Physical activity offers huge benefits - doing a little bit of physical activity each day brings health benefits and a sedentary lifestyle carries additional risks.

EXERCISE REFERRAL ACTIVE LIVING

LIFE CHANGING, BETTER MOVEMENT FEEL FITTER, STRONGER & LIGHTER, STAND STRAIGHTER, SOCIALISE & HAVE MORE FUN WITH THE SUPPORT OF OUR EXPERT TEAM!

Our Exercise on Referral Scheme, delivered in partnership with Forest Heath District Council and St Edmundsbury Borough Council, is a subsidised scheme encouraging people towards regular physical activity, offering advice on healthy eating, help with stopping smoking and how to combat stress.

The exercise on referral scheme is for people whose GP or medical professional feels they would benefit from a healthier and more active lifestyle.
REFERRAL FOR EXERCISE

PATIENT/CLIENT DETAILS
Surname: ........................................... Forename: ........................................... D.O.B: ...........................................
M / F ........................................... Tel no: ........................................... Mobile no: ...........................................
Email: ........................................... Address: ...........................................
.............................................................................................................. POSTCODE (must be provided) ...........................................
G.P Dr: ........................................... G.P’s Address: ...........................................
Primary Reason(s) for referral: (please print clearly)
..............................................................................................................

NEXT OF KIN TO BE CONTACTED IN AN EMERGENCY
Name: ...........................................
Tel: ........................................... Relationship: ...........................................
Other clinical diagnoses and/or current health problems
1. ...........................................
2. ...........................................
3. ...........................................
Seated BP: ...........................................

Medication:
1. ........................................... 2 ...........................................
3. ........................................... 4 ...........................................
5. ........................................... 6 ...........................................
Other (Specify). ...........................................

KNOWN MEDICAL CONDITIONS (PLEASE FILL IN AS THIS MAY SLOW DOWN THE REFERRAL PROCESS)
☐ Heart Attack   □ Hypertension   □ Anxiety/Depression
☐ Osteopenia    □ Asthma        □ Dizziness / Fails
☐ Osteoarthritis □ Previous Caesarean Section  □ Type 2 Diabetes
☐ Mental Health  □ Type 1 Diabetes   □ Rheumatoid arthritis
☐ Obesity       □ Other (specify) ...........................................

Referrer’s Signature: ........................................... Date: ...........................................
Referrer’s Name (please Print) ...........................................

Patients consent to release of medical information
Signed: ........................................... Date: ...........................................

MEDICAL IN CONFIDENCE IT IS THE RESPONSIBILITY OF THE PATIENT TO CONTACT THE EXERCISE ON REFERRAL TEAM ON 01284 757481
OR jackie.chubb@acleisure.com

Bury St Edmunds Leisure Centre
01284 753496
jackie.chubb@acleisure.com

Haverhill Leisure Centre
01440 702548
mandy.felton@acleisure.com

Newmarket Leisure Centre
01638 782500

Brandon Leisure Centre
01842 819150
The Gym Mildenhall
01638 719710
kim.parr@acleisure.com

FOR DETAILS OF PRICES PLEASE CHECK OUR WEBSITE OR CONTACT RECEPTION.
ACTIVITIES

Positive Steps 1 & 2
Gentle exercise class suitable for all, but especially those with osteoarthritis or concerned with delayed osteoporosis. It also includes a balance element which is designed for falls prevention. Free Tea & Chat. A chance to meet like minded people each week after the Positive Steps class.
**Bury/Haverhill**

Fitness Studio
Sessions take place in the gym under the supervision of our experienced GP referral team. Everyone will follow a programme using the latest fitness equipment that is tailored towards their individual aims of referral and fitness abilities.
**All Sites**

Low Impact Aerobics
A gentle low-impact aerobic exercise class designed for the over 50’s, combining functional strength, flexibility, balance work and suppleness exercises.
**Bury/Haverhill**

Gentle Circuit
A class with different levels provided at each circuit station to allow for all levels of fitness, particularly total beginners.
**Bury/Haverhill**

Water Exercise
The class is ideal for rehabilitative exercise and will help improve all the components of fitness; muscular endurance and strength, body composition, aerobic capacity and flexibility. This session takes place in the main pool.
**Bury/Haverhill/Mildenhall/Newmarket**

Aqua Aerobics
A gentle water workout particularly suitable for those with joint problems or balance problems. Water is more viscous than air providing 4-20 times more resistance so as you immerse in water, resistance is provided in all directions, allowing you to enjoy a balanced workout, and helping to lower risks of injuries.
**Bury/Haverhill**

Aqua Gym
Aquagym is a supervised gentle aqua circuit in the pool that uses a range of unique fitness equipment to help improve health and fitness, and is suitable for all levels/abilities and notably those receiving orthopaedic treatment or seeking rehabilitative exercise.
**Mildenhall/Newmarket**

Tai Chi
Tai-chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.
**Bury/Haverhill**

Powerplate Mobility
Vibration training increases muscle and bone density and can actually relieve pain and develop strength and balance.
**Bury**

Specialist Classes
Falls Prevention and Otago
**Bury/Haverhill**
How do I get started?
If you feel you would benefit from the scheme please speak to your GP, Practice Nurse, Community Psychiatric Nurse or Physiotherapist and ask them to complete the top section of the form opposite. Your referral will start with an initial assessment, following this you will be invited to attend a 12 week programme. Throughout our subsidised scheme you will have access to support, expert advice, help to increase your activity and to improve your health & wellbeing.

How much does it cost?
Payment will vary between sites and activities
Activities: Payment is required each time you attend your chosen activity. For full details of our GP referral discount scheme and all our activity prices, please contact reception or check our website

Who can refer you?
West Suffolk Hospital, Addenbrooks Hospital, Princess of Wales Hospital and Papworth Hospital. Other health professionals: Your GP, Dieticians, Community Psychiatric Nurses & Physiotherapists

To book your assessment or for more information
Contact the GP Referral Team Co-ordinator at your preferred site, below.

Brandon Leisure Centre  (01842) 819150
Bury St Edmunds Leisure Centre  (01284) 757481
Haverhill Leisure Centre  (01440) 702548
The Gym Mildenhall  (01638) 719700
Mildenhall Swimming Pool  (01638) 712515
Newmarket Leisure Centre  (01638) 782500

www.acleisure.com