

Northamptonshire Activity on Referral Scheme Patient Information Leaflet



What is Activity on Referral?

The Northamptonshire Activity on Referral scheme offers exercise sessions tailored to your individual needs and is offered at various venues throughout Northamptonshire. Now that you have been referred by your health professional you can use this information leaflet to choose and then book your preferred programme at a venue local to you.

How long is the scheme?

Activity on Referral is your introduction to exercise and lasts 12 weeks. Over the course of the programme you are encouraged to build up your weekly activity levels by attending at least 2 - 3 sessions each week, complimented by exercise at home (eg: walking).

How much support will I get?

Our Activity on Referral instructors have been trained to work with people with the health conditions and will know how your condition will affect exercise and what exercise you can do. They will therefore ensure that you are supported to exercise safely.

How much will it cost?

There is a cost to participate in the scheme but it is at a reduced rate than the normal sessional fee. Costs vary from venue to venue. For the list of site charges please visit: www.exercisecanhelp.com
The cost of the scheme must be paid directly to the venue/instructor on your first session. Unfortunately there are no discounts under any circumstances. The cost is the same regardless of age, employment status etc.

What will I need to wear and what shall I bring to the sessions?

Please wear trainers and comfortable clothing – for example tracksuit bottoms or other loose trousers and no denim for gym / class based sessions. Please take along any relevant medication as well as your referral form.

I am really unfit, will the scheme be suitable for me?

The instructors are trained to work with people who have health conditions similar to you, and will encourage you to work at a level suitable for your health and fitness level whilst still motivating you.

What if I need someone to come with me?

You will not be allowed to simply 'bring a friend' along to exercise, but it is fine to bring someone along with you to support you if you wish. This may be applicable to non-English speaking participants or people with carers. This person will not need to pay but cannot use any of the equipment.

What activities does the scheme include?

Activities you can take part in as part of the scheme include: Gym based exercises such as weights and use of the cardiovascular machines (eg: treadmill, steppers, rower) group exercise classes and swimming if the site has a pool.

What happens when I finish?

At week 12 of the programme, you will have gained the confidence, knowledge, motivation and skills to exercise independently without the support of the Activity on Referral instructor. To continue with the benefits of exercise you should participate in 30 minutes of moderate exercise at least 5 times a week. At your final consultation, you will be provided with other activities you should continue with to maintain and develop your exercise levels. Finally, you will be given the opportunity to take out a membership at a discounted rate. This will be discussed with you towards the end of your programme.

What will I learn by participating in the scheme? During the sessions you will learn how physical exercise can positively affect your health and well-being. You will have the opportunity to meet new people, understand your body's needs and enjoy yourself.

How do I get started?

Contact your preferred Activity on Referral site listed below. Inform them that you have been referred on to the scheme and would to make an appointment for your initial consultation with one of the Activity on Referral instructors.

Activity on Referral Sites

Lodge Park Sports Centre , Shetland Way, CORBY NN17 2SG	01536 464643
Corby East Midlands International Swimming Pool , George Street CORBY NN17 1QG	01536 464643
Brook Weston Fitness , Brook Weston Academy, Coomb Rd, Great Oakley CORBY NN18 8LA	01536 397003
Reach for Health , 16 High March, DAVENTRY NN12 4HB	01327 871118
Daventry Leisure Centre , Lodge Road, DAVENTRY NN11 4FP	01327 871144
The Pemberton Centre , H.E. Bates Way, RUSHDEN NN10 9Y	01933 350324
Imperial Court , Duck Street, RUSHDEN NN10 6RY	01933 315116
Manor Sports Centre , Mountbatten Way, RAUNDS NN9 6PA	01933 461459
The Nene Centre , Cedar Drive, THRAPSTON NN14 4JY	01933 350324
Montsaye Community Sports Centre , Greening Road ROTHWELL NN14 6BB	01536 713708
Kettering Swimming Pool & Expressions Health Club , London Road KETTERING NN15 7QA	01536 410253
Desborough Leisure Centre , Ironwood Avenue, DESBOROUGH NN14 2JJ	01536 761239
The Mounts Baths , Upper Mounts NORTHAMPTON NN1 3DN	01604 838333
Lings Forum Sport Centre , Billing Brook Road, Weston Favell NORTHAMPTON NN3 8UR	01604 838333
Danes Camp Leisure Centre , Clannell Road, Hunsbury NORTHAMPTON NN4 0RX	01604 838333
Pump Gyms Northampton , 3 Kingsfield Business Park, Gladstone Road NORTHAMPTON NN5 7PP	01604 753425
Fitness Without Boundaries , Lodge Farm Community Centre, Crestwood Rd, NORTHAMPTON NN3 8JJ	01604 452750
Brackley Leisure Centre , Springfield Way BRACKLEY NN13 6JT	01280 701787
Towcester Leisure Centre , Springfields TOWCESTER NN12 6UW	01327 322480
Redwell Leisure Centre , Barnwell Road WELLINGBOROUGH NN8 5LP	01933 402045

To attend the scheme you must be referred by your **health professional** (eg, your GP or Practice Nurse) and you must have received a completed Referral Form to accompany this leaflet.

For more information contact: Jackie Browne, Northamptonshire Sport
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