

Fareham Exercise Referral Scheme Patient Information



**Subject to criteria conditions,
sign up today!**

What happens when I finish?

At week 10 of the programme, you will have gained the confidence, knowledge, motivation, and skills to exercise independently without the support of the exercise referral team

To continue with the benefits of exercise you will need to participate in 30 minutes of moderate exercise at least 5 times per week.

At your final consultation, we will recommend which activities you should continue to maintain and develop your exercise levels.

Finally, you will be given the opportunity to take out a membership 'at a reduced rate'

(but don't worry this will be discussed with you towards the end of your programme)

“This scheme is aimed at helping you to enjoy and maintain physical activity as part of a healthy lifestyle, as well as helping to increase your strength and flexibility”

Only relevant personal and medical information will be requested to complete the necessary referral forms.

The information obtained will be kept secure at all times and will only be accessed by the exercise referral team.

How do I get started?

Your GP or health professional can refer you to the Exercise Referral Scheme at Fareham Leisure Centre by completing the necessary referral form

Our role is to help you become more active and to:

- Encourage you to start a suitable exercise programme
- Encourage you to adopt a healthier lifestyle
- Advise you on how to exercise safely
- Offer you access to special discounts and group exercise sessions
- Assist you with queries
- Support you throughout the programme

For further information, please contact;

Exercise Referral Scheme
Fareham Leisure Centre
Park Lane
Fareham
Hampshire
Po16 7JU

Tel: 01329 233652

Email: fareham-er@slm-ltd.co.uk

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What is Exercise Referral?

Its not about pounding the gym, there are a whole range of opportunities inside and outside of Fareham Leisure Centre that you can participate in.

You will be supported by a qualified member of the exercise referral team, helping you to enjoy and maintain physical activity as part of a healthy lifestyle.

Who is Exercise Referral for?

Any adult who already has a pre-existing or health risk condition, which can benefit from exercise or those at risk through a non—active lifestyle, can be referred.

You can be referred to the scheme for any of the following health conditions;

- High Blood Pressure
- Type 2 Diabetes
- Obesity
- Asthma
- Mental Health (Depression, Anxiety, Stress, Postnatal Depression)
- Osteoarthritis
- Chronic Obstructive Pulmonary Disease (COPD)
- Back Care (following NHS pathway)
- Cancer

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CANCER SUPPORT**



What are the benefits of regular physical exercise?

Regular physical exercise can benefit your heart, weight, muscle, and mind. Physical exercise can help protect you from developing health problems, or assist you to manage and control existing problems. Activities away from the leisure centre are recorded on a tracker card.

What will I learn by participating in the scheme?

During the session you will learn how physical exercise can positively effect your health and well-being. You will have the opportunity to meet new people, understand your body's needs and enjoy yourself.

What does it cost?

The initial hour assessment costs £8.75 where a suitable programme will be agreed with you. You will have an initial, mid and end of programme consultation

Week 1, Initial consultation (1 hour)
Week 5, Mid programme consultation (30 minutes) £4.65
Week 10, End of Programme consultation (30 minutes), £4.65

What is available to me?

- Personal training sessions, £4.05 per session
- Three group exercise classes, £1.65 per session
- Supervised gym sessions, £4.05 per session
- 40% discount available
- Walking to Health Walks
- Free activity planner (as some of the activities you may do e.g. walking and cycling will be done outside of the leisure centre)

