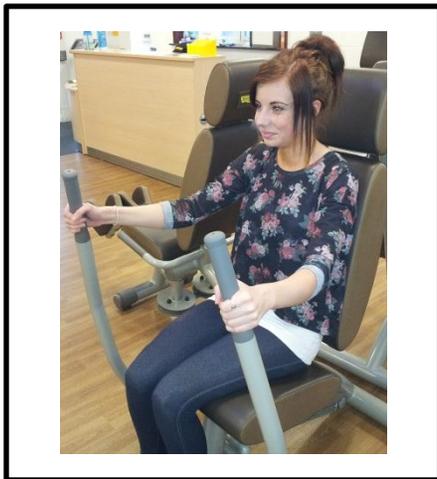




partnershipnk
working together in North Kesteven



“My elbow was in six pieces in October and the Doctor’s said my mobility and strength would never be the same. I’ve been coming to the gym since December and can now bare all my weight and more. The exercise referral programme has helped me amazingly well to recover my arm. I’m so thankful to all that work here and I can honestly say without their support my arm would not have progressed this far in such little time”.

Emma Davies

Carre’s Grammar School Exercise Referral Update

What is Exercise Referral?

The Exercise Referral programme is designed for those individuals who have been identified by their medical professional; GP, nurse, physiotherapist, cognitive behaviour therapist, as people who need to increase their physical activity levels for health reasons.

Exercise Referral is a 12-week **FREE** physical activity programme, consisting of an initial assessment, physical activity sessions, regular programme monitoring and final evaluation session. Exercise Professionals designing the programme are qualified practitioners, who hold an Exercise Referral qualification. On completion of the programme, all clients are encouraged to continue physical activity regularly through various exit routes.

The exercise programme is a specifically designed workout plan to suit ability, likes and medical needs of each client.

So far, we have had **185** people start on the programme since March 2013, many of these people are still continuing to exercise regularly and benefitting from improvements to their health. This newsletter highlights some of the positive health benefits that referrals have gained from participation in the programme.

Referral Outreach Session

Gentle Exercise at
Billinghay Village Hall
Wednesdays 1.30pm – 2.30pm
Participants must be referred by a
Medical Professional
For more information contact:
01529308742

Carre’s Grammar School Fitness Facility

Northgate
Sleaford
Lincolnshire
NG34 7DD
01529 308742
fitness@carres.lincs.sch.uk

Opening Times
Monday to Friday 2.00pm to 9.00pm
Saturday and Sunday 9.00am to

Get Inspired

Mike and Elizabeth Bowers' Success Story

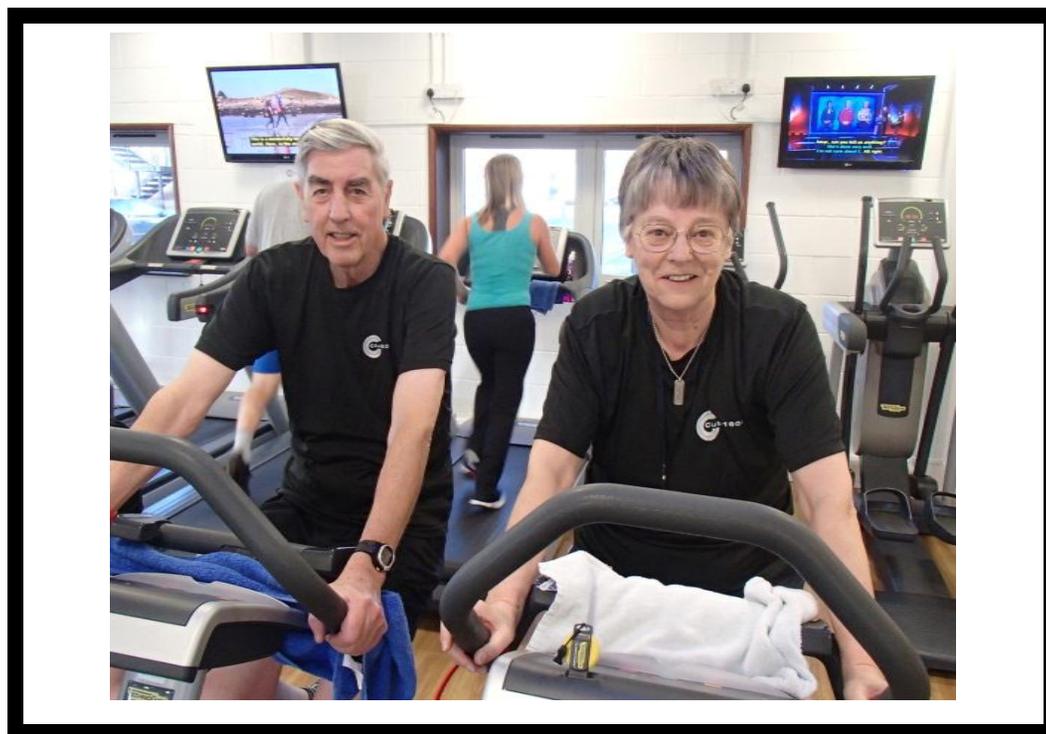
Mike and Elizabeth were both referred by Sleaford Medical Group, Mike because he had previously suffered a heart attack and found walking up hills difficult, and Elizabeth because she has diabetes and could not stabilize her weight.

They both use the gym three times a week for about an hour and a half, Elizabeth since March 2013 and Mike since the start of June 2013. He describes his referral to the gym as life changing as he can now walk up hills without frequent stops, has reduced his weight by 14kg and feels much fitter and stronger.

Elizabeth has been on two walking holidays this year, to the Lake District and Peak District, and reports greatly increased energy levels. Elizabeth has now reduced her body weight by 7kg and states her body shape has changed for the better and she feels much fitter. She has also been able to reduce her insulin intake.

Both say they were struck by the friendly gym atmosphere which is evident in both staff and members, whether it be a helpful hint, a kind word or a sympathetic glance.

All clients featured in this publication have provided their consent for this information to be shared.



Does your surgery want to hear more about physical activity programmes?

Let us know if you would like us to pay your organisation a visit and give you some additional information about various physical activity and health programmes that are local to you.

For more information or to book a meeting contact Nigel Stephenson on 01529 308742 or email nigel.stephenson@carres.lincs.sch.uk

Who is eligible to be referred?

The following medical conditions are eligible to be referred onto the Exercise Referral programme:

- Diabetes
- Heart Disease
- Obesity (BMI 30+)
- Mental health conditions
- Muscular skeletal conditions

Please note that all medical conditions must be in a stable condition with no contraindications to exercise. This will be assessed by staff at the initial consultation.

To avoid unnecessary delays please make sure that all sections of the Exercise Referral form are filled in.