who is eligible for the scheme?

Anyone who is 16yrs+ and has a medical condition or is currently physically inactive (referring to the BHF guidelines this would be those individuals who do not currently undertake the recommended 150 minutes of moderate intensity activity during a week).

Can I get referred to use a leisure centre outside of my district?

Yes, if you find that when being referred you would prefer to undertake your referral scheme in another district to the one you live in then please speak to your district exercise referral co-ordinator to see if you can be referred to an alternative venue. This option only applies to those that live outside of the city; furthermore districts are not in a position to refer individuals to a city referral site.

Can I do the scheme for more than 12 weeks?

Individuals who feel that they would benefit from an additional 12 weeks of the subsidised exercise referral programme can speak to their local GP to ask for a re-referral.

Do I have to undertake the exercise referral and cardiac scheme at a gym?

No, there are alternative options available for those who wish to exercise outside or alternatively who would prefer to go swimming or attend a class. Please speak to your district co-ordinator for more information.

For more information on the exercise referral scheme please contact the exercise referral coordinator:

Mark Elliott

Email: mark.elliott@nwleicestershire.gov.uk

Phone: 01530 811215

Website: www.nwleics.gov.uk/pages/exercise_referral

www.lrsport.org/sports/exercisereferral