

Name of client

Date of birth

Address

Telephone
number

Referral reasons (please select all that apply)

Hypertension

Asthma/respiratory

Mental Health

Arthritis

Diabetes

Pre-op/post-op

Neurological

Osteoporosis

Obesity

High cholesterol

Joint pain/injury

Steady and
Strong classes

Sedentary

Cancer rehab

Cardiac rehab

Other

Current medications

Is there any other medical history we should know about?
Specific exercises/approaches to be **avoided** (if known)

Please tick and sign as appropriate:

GP/Healthcare referral

In my medical opinion, the above named patient is able to undertake a suitable programme of physical activity and is aged 16 or over.

Name

Signature

Date

Self-referral - patient consent

I am aged 16 or over and there is no known reason why I should not take part in an exercise programme. I have read and understood the referral criteria and I can confirm that I meet this. I understand that I am undertaking this programme of my own accord.

Name

Signature

Date

The HealthWorks physical activity referral scheme is designed to provide opportunities for people to improve their health and become more active. It is facilitated by the team based at the Places Leisure Eastleigh Health Hub (also operating from Wildern Leisure Centre, Hedge End).

Referral criteria:

- ▶ 16 years old or over
- ▶ have an existing medical condition that could be improved by being more physically active (e.g. mental health, cancer, or neurological/pulmonary/cardiac)
- ▶ live a sedentary or physically inactive lifestyle
- ▶ at risk of Coronary Heart Disease (e.g. high blood pressure, high cholesterol, diabetes, obesity)

The following are NOT suitable for referral:

- ▶ Unstable angina
- ▶ Unstable hypertension
- ▶ Unstable diabetes
- ▶ Unstable/severe mental health
- ▶ Early post cardiac event, prior to completing Phase III Cardiac Rehabilitation

How much does it cost?

Your first appointment, follow up appointments and design of your programme are free services.

The use of leisure facilities are not free of charge, but HealthWorks service users receive a discounted rate for activities that fall under the scheme. Activities include, gym access, swimming and low intensity classes.

What's the process?

Your first appointment can take anywhere between 30 to 60 minutes at either Places Leisure Eastleigh or Wildern Leisure Centre. You will meet with a member of the HealthWorks team to go through a pre-exercise questionnaire and discuss the different activities available.

The team will work with you to set realistic goals and work through an action plan. If the gym is something you would like to try, we'll set you up with a personalised programme and taking into account your medical conditions and reason for referral.

Throughout the programme you will have access to ongoing support and receive follow-ups/reviews

Once you have completed your initial 12 week period you can remain on the scheme for a further year as a graduate user, with ongoing support from the team.

What do I do now?

Get in touch with us to arrange your initial consultation.
Call 023 8068 4813 or email healthworks@eastleigh.gov.uk