

Exercise Referral Scheme Outline

Aims and Objectives

The Exercise Referral Scheme contributes to the vision of the Council to “improve the quality of life, deliver economic growth and provide value for money services for the people of Huntingdonshire.” and links to the Enabling Communities priorities to:

- Support people to improve their health and wellbeing

The overall aims of the service are to ‘***promote active lifestyles***’ and ‘***reduce health inequalities by increased participation in sport and physical activity***’.

Eligibility

- All medically qualified staff registered with the scheme can refer; these are generally: General Practitioner, Practice Nurse, Physiotherapist or Occupational Therapist.
- All residents of Huntingdonshire, aged 16 years plus, are eligible to one referral per condition. In certain instances, residents aged 16 years or under will be considered.
- Clients who have been a member of the gym within the last 2 years are not eligible; discretion may be applied depending on the reason for referral.
- All Cardiac Rehabilitation patients from Papworth, Hinchbrook and Addenbrookes Hospitals can be referred.
- The Scheme welcomes individuals with any of the Target Conditions that may benefit from controlled, regular exercise.
- Other medical conditions that may benefit from controlled exercise will be assessed on a case-by-case basis providing there are **appropriately qualified staff**. Where it is deemed no suitably qualified member of staff is available referrals will be refused.

Procedures

- The Health Professional (HP) completes a Referral for Exercise Form which should be sent directly to the One Leisure Active Lifestyles Team by submitting online or by post to the address on the form marked “personal and sensitive information, deliver sealed”.

- A Physical Activity and Exercise Specialist (PAES) will verify the form contains sufficient information in order for them to tailor a safe and effective exercise programme for the client. Where this is not the case the Physical Activity and Exercise Specialist will contact the HP for additional information. The referral will be placed on hold until this information is received.
- A PAES will contact the client to arrange a consultation at the earliest convenient time. Each client will be seen as quickly as possible but can take up to 8 weeks depending on waiting lists. Cardiac Rehabilitation clients and those deemed of higher risk will be prioritised.
- At the consultation, the client's expectations are discussed with their PAES. The PAES also conducts a fitness assessment on the client to ascertain the correct level of intensity of exercise.
- The PAES writes an individual exercise routine for the client and inducts the client to this programme. The client leaves the exercise induction fully understanding the exercise routine they are to follow and how to use the equipment safely and effectively.
- The client is permitted twelve weeks unlimited use of the Fitness Suite, with three different options; Daytime, (off-peak = Monday – Friday during the day until 4.30pm and all weekend), Anytime, and All-in (inclusive of classes).
- The PAES monitors the client's progress throughout the twelve-week period.
- A final consultation is arranged for the end of the twelve weeks to discover if there is any improvement in the client's condition or general feeling of wellbeing.
- The Fitness Assessment results, together with comments, are sent electronically to the HP who made the referral. A current email address is required from the HP.
- On completion of the referral period, the client remains a member of the Fitness Suite and is encouraged to continue exercising on a long-term basis.
- Support and encouragement continues to be given to all members of the Fitness Suite regarding healthy active lifestyles and alternative forms of exercise.

Target Conditions

- Cardiovascular disease (eg CHD/stroke)
- Cancer
- Diabetes (Types 1 and 2)

- Hypertension
- Mental health (eg depression/anxiety)
- Musculoskeletal (MSK)
- Obesity (BMI >30)
- Respiratory conditions (eg asthma/COPD)

Cost

- No cost to the Referring Agency or Health Professional.
- The scheme cost varies between £62-£83.50 one off fee (Daytime, or anytime) or £29.80 per month for All In, to enrol on the Exercise Referral Scheme. This includes 12 weeks unlimited off-peak or peak access to the gym, the initial and final consultations/fitness assessments and interim support and guidance.
- Each exercise session within the twelve-week referral period is free. The duration and frequency of sessions will vary from individual to individual, but between 30-60 minutes twice to three times per week is normal.
- Once the referral period has ended, the client has two options to continue to use the gym facilities:
 1. Pay £4.20 per visit (off-peak) for 12 months
 2. Take out a discounted prepaid membership option with One Leisure with no membership/joining fee.

Practical Considerations

- Clients do not need special sports clothing. Comfortable walking shoes or trainers are adequate, along with loose fitting trousers and a t-shirt. Jeans are not permitted.
- All Fitness Suite users are advised to bring a towel and a cold drink.
- Inhalers and other medication should be left with the Fitness Consultant on duty for the duration of the exercise session.
- All Fitness Suite users are advised not to exercise if they are feeling unwell or are experiencing adverse reactions during or after their session.

What Next?

- Ensure you are registered to make referrals to the Exercise Referral Scheme (if you are not sure, or to register, visit our website or contact the One Leisure Active Lifestyles Team on [07827 958266](tel:07827958266)).
- Complete the Exercise Referral Form as fully as possible and submit.
- Your client will be contacted directly to arrange the initial consultation with a qualified Physical Activity and Exercise Specialist.
- There is a waiting list of up to 8 weeks for the Exercise Referral Scheme. Cardiac and higher risk clients will be prioritised.

Contacts

- Exercise Referral Team, One Leisure Active Lifestyles, Eastfield House, Stukeley Meadows Industrial Estate, Huntingdon, PE29 6YG
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- www.huntingdonshire.gov.uk/healthprofessionals