



**Exercise
Referral**



Rutland Exercise Referral Scheme



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



**Leicestershire
County Council**



Rutland
County Council



Introduction:

Exercise Referral Scheme:

The Exercise (Health) Referral scheme is a programme for adults (16+) with health conditions, who could benefit from increased physical activity. It is a partnership between Public Health, Leicestershire and Rutland Sport, Local Authorities, GP practices and other Health Care professionals. It offers an opportunity for these individuals to exercise in a safe, supervised and structured environment.

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

The scheme allows participants to;

- Get a reduced rate at many activities across the county
- Take part in exercise at a convenient venue in the local community
- Exercise under the guidance of qualified exercise professionals
- Routes to carry on exercising after completing the scheme

The scheme offers many routes to ensure long term fitness beyond the scheme.

Heart Smart Cardiac Rehab Scheme:

The Exercise Referral scheme also includes a Heart Smart Cardiac Rehab Scheme. This is targeted at people who are recovering from heart problems or heart surgery. The aim is to enable individuals to achieve and maintain better health and lifestyle by promoting and supporting 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)
- Catmose Sports Centre
- At a reduced cost.

Referral Process

Exercise referral scheme:

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 Arthritis
- Respiratory Disease
- Back Pain
- Osteoporosis
- Neurological disorders.

The main way you can be referred onto the scheme is to speak to a health professional such as your doctor, dietician, physiotherapist etc. If they agree that this scheme will be great for you, they will refer you and start you on your journey from there.

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, who will 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 refer you to the district coordinator, who will contact you to arrange a consultation.

What does the schemes involve?

Personalised Pathway — You will meet with an exercise referral coordinator to discuss your preferences and the 'whats' 'wheres' and 'whens' that will kick-start your journey towards your personal goals.

Quality Exercise Professionals & Expert Advice — friendly and encouraging, our trainers and instructors will guide you throughout your chosen route. Whether it's a personalised training programme or advice on the best activities for you, we will make sure you're on the right track and enjoying it too!

Ongoing Reviews — We will regularly touch base to monitor progress and see if there is anything more we can do for you.

You will be asked to keep a weekly diary which will log daily activity. This will be used by instructors to monitor the progress of each referral throughout the programme, with the use of a pre starter questionnaire and progress questionnaires.

You can choose to either take part in a gym or class-based programme or both. And all the way through your journey you will be encouraged and shown ways to maintain long-term fitness and activities.

We currently have four sites taking part in the scheme:

- Catmose Sports Centre (Oakham),
- Inspire2tri (Manton)
- Uppingham School Sports Centre (Uppingham)
- Active Rutland Hub (Ashwell)

Check out our website for more information

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

How much does it cost:

Catmose Sports Centre – £3 a session or £23 a month

Inspire2Tri – £6 a class

Uppingham School Sports Centre - £3 a session

Heart Smart - £3 a session

Current Classes that are taking place + cost

Time	Class	Venue	Cost
Monday			
9am	AquaFit	Catmose	£3
10am	Aqua	Uppingham	£3
10am	BodyBalance	Uppingham	£3
10am	Active Rehabilitation	Inspire2Tri	£6
11.10am	Sh'bam	Catmose	£3
12.30pm	BodyBalance	Catmose	£3
2pm	FaME	Inspire2Tri	£3
Tuesday			
9.15am	Movement Matters	Catmose	£3
Wednesday			
9am	Movement Matters	Catmose	£3
10am	Aqua	Uppingham	£3
10.35am	BodyVive	Catmose	£3
5.30pm	Active Rehabilitation	Inspire2Tri	£6
Thursday			
9.30	Zumba	Uppingham	£3
TBC	FaME	Active Rutland Hub	£3
10.35	BodyVive	Catmose	£3
2pm	Active Rehabilitation	Inspire2Tri	£6
3pm	Active rehabilitation	Inspire2Tri	£6
Friday			
9am	Aquafit	Catmose	£3
12.05pm	Bodybalance	Catmose	£3

To name a few of the classes available. Please make sure you have had your consultation with the exercise referral coordinator before attending the session shown above.

Please see some examples of exit routes you could be offered once your instructor deems you okay:

- Walking Football
- Main Stream Classes (Bodyvive, Dancing classes, indoor cycling)
- Bowls
- Walking For Health
- Nordic walking

FAQ's

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

You can be referred by any health professional if you live in the borders of Rutland. Next time you are with them speak to them regarding referring you to the scheme.

Who is eligible for the scheme?

If you are over 16 and have a long standing health condition that can be made better by taking part in physical activity. It is for anyone who isn't currently active (is taking part in less than 150 minutes of exercise per week)

How long does the scheme last?

The scheme is continuous you can be on the scheme for as long as you wish.

What do I need for my first session?

First session with the coordinator is a chat so normal clothes is fine. Also bring with you extra information as to any exercises you have already been given to do. For your first session at your chosen route comfortable clothing is required. These clothes should allow you to move around comfortably, trainers or comfy shoes are also required along with a drink.

For more information please contact:

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