



## What are the benefits?

The benefits of being more active are:

- Weight management
- Reduce Blood Pressure
- Reduce the risk of Heart Disease and Strokes
- Reduce the risk of some Cancers
- Reduce Stress and Anxiety
- Improve Mental and Social Wellbeing
- Increase energy
- Improve strength, mobility, coordination and balance
- Improved health and wellbeing



## Who is it for?

Exercise Referral is suitable for anyone who is currently inactive and has any of the following health conditions:

- Parkinson's Disease
- High Cholesterol and/or High Blood Pressure
- Coronary Heart Disease
- Asthma and/or COPD
- Mild Depression
- Stroke
- Diabetes
- Musculoskeletal conditions
- Referral from Cardiac Rehab
- Obesity (BMI >35)



## How much does the Scheme cost?

You can Pay as you go for 12 weeks, or we have a fantastic exclusive offer to join as a member which gives you unlimited use of the Gym, Classes, Pool and Sauna and Steam Room facilities, (with 1 month minimum term).

All activities such as exercise classes, swimming and gym sessions are heavily discounted and are not free.

## Your responsibility on the scheme

- Contact us to book in for your first visit
- Update your Exercise Professional of your changes in your health status or medications.
- Adhere to the activity programme advised by your Exercise Professional.
- Attend a minimum of two activity sessions per week and complete the 12 week programme.

**The Exercise Referral Team is here to help you achieve your goals within physical activity and are able to offer advice and assistance.**

## Where do the activities take place?

- Oldham Leisure Centre
- Chadderton Wellbeing Centre
- Failsworth Sports Centre
- Saddleworth Pool and Leisure Centre
- Royton Leisure Centre

## For further information visit

[www.oclactive.co.uk/activities/oldhams-exercise-referral-scheme](http://www.oclactive.co.uk/activities/oldhams-exercise-referral-scheme)

email: [referral@ocll.co.uk](mailto:referral@ocll.co.uk) or call 0161 207 7000

For specialist classes including COPD/CHD/ referrals contact:  
**0161 207 7000** or email [reach@ocll.co.uk](mailto:reach@ocll.co.uk).



# Oldham's Exercise Referral Scheme

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Oldham Active is part of Oldham Community Leisure

# What is the Exercise Referral Scheme?

The exercise referral scheme is aimed at people over 16 years of age, who are not used to being regularly physically active and have a medical condition.

The scheme is designed to provide opportunities to exercise that are fun, rewarding and that can be incorporated into everyday life.

The scheme targets clients who are at risk of developing chronic disease providing an opportunity for referrals to access a high quality supervised exercise programme to improve health and wellbeing.



Make a start today, it's never too late!

## Steps to a more active lifestyle



### 1. Making Contact with Us

We will send you a text message once we have received your referral form inviting you to make an appointment.

**Please ring us on 0161 207 7000 to make an appointment.**



### 2. Initial Consultation

Your free consultation will initially be part of a small group induction which will take about 45 minutes. By attending this session you will receive a Free Active Card that will provide you with discounts on a wide range of OCL products.

#### At the induction we will provide:

- A tour of the building
- Discuss the type of activities available
- Talk about how to set your own personal goals
- Talk about payment options. You can pay as you go or join on a special offer membership (1 month minimum term).
- Complete all relevant paperwork.
- At the end of the induction we will make a 1 to 1 appointment for your personal programme.

All the Exercise Referral Team are advanced instructors and highly experienced. They will explain and guide you into becoming more active and answer any questions or concerns you have about the programme.

For your initial consultation please bring with you a copy of your prescription or a list of any medication you may be on.

- Please note an option is available for a initial one to one appointment for people with long term health conditions.



### 3. Goal Setting and Starting Your Activities

After you've completed your one to one appointment you are now ready to start your exercise.

An instructor will discuss your goals. We will also provide you with an individual programme.

If at any time you need any support you can contact us to discuss your progress.



### 4. Maintenance

At week 10 we will contact you again to make your next appointment for your final week 12 assessment.

At this appointment you will have opportunity for us to update your programme and discuss your progression.

## What does the Scheme consist of?

There are a wide range of activities both gym based and class based to choose from for patients that have been through rehabilitation programmes.



Gym Sessions



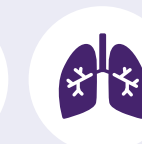
Swimming



Yoga



Walking



COPD Classes



Gentle Exercise Classes



Walking Football



CHD Classes



Zumba



Aerobics



Pilates



Tai Chi



Cardiac Classes



AquaFit / Learn to Swim



Line Dancing

## How do I access the Scheme?

If you feel that you would benefit from the scheme, are 16 and over and are suitable to join then you need to speak to your GP/Practice Nurse/Health professional about being referred. Your GP or practice nurse will complete a referral form and give you our contact details.

