

Exercise Referral Programme:

Live Borders has a vision to improve lives through physical activity, sport and leisure. Within the company the Health and Physical Activity Development Officer is tasked with improving the lives of people living with specific health conditions by encouraging uptake of physical activity.

The benefits of physical activity are well documented with evidence that meeting the government recommendations of 150mins moderate physical activity per week can reduce the risk of developing many diseases, boost self-esteem, lower stress and risk of depression and improve a person's quality of life.

However, it is known that for some people, being physically active can be a challenge, both physically and mentally. At Live Borders we are working to develop an exercise referral programme which will deliver a range of physical activity options to provide safe, social and engaging ways of increasing an individual's physical activity levels.

Aim of the Exercise Referral

The aim of this programme is to encourage people to try out physical activity within a leisure centre and discover what types of physical activity options are best for them. Some participants may need support when engaging in exercise which this programme will provide this, with the hope that they will eventually self-manage.

Costs

Referral Type	Description	Cost	Duration
Health Condition Classes	Tiered exercise class (L1-4) based on own ability	£3.50	Unlimited
Steady	Falls Prevention Class for those with balance issues	£3.50	Unlimited
Activity Referral Membership	Independently exercising – all-inclusive membership	£23.00 Per 4 Weeks	12 weeks' total (3 subscriptions)
Mainstream DD memberships	Option for all Health Referrals – Concession memberships & No Joining Fee	Various	Various Options

Activity Referral participants receive a free gym induction and gym programme with their referral membership to ensure they are comfortable using the gym equipment and have something to follow when they do attend.

Who Qualifies for the Programme

Any service user who does not meet the weekly 150 minutes of recommended moderate physical activity and has any ongoing health conditions. There are however, some exclusion criteria that will not allow participation.

- Have a physical disability that limits the individual's ability to take part in exercise options such as swimming, group exercise classes and using gym equipment
- Have any unstable medical condition which would be exacerbated by exercise
- Unstable angina, heart failure, arrhythmias
- New or uncontrolled arrhythmias
- Major communication issues restricting ability to participate in Exercise.

Referral Process

The Activity Referral form is to be completed and sent to Paul Davis, Health and Physical Activity Development Officer at the following nhs.net address: **bord-uhb.exercisereferral@nhs.net**

Paul will contact participants and go over the relevant physical activity options. If they opt for the activity referral membership an induction will be booked at their local leisure centre. This will be the date the subscription starts and participants will be required to pay their £23.00 fee upon arrival. Participants can repeat the membership three times, for a total of 12 weeks (84 days). Members can contact Paul directly to renew or ask the leisure centres to contact Paul on their behalf. The Health Condition & Steadi classes are ongoing and users can attend for as long as they feel the benefit of the class.

Exit Pathway

Health Condition & Steadi Users have the option of progressing to the Activity Referral Membership. At the end of the 12 weeks of membership participants have the option to pay as they go at the concession price or take up a Direct Debit which will be at the concession rate and will have no joining fee.

Further Support

Should you have any questions please contact:

Paul Davis, Health and Physical Activity Development Officer

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