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Please contact the council by telephone on **0300 456 0100**, email [customerservices@wiltshire.gov.uk](mailto:customerservices@wiltshire.gov.uk) or visit [www.wiltshire.gov.uk](http://www.wiltshire.gov.uk)

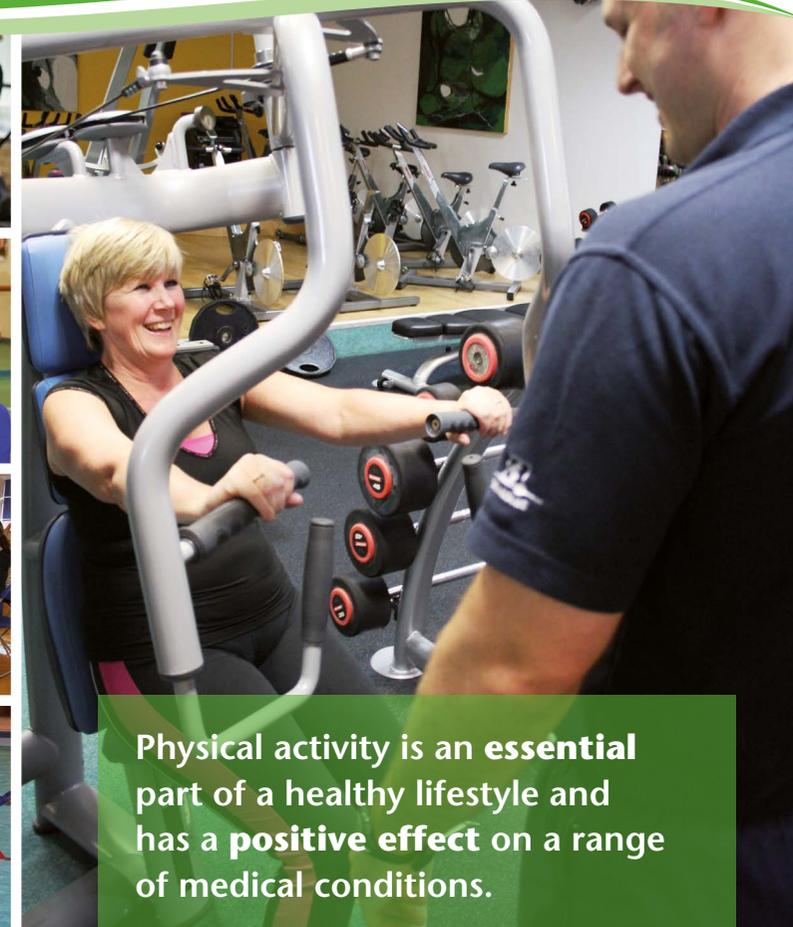


## Physical activity referral programme

For further information about the Active Health programme contact the co-ordinator for your area. They cover the towns listed and surrounding villages.

- **North** – Wootton Bassett, Chippenham, Malmesbury, Corsham, Calne and Cricklade  
Deborah Newth, Active Health hub co-ordinator  
Tel: 07532 264460 or  
Email: [deborahnewth@pfpleisure.org](mailto:deborahnewth@pfpleisure.org)
- **West** – Trowbridge, Melksham, Bradford on Avon, Westbury and Warminster  
Richard Latham, Active Health hub co-ordinator  
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Email: [richardlatham@pfpleisure.org](mailto:richardlatham@pfpleisure.org)
- **East** – Devizes, Marlborough, Pewsey and Tidworth  
Sally Phillips, Active Health hub co-ordinator  
Tel: 07799 074312 or  
Email: [sally.phillips@wiltshire.gov.uk](mailto:sally.phillips@wiltshire.gov.uk)
- **South** – Amesbury, Durrington, Salisbury, Tisbury and Downton  
Paul Needham, Active Health hub co-ordinator  
Tel: 07823 536256 or  
Email: [paul.needham@wiltshire.gov.uk](mailto:paul.needham@wiltshire.gov.uk)
- **General enquiries**  
Email: [PhyiscalActivity@wiltshire.gov.uk](mailto:PhyiscalActivity@wiltshire.gov.uk)

The programme is supported by; The Staff Club, Salisbury District Hospital, Calne Leisure Centre, Cricklade Leisure Centre and Downton Leisure Centre.



Physical activity is an **essential** part of a healthy lifestyle and has a **positive effect** on a range of medical conditions.

# What is the physical activity referral programme?

Physical activity referral is a 12 week programme that your GP or healthcare professional can refer you to.

Physical activity referral will benefit you if you currently undertake no, or very little physical activity.

A trained exercise professional will devise a programme that is suitable for you. You will receive one-to-one consultations and we will set your goals, monitor your progress and ensure you get the best from the scheme.

As part of the programme you may take part in a range of activities either at a leisure centre, in the local community, or in an outdoor setting. This could include activities such as gym sessions, swimming, walking groups, or specialist group exercise classes. During the 12 weeks of your programme, activities within our leisure facilities will be charged at a concessionary rate.

## What are the benefits?

People who have completed the 12 week programme have reported:

- weight loss or shape change
- improved overall health and sense of wellbeing
- improved sleep and reduced stress
- improved mood
- improved mobility and ability to enjoy life more
- increased fitness and energy levels
- reduced blood pressure and/or cholesterol levels
- improved confidence
- reduction in visits to GP

It can also:

- help reduce the risk of coronary heart disease, stroke and cancer
- enable people to manage their diabetes more effectively
- help prevent osteoporosis and arthritis
- help manage or reduce risk of coronary artery disease or peripheral vascular disease
- improve strength, flexibility and balance
- help to manage depression and anxiety
- improve / manage mild to moderate respiratory problems, such as asthma

## Who can be referred?

You can be referred if you have one, or more, of the following conditions, or risk factors that affect your health and wellbeing.

- Overweight or Obesity
- Depression, Anxiety or Stress
- Diabetes
- High Cholesterol
- High Blood Pressure
- Cancer Diagnosis
- Coronary Heart Disease or Peripheral Vascular Disease
- Asthma, COPD or other Respiratory Disease
- Stroke, TIA's or Brain Injury
- Parkinson's Disease, Multiple Sclerosis or other Neurological Conditions
- Fibromyalgia, Polymyalgia, ME or Chronic Fatigue
- Arthritis, Joint Pain, Chronic Back Pain or Osteoporosis
- Post Surgery, Musculoskeletal or Injury Recovery

Ask your GP if you are eligible for referral.

## How does it work?

### Step one

If you are eligible, your health care professional will refer you to the Active Health programme.

### Step two

Your local Active Health hub co-ordinator will contact you to discuss the 12 week programme and book an appointment at the leisure centre.

### Step three

Your Active Health referral instructor will meet you at reception before your initial consultation. They will work with you to review your current lifestyle, set goals and discuss types of activity suitable for you. A 12 week review appointment will be made at this point.

### Step four

Your Active Health referral instructor will be on hand throughout the programme for support and to monitor your progress. You will be able to contact your instructor at any time during the programme if you need to.

### Step five

Your progress will be reviewed at the end of the programme and we will help you to decide how you can continue to lead an active healthy lifestyle with or without support from the Active Health referral team.