

# Exercise on Referral

## ■ Patient Pack

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Helping you become more active and lead a healthier lifestyle



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**NHS**

Bassetlaw

change  
**4 life**  
Eat well Move more Live longer



**BASSETLAW**  
DISTRICT COUNCIL  
NORTH NOTTINGHAMSHIRE



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Modern lifestyles can mean that we are a lot less active nowadays. With TV and home entertainment and with so much convenience and fast food available, we don't move about as much, or eat as well as we used to.

This means we can miss out on getting the exercise we need. The exercise that can prevent conditions such as coronary heart disease and help improve things like obesity and diabetes. Through simple exercise, such as walking to work, walking the dog, gardening and dancing we can make a real difference to our health. And if we do these activities regularly, then the benefits can really increase.

Since 2001 Bassetlaw District Council and NHS Bassetlaw have been working together to promote the benefits of exercise. Through GP referrals over 2000 local people have taken part in our joint Exercise on Referral programme and changed their lives for the better. I very much look forward to this programme going from strength to strength and improving the health of Bassetlaw.

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We are delighted to be working alongside Bassetlaw District Council to re-launch the Exercise on Referral Programme.

If we can encourage both adults and children to take more exercise and live more healthy lives through a programme such as Exercise on Referral then we are well on the way to improving the health and well-being of the population in our locality. The re-launch of the programme will mean that greater numbers of our patients from across our society will be able to benefit from a variety of activities.

Since 2001 over 2000 people have been referred and have successfully undertaken the Exercise on Referral Programme, it is my hope that as we re-launch the programme many more people will be referred and benefit from what is to be an exciting programme of exercise that will change their lives for the good.

Helen Colton, Chairman  
Bassetlaw District Council

Felicity Cox, Chief Executive Officer  
NHS Bassetlaw

## ■ What is Exercise on Referral?

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Bassetlaw's Exercise on Referral programme is working towards helping improve the health and well-being of people suffering from a variety of medical conditions by supporting them to lead a more active lifestyle.

Most people would agree that physical activity is good for you; however, the majority of us don't do enough to improve

our health and some of us don't do anything at all.

Available through your GP or Healthcare Professional, this programme aims to provide you with the support and advice you need to exercise safely and appropriately. You will learn new skills such as how to listen to your body and exercise at a pace which is comfortable for your condition.

## ■ Will regular exercise help my condition?

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Regular exercise can benefit a wide range of health conditions such as:

- Arthritis
- Diabetes
- Hypertension
- Stable Angina
- High BMI Pregnancy
- Obesity
- Respiratory Disorders

- Stroke
- Post Myocardial Infarction
- Post Coronary Artery Bypass
- Depression

For a comprehensive list of conditions that could benefit from participation in the programme please consult your GP or Healthcare Professional.

## ■ How do I become involved?

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You will need to make an appointment with your GP, Practice Nurse or participating Healthcare Professional to discuss whether the programme is suitable for you. You will then be referred to your Exercise Co-ordinator who will contact you to discuss activities appropriate to your condition. They will

help you set realistic and achievable goals; they will provide you with the support and advice you need to become a confident, independent and active person. For a full list of participating GPs and other Healthcare Professionals please see the insert in the back of this pack.



"It has improved my breathing 100% in just 12 weeks"

Ray from Costhorpe



## ■ What activities can I take part in?

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The range of activities you can take part in will depend on your individual health needs and your personal preference.

We are constantly expanding the range of activities available on our programme.

For a up-to-date listing, please visit our website [www.bassetlaw.gov.uk](http://www.bassetlaw.gov.uk) or contact your Exercise Co-ordinator on 01909 533480 or by email at [angela.dainty@bassetlaw.gov.uk](mailto:angela.dainty@bassetlaw.gov.uk)

Activities currently available include:

- Gym-based exercise
- Health Walks
- Gardening
- Aquafit
- Dance
- Chair-based exercise classes
- Pedometer loan scheme
- Cardiac Rehabilitation Phase IV

Clients participating in the Cardiac Rehabilitation Phase IV programme will attend group activities approved and led by a British Association of Cardiac Rehabilitation Instructor.

## ■ What should I bring?

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Make sure you bring the following with you when you attend your first appointment:

- Your current medication list
- Any medication you may require on the day e.g. fast-acting inhalers etc.
- A water bottle

- Loose, comfortable clothing and flat shoes

You may bring a friend or relative with you for support, however they will not be able to take part in the activities unless they have been formally referred to the programme.

## ■ How much will it cost?

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Our Exercise Co-ordinator will discuss all costs with you before you start.

Wherever possible we try to secure a reduced rate for participants.

## ■ How long is the programme?

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The programme takes 12 weeks, throughout which you will receive the support and motivation you need to progress to independent exercise.

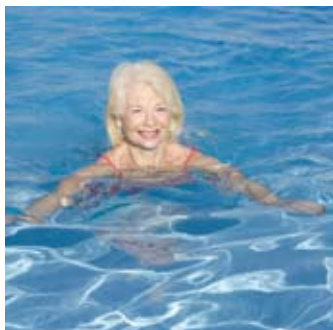
Your Exercise Co-ordinator will contact you on a regular basis to see how you are progressing and to advise you of new

activities available on the programme. You can contact the Exercise Co-ordinator at any time for advice and information.

At 6 weeks, 12 weeks, 6 months and 12 months we will contact you to see how you're progressing.

"It has improved my lifestyle, both physical and sociable"

Margaret from Costhorpe



"It makes you feel good about yourself"

Derek from Bircotes



“The programme helped me after my heart surgery – it built up my confidence”

Teg from Retford



## ■ Practical advice

If you are contemplating starting exercise but are unsure what to do, here are some tips to get you started:

1. Always check with your GP or Healthcare Professional before embarking on any exercise which may aggravate your condition
2. Start slowly and build up gradually
3. Set realistic goals
4. Encourage a partner or friend to exercise with you
5. Exercise ‘little and often’ for best results
6. Choose an activity you enjoy

For more information or for general enquiries about the Exercise on Referral Programme please contact the Exercise Co-ordinator on 01909 533480, by email at [angela.dainty@bassetlaw.gov.uk](mailto:angela.dainty@bassetlaw.gov.uk)

If you feel your lifestyle is having a negative impact on your health and would like advice and information

on how to make improvements then please complete the self-referral form in the back of this pack. The Exercise Co-ordinator will contact you to discuss your options.

Another option available to you might be a Health Trainer, which is a free NHS service. They are there to support and encourage you into making healthy life style changes, as it is often hard to make a change without support.

Health Trainers can help you:

- Eat more healthily
- Become more active
- Feel more confident
- Quit smoking
- Drink sensibly
- Feel happier and healthier

Take small steps to a healthier lifestyle. Start your journey today by contacting the Health Trainer service.



“The programme was very motivational ensuring commitment to exercise”

Bargh from Worksop

“Very friendly and enjoyable and is doing us the world of good”

Irene from Worksop





Change4 Life is here to help us all. Sign up to Change4Life today and receive a personalised pack full of tips, tools and activities to help you start to eat better and move more, go to [www.change4life.co.uk](http://www.change4life.co.uk) or call 0300 123 4567\* We're open from 9am to 8pm 7 days a week.

\*calls to 03 numbers should cost no more than geographic 01 or 02 calls, and may be part inclusive minutes subject to your provider and your call package.