

What Is Activity On Referral?

The AoR Scheme provides sedentary individuals with a positive introduction to being physically active. This 12-week introductory exercise programme based at Corby East Midlands International Pool and Lodge Park Sports Centre enables individuals to obtain a physically active lifestyle with a view to improving both their physical and mental well-being.

Who Is It For?

The scheme is aimed at adults over the age of 16, who are considered to be inactive and have one or more medical condition that would benefit from a programme of exercise.

Who Can Refer?

- General Practitioners (GP's)
 - Practice Nurses
 - Health Visitors
 - Physiotherapists
 - Mental Health Professionals
 - Dieticians
 - Consultants & Nurses
 - Healthcare Assistants* and Social Prescribers*
- *Under the guidance of another Health Professional.*

What Is The Referral Criteria?

- Overweight BMI >25 plus one other risk factor / Obesity BMI >30
 - Pre-diabetes / Diabetes (controlled),
 - Hypertension (controlled),
 - Hyperlipidaemia,
 - Anxiety, Stress or Depression (mild-moderate),
 - Mild Arthritis in hips or knees,
 - Back Pain (not acute),
 - Impaired Mobility or Strength,
 - Neurological (Parkinson's/MS),
 - COPD / Pulmonary related (Controlled),
 - Osteoporosis (T-score -2.5 or lower with no history of low trauma fractures),
 - Stable Angina (Controlled & stable for 6 months)
- *Cardiac Rehab and Cancer patients are eligible for referral via our 'Phase IV Cardiac Rehabilitation and 'You CAN Move – Northants' programmes. Please email us for more information.

How Much Does It Cost?

-Your **initial consultation is FREE** and will take approximately 30 - 45 minutes. This is an opportunity for you to discuss the scheme with one of our team plus complete some paperwork. If you are happy and wish to start, you will then book and pay for your initial **One-to-One Programme / Induction**. This 1-hour appointment is currently charged at **£12.50**.

- The scheme is paid via Direct Debit at **£22.00 per month** for a period of 3 months (*saving £7.99 a month plus all the all of the amazing benefits on the right-hand side of this page*). To make things easier, we advise you to bring your card / bank details to your initial consultation if you believe you are likely to join the scheme. Users also have a **Pay-As-You-Go option**, which is charged at a concessionary rate per session depending on the service you wish to use. Pay-as-you-go prices can be found at corbyleisure.co.uk/memberships. If you complete the 12-week (3 month) programme, you are then rewarded an additional 1 month at this reduced price. Please do not hesitate to contact us if you have any more questions.

Benefits Include...

**If Medically Suitable*

Unlimited Access to:

- 2 Gyms at Corby Pool and Lodge Park
- Leisure Swimming at Corby Pool
- Group Exercise Classes at both sites
- Les Mills Virtual Group Exercise Classes
- Online Group Exercise Classes
- Health Suite Access (Steam/Sauna/Spa)

One-to-One Bespoke Exercise

Programme based on your condition.

One-to-One Reviews at Weeks 6 & 12.

Fully Qualified Professional Staff to support you all the way.

If you are a Healthcare Professional or a Patient that requires more information, please visit or contact us:

corbyleisure.co.uk/activity-on-referral

Telephone: 01536 400033 (Lodge Park)

01536 464643 (Corby Pool)

Email:

referrals.nnc@northnorthants.gov.uk

**Health Professionals: Please email forms to us directly and we will contact the patient. Alternatively, hand the completed form to the patient for them to contact us at their convenience.*