

(Last Updated May 2021)

The Active Referral Scheme provides professional support to inactive adults with health conditions; helping them to get more active in a way that is safe, effective and sustainable.

This can involve a specific intervention programme based at a leisure facility, or simply sign-posting to appropriate activities available locally. Please note that there are no discounts associated with exercise referral when participants are signposted to community activities.

## **Programme Criteria**

If the following criteria apply to you, you should be eligible for a targeted intervention:

**1. Inactive: Completing less than 30 minutes of structured, moderate intensity exercise per week.**

**2. Intention to increase physical activity levels long term; not just the duration of an intervention.**

**3. Living with a (clinically stable\*) long term health condition**

Exercise Referral Conditions (12-week Intervention):

- BMI 30+
- Diabetes
- Mental health
- Rheumatoid arthritis
- Osteoarthritis
- Osteopenia/ osteoporosis
- Back pain
- Other MSK condition/ surgery
- Locomotive/ neurological condition
- Respiratory condition (mild-moderate severity)

Cardio-Pulmonary Referral Conditions (16-week Intervention):

- Recovery from recent cardiac or pulmonary event/ surgery
- Heart failure
- Moderate-severe respiratory condition

Steady Steps Criteria (ALL criteria must apply):

- 65+
- Feels unsteady on their feet/ fear of falling
- Has had <3 injurious falls in the last 12 months.

\*Controlled by lifestyle or medication for at least 6 weeks to the point where the risk of an acute episode or exacerbation triggered by exercise is minimal.

## **Contraindications:**

- Uncontrolled angina
- Resting Systolic BP > 180 mmHg or resting Diastolic BP > 100 mmHg
- Resting tachycardia > 100 bpm
- Significant postural hypotension
- Uncontrolled atrial or ventricular arrhythmias
- Acute systemic illness (e.g. acute cancer-related problems, pneumonia)
- Unstable or acute heart failure
- Recent injurious fall without a medical examination
- Unable to maintain seated upright posture due to neurological deficits
- Impaired cognition where simple movement instructions cannot be followed

## Targeted Intervention Programmes

### **L3 Exercise Referral with Everyone Active**

This programme provides a 12-week course of physical activity supervised by Exercise Referral Instructors. You will start with an initial consultation including discussion of your health conditions, targeted goal setting activities, and a programme induction. After your induction you will be able to access 12 consecutive weeks of sessions. There will be a mixture of gym and studio-based hours available, and we will try to provide 1-2 evening options per week. You will be invited to a review session with an instructor after 6 weeks, and again after 12 weeks to discuss your progress towards your goals and make any changes as needed. At the end of the 12 weeks, we will encourage you to continue exercising regularly in any way that you can. You will be sent a follow-up questionnaire 6 months and 12 months after starting in order to assess the long-term impact of this programme.

This programme takes place at Enderby Leisure Centre and Huncote Leisure Centre.

### **L3 Exercise Referral in the community**

This programme offers a similar structure to the leisure-based programme described above. You will work remotely with an Exercise Referral Instructor (ERI), who will complete an initial consultation, 6-week review, 12-week review and check-ins when needed. We understand that leisure centre activity is not the best option for everyone, so through this programme you can access the ERI support, but be signposted to other opportunities in the community such as classes, walking groups, or even home-based exercise. At the end of the 12 weeks your ERI will help you to plan for how you will keep up the momentum and stay active. You will also be sent a follow-up questionnaire after 6 months and 12 months in order to assess the long-term impact of this programme.

### **Cardio-Pulmonary Rehabilitation with Everyone Active**

C-P Rehab provides a 16-week course of physical activity supervised by Cardio-Pulmonary Rehab Instructors (CPRIs). It is aimed at those recovering from a recent cardiac/ pulmonary event or surgery, and those with a moderate-severe cardiac/ pulmonary condition.

You will start with an initial consultation including discussion of your health conditions, targeted goal setting activities, and a programme induction. After your induction you will be able to access 16 consecutive weeks of sessions. The types of sessions that will be available may be gym-based, class-based, or both. There will be two sessions per week available during the daytime. You will be invited to a review session with an instructor after 8 weeks, and again after 16 weeks to discuss your progress towards your goals and make any changes as needed. At the end of the 16 weeks, we will encourage you to continue exercising regularly in any way that you can. You will be sent a follow-up questionnaire 6 months and 12 months after starting in order to assess the long-term impact of this programme.

This programme takes place at Enderby Leisure Centre and Huncote Leisure Centre.

### **Steady Steps Classes (falls prevention)**

Steady Steps is a 24-week course of weekly exercise classes and home-based exercise aimed at older adults who feel unsteady on their feet. These programmes are delivered by Postural Stability Instructors (PSIs) and have taken place at a number of different venues across the district including leisure centres and parish halls. We are accepting referrals onto the waiting list at this time, but please be aware that it may be a while before a class becomes available in your area.

### **Steady Steps Remote (falls prevention)**

For those who are house-bound or otherwise unable to access in-person classes; we are currently trialling remote versions of the Steady Steps programme. One option will be a virtual group exercise class that will require access to video chat software. An alternative option will be a telephone exercise prescription service. Participants would be sent a set of exercise cards via post and have regular telephone appointments with a PSI to plan which exercises to do each week.

## **Privacy Notice**

Any personal information supplied to us as part of your referral will be processed in accordance with the General Data Protection Regulation (GDPR) and the Data Protection Act 2018. We may share this information with other council departments, local authorities, government departments or law enforcement organisations to improve service delivery or for the prevention or detection of crime and fraud where the law allows this. Relevant information will be shared between Blaby DC and your programme deliverer, and your GP to ensure that the programme is safe and effective. Anonymous data will be sent to our funders to demonstrate the programme's impact. We will also share your contact details if requested as part of the NHS Test and Trace process. Further information on how we handle your personal information can be found on the Data Protection Notice web page at <https://www.blaby.gov.uk/your-council/data-security-and-access/data-protection-privacy-notice/> or search Privacy Notice at [www.blaby.gov.uk](http://www.blaby.gov.uk).

## Other Services and Programmes

The following services can be accessed in addition to or instead of a targeted intervention programme. Please note that all instructor led group activities will adhere to any government and industry mandated infection control requirements (eg/ test and trace).

### **Active Together Walks**

These are volunteer led weekly walks that take place throughout the district.

Sign up for walks via [www.sportblaby.org.uk/walking/](http://www.sportblaby.org.uk/walking/). If you do not have web access, you may call 0116 272 7703 to have Blaby DC staff member fill out the details on your behalf.

### **A Place to Grow**

This is a community gardens project that supports people living with mental health conditions, learning disabilities, and long term health conditions. The garden is based in Enderby, and has plenty of space to enjoy the outdoors with over an acre of land, a cottage garden, a mini orchard, a pond and vegetable plots.

You can be referred, or you can self-refer to this service, but please do sign up in advance to allow us to manage numbers and comply with Test & Trace.

Web: <https://www.blaby.gov.uk/leisure-health-and-community/parks-and-green-spaces/a-place-to-grow/>

Contact: [leisure@blaby.gov.uk](mailto:leisure@blaby.gov.uk)

### **Leicestershire Weight Management Service**

The LWMS offers a variety of support options depending on your needs, ranging from a self-managed programme using a smartphone app, to weekly contact with a nutritionist for a 12-week period.

If you have a BMI of 30+, we can make a referral on your behalf directly to the LWMS. We just need your permission to pass on your contact details and some information about your weight management journey so far.

Web: <https://www.leicestershirewms.co.uk/>

### **Beginners Social Tennis with Enderby Lawn Tennis Club**

Enderby Lawn Tennis Club are offering 6-week blocks of low intensity sessions for adults who have been affected by health conditions, physical deconditioning, isolation and/or mental health during the pandemic.

FREE tasters are offered before each block so that you can try it out with no strings attached!

To register your interest, contact: [hannah.powell@blaby.gov.uk](mailto:hannah.powell@blaby.gov.uk), or call 0116 272 7703.

### **Mental Wellbeing and Lifestyle Services**

Leicestershire Action for Mental Health Project (LAMP) - 0116 255 6286

Leicestershire Life Links (mental health support) - 0800 023 4575

Alzheimer's Society - 0116 2316921

Leicester Lesbian, Gay, Bisexual and Transgender Centre - 07561 611114

Turning Point (Substance Use) - 0330 303 6000

Drinkline (alcohol concern) - 0300 123 1110

Men's Advice Line (domestic abuse) - 0808 801 0327

Blaby DC Domestic Abuse - 0116 272 7637

Be Gamble Aware - 0808 8020 133

