



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.

Forest Heath & St Edmundsbury councils  
**West Suffolk**  
working together

 **Abbeycroft Leisure**  
INSPIRING A HEALTHIER YOU

# 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: ..... Tel no: .....  
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)

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Heart Attack   | <input type="checkbox"/> Hypertension               | <input type="checkbox"/> Anxiety/Depression   |
| <input type="checkbox"/> Osteopenia     | <input type="checkbox"/> Asthma                     | <input type="checkbox"/> Dizziness / Falls    |
| <input type="checkbox"/> Osteoarthritis | <input type="checkbox"/> Previous Caesarean Section | <input type="checkbox"/> Type 2 Diabetes      |
| <input type="checkbox"/> Mental Health  | <input type="checkbox"/> Type 1 Diabetes            | <input type="checkbox"/> Rheumatoid arthritis |
| <input type="checkbox"/> 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

<b>STAMP OF ORGANISATION</b> Stamp or Print name of organisation referring

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

<b>REF. NO.:</b>	

<b>CENTRE REF.</b>



# 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**

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## **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**

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## **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**

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## **Gentle Circuit**

A class with different levels provided at each circuit station to allow for all levels of fitness, particularly total beginners.

**Bury/Haverhill**

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## **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**

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## **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**

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## **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**

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## **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**

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## **Powerplate Mobility**

Vibration training increases muscle and bone density and can actually relieve pain and develop strength and balance.

**Bury**

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## **Specialist Classes**

Falls Prevention and Otago

**Bury/Haverhill**

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**I feel healthier and full of energy**

**my mobility improved, weight reduced and my quality of life improved**

**Great scheme and a great team**

### **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.

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

[www.acleisure.com](http://www.acleisure.com)

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