



Oldham Active Exercise Referral Scheme

Get help to become more active if you have a health condition.

We are ready to help you get started on your journey to better health.

We'll provide the support and guidance you need to safely increase your physical activity levels. Our exercise referral scheme is for people aged 16+ with a long-term medical condition who aren't used to being regularly physically active.

What is the Exercise Referral Scheme?

The Exercise Referral Scheme helps people aged 16 and over who have a long-term medical condition and aren't used to being regularly active. We know that starting exercise can feel daunting, which is why our scheme is designed to make physical activity fun, rewarding and easy to fit into your everyday life.

Whether you're at risk of developing chronic health problems or managing an existing condition, we're here to help. You'll receive a high-quality induction and personalised programme, plus access to supervised exercise classes. **All tailored to improve your health and wellbeing at a pace that's right for you.**

What does the Scheme offer?

We offer a wide range of activities to suit your needs and preferences, including gym-based sessions, exercise classes and pool activities. These are available to patients who have completed rehabilitation programmes and are ready to continue their fitness journey.

Who is the Scheme for?

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

- High Blood Pressure
- High Cholesterol
- Diabetes
- Obesity (BMI >35)
- Musculoskeletal Conditions
- Arthritis or joint problems
- Coronary Heart Disease
- Stroke
- Asthma and/or COPD
- GLP-1 weight management support
- Mild Depression & Anxiety
- Neurological Conditions
- Parkinson's Disease

I do feel better in myself and have even lost a little weight.



The benefits of being more active are:

- Weight management
- Reduce Blood Pressure
- Reduce the risk of Heart Disease & Stroke
- 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

How to get referred to the Exercise Referral Scheme.

If you think the scheme could help you and you're aged 16 or over, speak to your GP, practice nurse or another health professional about getting referred. Please note, we can only accept one referral per person each year.

They'll complete a referral form and send it to our team, and they'll also give you our contact details so you can get in touch directly.

Once we receive your referral, we'll be in contact to get you started

For further information please visit: bit.ly/OA-ERS



call 0161 207 7000
email referral@ocll.co.uk

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

Steps to a more active lifestyle



Steps to a more active lifestyle

Step 1

Telephone Consultation (15–20 minutes)

Once we receive your referral, we'll call you to discuss your health, medical history and exercise experience. We'll:

- Complete a PAR-Q and wellbeing questionnaire
- Explain the activities available to you
- Help you set personal goals
- Discuss payment options*

Step 2

Face-to-Face Induction

Visit your chosen centre for a facility tour and personalised induction. What to expect:

- A tour of the building and facilities
- Body composition analysis
- Introduction to gym equipment (please wear suitable gym clothing)
- Discussion of your goals and aspirations
- Bee Active Pass – giving you discounts on gym, classes and swimming

Step 3

Your Personal Programme

We'll book your first 1-2-1 appointment where our advanced instructors will create a personalized exercise programme tailored to your needs. Regular reviews are included to track your progress and keep you motivated.

Exercise Referral Scheme *payment options:

Option 1: You can join our special **12-week Ultimate Membership for £60** (includes gym, classes, swim, sauna, steam and badminton).

Option 2: If you still want to get active, but can't commit to a membership, then you can choose to **Pay as you Go**.