



# WELLBEING REFERRAL



## What is the Wellbeing Referral Scheme?

The scheme provides an opportunity for referrals to improve their health and well-being, regardless of age, ability, or exercise experience and have been referred by a GP or Medical Practitioner due to health conditions.

Once you have signed up to the scheme, you will receive a tailored activity programme that is safe, supervised and is an enjoyable introduction to physical activity within a controlled environment.

## How can the scheme help me?

- Increased fitness
- Increased strength
- Increased confidence
- Opportunity to increase your social circle
- Improved mental health
- Improved knowledge of leading a healthy lifestyle
- Improved flexibility
- Weight management techniques
- Improved self-esteem
- Optional lifestyle discussions
- Improved muscle tone
- Control or prevent medical conditions e.g., diabetes

## You will find the scheme beneficial if you have:

- High blood pressure
- Stress
- Osteoporosis
- Weight conditions
- Asthma/COPD
- High cholesterol
- Unsteadiness due to loss of balance
- Low fitness levels
- Long Covid
- Diabetes
- Low self-esteem
- Fibromyalgia
- Depression
- Arthritis
- Back pain
- Any physical, learning, hearing or visual disability

## What does the scheme involve?

- 12 weeks supervised physical activity
- 6 one to one consultations with a qualified referral instructor, health assessment, progress reviews, gym induction and lifestyle coaching
- A choice of activities for the first 12 weeks, including, use of the gym and swimming pool
- Setting realistic targets depending on an individual's needs
- Advise and support so that you can continue to be active on a long-term basis

## How much does it cost?

From £26 per month \*TCs apply.

## What do I need?

Flat walking shoes or trainers and comfortable clothing are all you need to get started. Jeans and shoes with heels are not recommended. You may wish to bring a towel, a bottle of water and a padlock for the locker.

## How do I get started?

If you have any conditions listed on the previous page, talk to your GP or health practitioner about your health and how physical activity would help you. Your GP or health practitioner will then refer you to the Wellbeing Referral Scheme. Your GP or health practitioner will complete a health and exercise referral form. Once the referral instructor has received the wellbeing referral form, our instructor will contact you to book your wellbeing referral consultation. Your fitness instructor will lead, advise, and support you through every stage of the wellness programme.





## What happens at the end of the 12 week scheme?

You will have a final review with your referral instructor to evaluate your achievements and set new realistic goals. Your referral instructor will support and advise you on how to maintain your new active lifestyle. The referral instructor will introduce you to colleagues who will work with you to help you choose suitable gym exercises, instructor led classes and water-based activities to aid your progression.

\* The Scheme is £26 per month for the first 12 months. 1 referral per customer. If you cancel the scheme within the first 12 months, you will not be eligible to re-join the scheme at the £26 referral price. Cancellation period is 1 month.

## Contacts

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